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Rev. Albert J. Bowes

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HISTORY

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

CREDENTIALS

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

Nellie • Cassadaga

Psychic

Medium

Teacher



TESTIMONIAL

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



READING SEVEN
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Bruce's background includes: spiritual counseling, astrology (since 1971), hypnotherapy, mysticism & healing. Bruce has appeared on The Discovery Channel, was interviewed on "Meetings with Remarkable People", and was a frequent speaker at the United Nations. www.BruceOrion.com



Channeled Readings & Spiritual Counseling with Laura Wilson

Laura is a very gifted spiritual channel and medium. She channels messages from spirit guides, ascended masters and angels, and connects people with their loved ones who have crossed over to the Other Side. Laura's readings help you to feel at peace and more connected with your Higher Self. Her communication with Spirit offers deep insights and conveys messages of understanding, support and love. 50 - 60 minute session (CD of your reading included)



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June 9th after the 10 AM Service. Backyard BBQ Potluck and Cooking Contest
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Sound Journey Sunday, June 16, 2013, 6:30-7:30 PM .You are invited to a
Sound Journey facilitated by Janine Chimera, CMP (Suggested \$12.00)

Metaphysics II Part 2 with Paulette Mason 6 Thursday evenings 7:00 – 9:00 PM
OR Friday mornings 11:00 AM – 1:00 PM June 20th OR 21st –

Friday, June 21, 2013, 7-9pm and Saturday, June 22, 2013, 9-5:00pm
Art and Practice of Living with Nothing, No One Against You with Lloyd Reiser

Game Night Friday, June 21, 2013, 7pm Make new friends! Come enjoy
playing board and cards games.

Living From The LIGHT Side: GATHERING The Sacred Self
June 21, 2013 Prelude 6:45 pm Service 7:00 pm in the Unity of Melbourne
sanctuary. A contemplative Taizé Prayer service.

SUNDAY Services 10:00am

Friday, June 28, 2013 at 6:30 PM Couples Group Calling all couples, join us on
the 4th Friday of every month at 6:30PM Call Suzie Zenker @ 321-505-6168.

During The Week

- o Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a
metaphysical discussion. Childcare available.
- o Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.
- o Tuesdays 7:30 PM NO Course In Miracles (on vacation in June)
- o Wednesdays 6:30 PM Midweek Meditation with Michelle Lyon
- o 1st Sunday of the month (Jun 2 & Jul 7) 4:00 PM Reiki Healing Service with
Lloyd Reiser
- o 3rd Sunday of the month (Jun 16 & Jul 21) at 2:30 PM Mini Sunday Service
at Carnegie Gardens
- o 4th Friday of the Month (Jun 23 & Jul 28) at 6:30 PM Couples Group meets

Always check www.unityofmelbourne.com for possible event date or time changes

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**The greatest
optical illusion
is separation**

HORIZONS

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

Thanks for help this month
Morgana Starr

On the Cover (see page 26)
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Al Rapaport

**"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, 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

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 June 2013 edition of Horizons Magazine. Happy Summer Solstice on June 21. The solar eclipse on May 9th began a six

month period of examining what our priorities are and what we value in our lives. For me, my priorities are health and happiness. I value myself enough to eat right and now getting enough sleep is a priority as well. This has been a good sleep month, I'm finally back on my own sleep schedule. My world changes when I get enough sleep. My mind clears and I can see that everything is manageable. An inbox that seemed overwhelming, upon closer inspection, is not. A stack of calls to be returned go quickly. Calls coming in are handled immediately. Work gets done. The To Do List gets crossed off. I get time for fun and play and, most gloriously, SLEEP! Life is good. I have no complaints whatsoever.

MY BRAIDED HAIR TAIL IS RETURNED 16 YEARS LATER!

In California in April 1996, I'd braided a tail into the back of my hair. I arrived back in Florida in time for Christmas Eve service at Unity of Melbourne. It was packed, standing room only. My friend Doug Cobb and I stood in the almost back row. When I got home, I found someone had cut my tail off. Last week, in the mail I received it back, returned anonymously with a note. "You don't know me. I cut your hair at church one

night years ago. I wanted a momento. You write about clear up your past karma so here is your braid. I am sorry." *Bless them for the courage to return it to me! I don't care who you are or why you did it, you are forgiven and I love you.*

2013 IS A YEAR OF TRUTHS SURFACING

2013 is a year of truths surfacing, egos shattering, and old wounds being healed. Let fall away whoever or whatever in your life cannot handle the expansion. Love them, but from afar. Your own vibrational point of attraction depends upon it.

HOW DO YOU "VIBRATE IN HARMONY" WITH SOMETHING?

The fastest way to change yourself is to hang out with the people who are already the way you want to be. If you want to get somewhere, you have to vibe there, and no better way than to put yourself in the situation with those who live it. What does *vibe there* mean? It means find those who are doing what you want to do and look at what they look at, be interested in what they discuss, focus on what they focus on. That "puts you in the vibe." If for whatever reason you can't maintain the vibration, those people and those circumstances will leave your experience. You will then find yourself among those with whom you DO vibrate in harmony, with whom you do match vibrational resonance. From that stance, you can re-evaluate and, if it's not where you want to be, you can pivot your focus toward the better feeling place and begin moving there. If you find yourself gaining ground, and then losing it, over and over, that's simply a focus and feeling issue, and you can practice those doing daily creative visualization exercises.

EVERYTHING YOU WANT IS LITERALLY IN FRONT OF YOU

I did a reading for a woman who just moved here last month, no job, no car, no prospects. I told her I saw dollars all around her, not to worry, just do some daily visualization of having a happy life without wondering where the dollars for it would come from, then find fun things to do as she looked. She called to update me: she's been cleaning houses, doing laundry, lawn care and pet sitting for several elderly neighbors. Talk about the mountain coming to Mohammed. I love stories like that.

...continued on page 28...

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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

IS THERE ONE PERFECT PERSON FOR ME?

Jerry: Is there the "one perfect person" for us to be in a relationship with? And if there is, do you have any recommendations of how to find that person? Also, what is your opinion about what we call a "Soul Mate"? In other words, is there an ideal Spiritual mate for each of us?

Abraham: Throughout your lifetime, and because of your interaction with others, you have been identifying the characteristics in others that are most appealing to you; and you have, incrementally, been sending out rockets of desires about those desirable traits.

In other words, bit by bit, you have created (in your own Vibrational Reality) your version of the perfect mate for you. But before you can find your perfect mate, you must be a Vibrational Match to that desire, which means, you must consistently be a Vibrational Match to what you want.

If you are feeling lonely or frustrated about not yet meeting your mate, you are not a match to your Vibrational Reality, and so your rendezvous is postponed. When you are envious of others who have wonderful relationships, you are not a match to your Vibrational Reality, and so your rendezvous is postponed. If you are remembering past unpleasing relationships and using those as your justification for wanting or needing a better one, you are a match to what you do not want, and what you do want is postponed. But if you can bring yourself to a place of consistently feeling good, even in the absence of the relationship that you desire, the rendezvous is certain. In fact, it is Law.

The "perfection" of that partner means that your partner matches the things that your life has caused you to ask for, but the finding of that partner hinges upon you becoming a match to those desires first.

You cannot find your perfect mate from your awareness that your mate is missing from your life. You have to find a way to no longer offer the Vibration of a "missing partner."

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- *Check Website For Dates

Colby Memorial Temple

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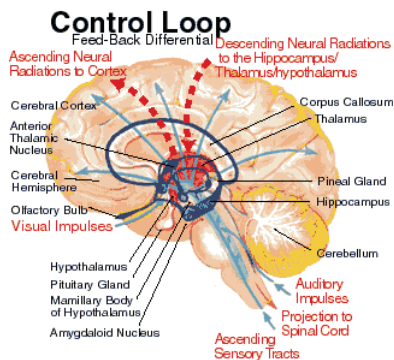


CURRENT EVENTS

Paul Williams is a singer, songwriter, actor, recovery advocate and has been a fixture on the American cultural scene since the seventies. His book *Gratitude and Trust; Recovery is Not Just For Addicts* will be released in 2014. Visit his website <http://www.gratitudeandtrust.com>

Gratitude is the bulldozer that levels the mountain that once was a molehill.
Jeffrey Austin Smith

I love charts that identify the various parts of your brain. Love knowing I have all that fabulous equipment up there between the ears. Factory equipped. I came that way. Some charts even attempt to explain what does what.



I'm not sure which part does the things that get the most unwanted attention from me. That nasty little voice whose only job is to scare the crap out of us. I don't think anyone knows where that gremlin resides. I'm talking about the part of the head that speaks to you in the middle of the night. That "Doom and Gloom R Us" advertisement that predicts a totally unreasonable, disastrous future.

My friend Wes Hamil has the perfect phrase to describe the event. He says, *"The rats are chewing on the wires!"* Love that. It's an apt description for the fear based thinking I usually avoid these days. I'm a healthier guy than I've ever been in most ways. And my spiritual life is front and center these days. Not an afterthought. Hey, Tracey and I are writing a book called *"Gratitude and Trust"* for heavens sake. We are joyously in process. Happily having had a spiritual awakening.

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Rev. Andy Conyer



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

NOTES from the Universe

There are only miracles, and to one degree or another they all soothe, pamper, and enrich. However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung.

Yes... don't I think of everything?

Duck!

The Universe

Read Andrea's daily blog at
<http://horizonsmagazine.com/blog/>

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Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

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RELIEVING SINUS CONGESTION WITH HERBS

Are your sinuses leaky or drippy? Are you sneezing or sniffing? Are you constantly clearing your throat? These may all be symptoms of sinus congestion and if left untreated it can progress to severe congestion or a sinus infection. It may also cause chronic headaches, ear congestion, ear infections or hearing loss. If your congestion is due to fungal or a bacterial infection you may want to consider **Yerba Manza** its astringent properties tightens and restores tone to sinus tissue lessening secretions. It also stimulates circulation to the sinuses helping with sinus headaches, congestion and infections. Rosemary is another herb with astringent actions. You can make a nasal spray with either of these herbs using 10-30 drops of their tincture to 1tsp. glycerin and 2oz. purified water in a spray bottle. You can use this spray up to 4 times per day if necessary. The herb **Angelica** can be used to reduce secretions of mucous. It also gets you to sweat more; this helps the body to kill off infections. Other herbs that help fight sinus infections are **Echinacea**, **Goldenseal** and **Garlic**. **Goldenseal** is also helpful when the mucous membranes of the sinuses are chronically congested, especially if you are blowing your nose and the mucous is not clear. The herb **Licorice** helps when your head is congested and the mucous is so thick it is hard to blow your nose. Not only does it help thin out and expectorate mucosal secretions it also helps repair damaged tissue.

If you are really inflamed try making a pot of soup adding some **Ginger**, **Turmeric**, **Horseradish** or **Cayenne**. These will open up your sinuses because they reduce inflammations to the sinus cavities. **Eyebright** and **Goldenrod** are also anti-inflammatory herbs but I would not add them to a soup, these would be better in teas or tinctures. **Eucalyptus** is one herb that most people know for the sinuses and the respiratory system; it is antibacterial and antiseptic as well as an expectorant to the whole respiratory system. The oil of **Eucalyptus** can be used as a steam by adding 20-30 drops to boiling water. Set the pot on a table leaning over the pot with a towel draped over the pot and your head; breathing this solution deeply helps to clear your sinuses.

Beyond herbs, try removing mucous forming foods such as milk, wheat, pasta, bananas and even orange juice from the diet. Instead drink more water to thin out the secretions of mucous. Getting more vitamin C through foods, herbs or supplements can also help because this antioxidant assists the body in battling allergic reactions acting as a natural antihistamine. Plus it helps protect you from possible infections from congestion. At home you may want to keep animal dander and dust down and it may help if reduce heavily scented cleaning products such as air fresheners, detergents, lotions, shampoos and perfumes because the chemicals in these products can be irritating to the lining of the nose.

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Plants have been, and still are, the back bones of our modern medicine.

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

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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.

Soulson #152 - Chilling Out

It seems that I should be ever vigilant about bad things that could happen - at home, in my neighborhood, region, world. It seems that unless I'm alert and somewhat alarmed, people will take advantage of me, criminals might victimize me, the government may do something really stupid, and even my broccoli might give me mad vegetable disease.

Life as a conscientious, mature citizen seems akin to living in a foxhole, waiting for the next enemy.

Although this flies in the face of conventional wisdom, it's time to relax, drop my guard, and know that the underlying tendency of all things is to thrive. Regardless of the dramas playing out around the world, the planet has a natural ability to bring itself into balance and longevity. The same is true for my personal life and for that of everyone I know.

Well-being utterly abounds, and when I release awful-izing and hand wringing, I'll see countless examples that verify this principle.

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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
Email horizonsmagazine@aol.com

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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 visit 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.

HOW TO ORGANIZE YOUR LIFE

The whole world is nothing but organization. Nature is organization. God is organization. Everything has a design, a plan, a pattern. Crops bloom at a certain time. Rains come at a certain time. Unseen hands are working and organizing everything we see in nature. When we thoroughly understand that organization is needed, then we will be able to organize our own lives, When we have learned to value organization, we will be able to create it in our day-to-day lives.

Lack of organization leads to chaos. Stress and strain come because our lives are ill-organized or mismanaged.

The first step in organizing our lives is to have the will to do so. When there is a will, nobody can stop us because we are listening to the dictates of our own minds. When we cannot do something, it means we do not want to or we are depending on external circumstances. This is true with happiness also. If our happiness is dependent on an external object, that object (and our happiness) can always disappear or be taken away. This dependence will not help us. Real happiness is when we depend on our own selves. One must feel strong within oneself that "No matter what the situation, no matter what happens, no matter what the conditions, I can do it. I will do it."

If we can manage our thoughts, our emotions and our energies, we will be able to achieve much more. Spend some time in organizing beforehand. Usually our habit is to do everything at the last moment. Sit down and take a minute to think in advance. When we have a plan and pattern, then it becomes a simple matter of execution. It is most difficult to initiate something when we have not planned it.

If you lead an organized life, you will have peace, happiness, relaxation and your energy will be saved for new projects. Make your own rules or disciplines that you would like to follow. This will give you joy.



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SUMMER SOLSTICE



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

When I was a child, Summer Solstice was just a date on the calendar. As I grew older, I'd stare wistfully at the

calendar, imagining on that day somewhere, maybe in Europe, people were gathering to celebrate the way they did hundreds of years ago. How they were celebrating, I couldn't imagine then. Perhaps just joyfully greeting the Sun as it arose to own the sky as long as it could on what was called the longest day of the year.

Now I am privileged to know more about how Solstice was and is still celebrated around the world, as well as writing and hosting my own ritual to honor the Sun. In Wiccan and Neopagan traditions, this time of year is called **Litha**. Litha is the time of year when the sun is its brightest and fullest. This year's **Summer Solstice** occurs on **June 21, 2013**, at **1:04 AM** in our part of **Florida**. Although it won't feel that way here, the Sun's light will begin to wane slowly, day by day.

We will be coming together not just to celebrate the brightness of the Sun, but all of the bright things in our life. We're grateful that the Sun continues to protect and warm us no matter the time of year. **James Frazer's "The Golden Bough"** offers a 16th century reference that tells us fires were lit on '**Midsummer's Day**' in all parts of **Europe**. A quick internet search on '*European Midsummer Travel*' will offer you destinations and descriptions on traditional **Midsummer** celebrations being held this year.

A great way to celebrate the **Summer Solstice** in **Florida** is to venture out and discover the landscape around you. Wild grapes will be ready by summer's end. I'm sure you've seen the vines growing regardless if you live in a country or urban setting. Nothing smells like sunshine more than simmering a pot of these grapes in your kitchen and making a quick and easy jelly from them. Most commercial pectin packages available at the grocery store contain easy to follow instructions. I encourage you to give it a try. A jar of homemade jelly from wild grapes is always an eagerly accepted gift.

I wish every one a happy, healthy and safe **Summer 2013**.
Brightest Blessings!

TWO BABIES IN THE WOMB: IS THERE A REALITY AFTER DELIVERY? IS THERE REALLY A MOTHER TO CARE FOR US AFTER DELIVERY?



In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replies, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense," says the other. "There is no life after delivery. What would that life be?"

"I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths."

The other says "This is absurd! Walking is impossible. And eat with our mouths? Ridiculous. The umbilical cord supplies nutrition. Life after delivery is to be excluded. The umbilical cord is too short."

"I think there is something and maybe it's different than it is here."

The other replies, "No one has ever come back from there. Delivery is the end of life, and in the after-delivery it is nothing but darkness and anxiety and it takes us nowhere."

"Well, I don't know," says the other, "but certainly we will see mother and she will take care of us."

"Mother?? You believe in mother? Where is she now?"

"She is all around us. It is in her that we live. Without her there would not be this world."

"I don't see her, so it's only logical that she doesn't exist."

To which the other replied, "sometimes when you're in silence you can hear her, you can perceive her."

Author Unknown

Andrea: I believe there is a reality after delivery and we are here to prepare ourselves for that reality....

Ask Whitedove



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

Dear Whitedove: Last fall I was driving home at night and it was pitch black except for my headlights. While taking the long way home on an old country road, I saw something that I'll never forget. At a deserted intersection, I paused at the stop sign to dig my phone from the bottom of my purse. When I looked up there was an eerie fog moving across the church cemetery just opposite of where I was sitting. I looked all four directions and observed that the low lying fog was only moving through the gravestones. The hair on my arm stood up as I watched a figure rise up and start to take shape. Scared I pressed on the gas and sped away. This vision has haunted me, what was it? *-Scared in Salem*

Dear Scared: What you witnessed was an apparition that was taking form. There are earthbound souls that invisibly walk among us. They travel at the speed of thought and can change form. Many times an orb of light is captured on film; this in fact is the very essence of soul energy. At the moment of death the soul pops out of the body, most turn to the doorway of heaven and ascend. For many reasons, other souls turn away from the light of heaven and stay earthbound for a period of time. Souls can be seen as balls of light, or orbs; they can also transform and take the shape of their old familiar body although it is a transparent version since they no longer carry the density of a physical body. The apparition or earthbound spirit that you witnessed was taking form which is easy for the human eye to see when it is surrounded by fog or smoke. I can assure you that you were not in danger. This was merely a ghost sighting.

Dear Whitedove: I've always needed to get 8+ hours of sleep per night to feel that I'm at my best. Over the past few months I'm lucky to get six hours of good sleep. I'm getting used to my new routine although I'm mystified as to why I awake each night abruptly around 3AM and then struggle to gain a few more hours. I get a feeling that I'm being awakened for a purpose, any insight? *Sleepless in Santa Fe*

Dear Sleepless: These days, people are sleeping less and only when their body feels tired. Your body is aware that it requires fewer hours of sleep during the night. It's important for you to know that midnight to 3am is primetime for the spirit world. During these witching hours, supernatural events are noticed more frequently. Being awakened consecutively during these hours is a sign. Your unseen support team of Guardian Angels and Spirit Guides are prompting you to get busy. So when you are awakened abruptly, tune-in through mediation and prayer; ask for God's guidance. Use these wake

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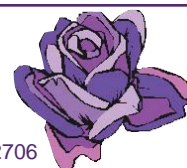
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up calls to your advantage to develop your intuition, read a spiritual book, and listen to guidance through meditation. God have never stopped speaking to humanity, it's just that most people have forgotten how to listen.

Dear Whitedove: My youngest son has been telling me that while he is dreaming, he is floating around his bedroom at night. He tells me that he watches his siblings sleep. At first I thought this was funny, but now I'm afraid for him.

Eyes Wide Open in Alaska

Dear Eyes: As your son sleeps his soul and astral body are out having adventures. Your son is very advanced for his age and as his spirit comes back in the bedroom to join with his body he sees his siblings in bed. There is nothing to fear, in fact astral travel is quite common for advanced souls. With a little practice, he will learn to travel to specific places using his Will to guide him. Take care of this little light worker, give him books on the subject and take him to metaphysical classes because this will benefit him greatly.



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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*. Alan's celebrated Life Coach Training course begins September 1. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (800) 568-3079 or (808) 572-0001.



When We'll All Get There

I live on a country road that gets so skinny at some points that only one car can pass. When two cars meet, one of them must back up or pull to the side of the road to make way for the other. While the process is inconvenient, it calls for cooperation and saying hi to neighbors. It's refreshing.

The other day I was on my way to an important meeting I did not want to be late for. At one of the thin junctures I encountered my neighbor Dean approaching in his truck. The moment came when we had to decide which vehicle would yield. While normally I wouldn't have minded backing up, that day I wished I didn't have to. Dean seemed to read my mind and he congenially backed his truck up quite a way to let me pass. When I passed him I rolled down my window to say thanks. "No problem," he smiled. "We'll all get where we need to get when we need to get there."

Now there's an affirmation worthy of posting on a wall. Many of us spend a great deal of our life rushing to get places. In the process we do clumsy things, get embroiled in impatience and irritation, and sometimes cause accidents. In our haste to get somewhere, we miss being somewhere, and never seem to get anywhere.

The Greek bible, the first translation from the original Aramaic, contains two different words for "time." One is *chronos*, which is similar to the way we think of time, dividing the progression of life into seconds, minutes, hours, days, and so on. The other word, *kairos*, is harder to translate be-

cause in our culture we don't have one word for it. The closest translation would be, "when the time is right," or "in the fullness of the season," or "in God's timing." *Kairos* recognizes that there is a right timing for everything, and when that timing comes, things happen naturally. *Kairos* does not depend on time. It depends on timing.

Those of us who tend to live by *chronos* could use a good dose of *kairos*. We would relax more and everything would get done. My friend Harriet was on her way to see her psychotherapist when she got stuck behind a slow driver in a no passing zone. At that rate Harriet would be late for her appointment, and she became more and more frustrated. She tried and tried to find a way to pass the slowpoke, but couldn't. Finally an opening came and she sped past her nemesis. When she turned to look at the slow driver, she saw that it was her therapist. No matter how slowly the slow driver drove, Harriet would have been right on time.

Gandhi said, "There must be more to life than increasing its speed." We are addicted to fastness. Yet is the world a better place because we move faster every day? At a certain point speed does not enhance the quality of life, but distracts us from it. People who live in "primitive" cultures know how to just sit. They hang with their families, look at the stars, laugh over their version of a beer, and capture the magic of moments that elude more advanced nations. Ultimately whoever is closer to peace is more advanced.

"To everything there is a season," Ecclesiastes tells us. Powerful as we believe we are, we cannot make things happen outside their appointed time. If you pick a fruit before it is ripe, it is hard and tasteless. If you wait until after it is ripe, it is spoiled. Pick it at the ripe moment, and it is tasty and nutritious. So it is with events in our life. Marriage, stepping into a job, changing residence, spiritual maturity, and all important moves have a timing. Stay in the flow and the right things happen precisely when they are supposed to. Let everything come when it wants to come, and go when it wants to go, and you will be a master of the *Tao*.

Patience does not mean regretfully putting off something you want to happen now. It means discovering the beauty, wonder, and richness of what is happening now so you don't need to wait for something better to happen. A spiritually mature person is neither patient nor impatient. When you live in the here and now, there is no waiting.

When you don't need to get there, you can be here. Here contains everything you are trying to get there for. It's a paradox. The more you need, the less you have. The more you have, the less you need. The more time you need, the less you have. Decide you have enough time, and you will not need any.

We'll all get where we need to get when we need to get there. This nugget of country wisdom goes a long way. Even with the short delay on my country road, I got to my appointment at exactly the right moment. Real appointments are made in heaven, and heaven always keeps them.



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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1970 Melody Lane behind Melbourne Auditorium (321) 961-5390

Sundays ORLANDO 10am Meditation, 10:30am celebration and Service at Center for Spiritual Living, 709 Edgewater Dr. 407-601-1169 Email cs_l_orlando@yahoo.com www.orlandoreligiousscience.com

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Our Drive to Bond

It is beyond our imagination to conceive of a single form of life that exists alone and independent, unattached to other forms. —LEWIS THOMAS

If you're a survivor of multiple failed relationships, you may wonder why you keep trying. I

can assure you that you don't persist just for the (sometimes short-lived) good times. And you don't persist because of TV ads featuring loving couples on tropical islands. You persist, despite your track record and despite dismal divorce statistics, because you are designed to bond. Human beings are not meant to live alone.

There is a fundamental biological imperative that propels you and every organism on this planet to be in a community, to be in relationship with other organisms. Whether you're thinking about it consciously or not, your biology is pushing you to bond. In fact, the coming together of individuals in community (starting with two) is a principle force that drives biological evolution, a phenomenon I call spontaneous evolution, which I cover in depth in the book of the same name.

There are, of course, additional biological imperatives designed to ensure individual and species survival: the drive for food, for sex, for growth, for protection, and the ferocious, inexplicable drive to fight for life. We don't know where or how the will to live is programmed into cells, but it is a fact that no organism will readily give up its life. Try to kill the most primitive of organisms and that bacterium doesn't say, "Okay, I'll wait until you kill me." Instead, it will make every evasive maneuver in its power to sustain its survival.

When our biological drives are not being fulfilled, when our survival is threatened, we get a feeling in the pit of our stomach that something is wrong even before our conscious minds

comprehend the danger. That gut feeling is being felt globally right now—many of us are feeling that pit in our stomach as we ponder the survivability of our environmentally damaged planet and of the human beings who have damaged it. Most of this book focuses on how individuals can create or rekindle wonderful relationships, but in the last chapter I'll explain how the energy created by "Heaven on Earth" relationships can heal the planet and save our species.

... The social nature of harmonious animal societies can provide fundamental insights directly applicable to human civilization. One great example is an ant, which, like a human being, is a multicellular social organism; when you take an ant out of its community it will die. In fact, an individual ant is really a suborganism; the true organism is actually represented by the ant colony. Lewis Thomas described ants this way: "Ants are so much like human beings as to be an embarrassment. They farm fungi, raise aphids as livestock, launch armies into war, use chemical sprays to alarm and confuse enemies, capture slaves, engage in child labor, exchange information ceaselessly. They do everything but watch television."

... As for human communities, we can fend for ourselves as individuals longer than a single ant can, but we're likely to go crazy in the process. I'm reminded of the movie *Cast Away* in which Tom Hanks plays a man who is marooned on an island in the South Pacific. He uses his own bloody hand to imprint a face on a Wilson Sporting Goods volleyball he calls "Wilson" so he can have someone to talk to. Finally, after four years, he takes the risky step of venturing off the island in a makeshift raft because he'd rather die trying to find someone to communicate with than stay by himself on the island, even though he has figured out how to secure food and drink—that is, how to survive.

Most people think that the drive to propagate is the most fundamental biological imperative for humans, and there's no doubt that reproduction of the individual is fundamental to species survival. That's why for most of us sex is so pleasurable—Nature wanted to ensure that humans have the desire to procreate and sustain the species. But Hanks doesn't venture off the island to propagate; he ventures off the island to communicate with someone other than a volleyball.

For humans, coming together in pairs (biologists call it "pair coupling") is about more than sex for propagation.

... Instead of cursing our bad luck in relationships, we need to recognize that our efforts at bonding are a fundamental drive of Nature and that these bonds can be cooperative and harmonious.

We need to heed Rumi's sage advice: "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." When we start living in harmony with Nature (and with ourselves), we can move on to creating The Honeymoon Effect in our lives, where relationships are based on love, cooperation, and communication.



ABRAHAM-HICKS

...continued from page 8

In the same way that from the sifting through your now physical experience, you are continually launching new desires — you also launched desires about your physical experience from your Non-Physical vantage point before your birth. And sometimes those desires, or intentions, did include such specific things as creative traits or talents, specific things you wanted to do, or specific people you intended to co-create with.

A “Soul Mate” would be such a person. But we usually downplay the idea of “Soul Mates” in the way that so many people want to address them because, really, every person with whom you share your planet is a sort of soul mate. And the feeling of Connection that people are looking for, the exhilaration of being with someone with their hearts soaring, really is not a function of the person you are with, but instead it is a function of your own Connection with You.

We would prefer to think of Soul Mate as you mating, or consciously Connecting, with your own Soul or Source or Inner Being or Self. When you, in your physical moment and time, are offering a similar Vibration to that of your Inner Being, you have indeed found your Soul Mate. And if you consistently do that, the people who will gravitate to you will be enormously satisfying in nature.

Think about what you want in a relationship and why you want it. Look for those around you who are experiencing good relationships, and feel appreciation for them. Make lists of the positive aspects of those you have spent time with. . . . In fact, one of the fastest ways to make your way to a wonderful relationship is to find any subject that consistently feels good, and focus on that even if it has nothing to do with relationships.

When you remember that you have already Vibrationally created your perfect relationship, and that it is all queued up for you in your Vibrational Reality, and that your work now is to just not offer an opposing Vibration about it — and that it has to come to you — then it must come quickly. The number one thing that prevents people from rendezvousing immediately with their perfect mate is simply their awareness and discomfort about not yet finding one.

Remind yourself, often, that you have done the work, you have clarified your desire, you have shot off the rockets of desire, Source is tending to those combined wishes, the Law of Attraction has organized the circumstances and events through which the rendezvous will occur, and now your work (your only work) is to stop doing that thing you do that prevents your meeting. When you are “doing that thing you do,” you always, without exception, feel negative emotion.

So when you are lonely, or ornery, or impatient, or discouraged, or jealous — you are delaying the meeting. If we were standing in your physical shoes, we would remind ourselves that we have already done the work of specifying and asking. We would accept that the creation is already accomplished. It is done! And then we would think about it only for the sake of the pleasure of the thought.

When the moment of thought is blissful and satisfying — without the contradictory energy of trying to make something that has not yet happened, happen — your Vibration is pure and powerful, and your creation can easily flow without hindrance.

(Excerpt from the newest Abraham-Hicks book “The Vortex”. Esther and Jerry Hicks, the New York Times best-selling authors of Ask and It Is Given; Money, and the Law of Attraction; The Amazing Power of Deliberate Intent and The Astonishing Power of Emotions, among other works, produce the Leading Edge Abraham-Hicks teachings on the art of allowing our natural Well-being to come forth. ©1997-2011 Abraham-Hicks Publications. Visit www.abraham-hicks.com



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10 WAYS TO LIGHTEN UP & FEEL GOOD

Stephanie Bennett Vogt is New England's leading space clearing expert and the author of *Your Spacious Self: Clear The Clutter and Discover Who You Are*. She brings over 35 years of experience to SpaceClear, a teaching and consulting practice she founded in 1996 to help homes and their occupants come into balance. Stephanie shares her unique perspectives on simplifying, personal reinvention, and letting go as a course contributor for DailyOM and a columnist for the Huffington Post. www.spaceclear.com

Most of us think of caring for ourselves as an extra-curricular activity. Something we squeeze into our lives at the end of the day. Or when everyone else in the family is taken care of. Or when we're sick.

If I've learned anything at all about the subject as it relates to me personally and professionally it would be this: Supporting ourselves with daily doses of self-care is not optional. Without it, clearing the stress and stuff in our life becomes a tedious chore, and a big reason why most clutter clearing efforts do not last. Self-care is not just something you do when you're on vacation, or your circuits are fried, or you need a special treat after a long hard day at work. Self-care is something you cultivate and practice every day because it is as essential to the body and spirit as eating, or breathing. Plus, why the heck not include it. It feels really good! The self-care model works because it is body-centered, and immediate. It softens and quiets the nonstop chatter of the critical mind. "I'm overwhelmed by stuff," "This house is a disaster," "If I slow down how will I get anything done?" for example, is unhinged in the presence of pure ease.

SELF-CARE IS SOMETHING THAT YOU DO BECAUSE IT SUPPORTS YOUR INTENTIONS AND ONGOING PRACTICE IN LETTING GO. HERE ARE TEN WAYS YOU CAN CULTIVATE IT (IN NO PARTICULAR ORDER):

1. Do at least one thing that makes your heart sing (read: love madly, adore) every day.
2. Listen to one fabulous song that is guaranteed to lift your spirits.
3. Light a candle and set an intention.
4. Take a "salt and soda" bath or shower (equal parts of coarse sea salt and Arm and Hammer baking soda).
5. Clap, dance, rattle, sing—anything to get the energy moving and awaken the senses.
6. Repeat the phrase "I choose ease," every time you think of it and notice how your body responds.
7. Remove the word "should" from your vocabulary. Replace it with the word "could."
8. Talk to or spend time with someone who is cheerful, optimistic, and supportive.
9. Avoid negative or sensational media and notice what it feels like after one week of "news fasting."
10. Read or watch something every day that makes you laugh out loud.

Try each item on the list for a period of ten days. Or better yet, practice one every day for ten weeks. Notice how you feel after a while: Do you feel lighter? Calmer? More energized? Is it easier to clear out a closet or a drawer?

Here are some questions to ask yourself:

- What helps you feel better fast?
- In what ways do you nourish yourself?
- What is one thing you can do this week that honors YOU?

The bottom line: Self-care is about lightening up and having fun! If you're not having fun you're not clearing!



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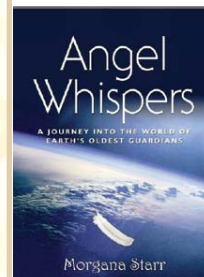
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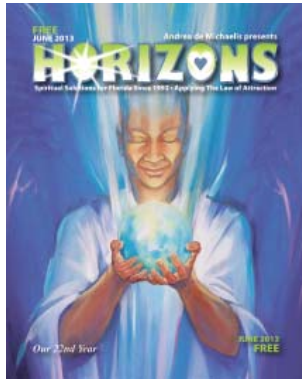
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COVER ART

SEBASTIAN

by Jane Taylor



This angel was commissioned by a friend who had seen his angel, and very much wanted a painting of him! He asked me if I would do this, and gave me a very clear description of the angelic figure he'd seen in his lounge. Except that he didn't tell me **Sebastian** wasn't white (apparently he was just testing to see if I'd pick up on that myself, and just told me that **Sebastian** had promised to show himself to me!) So I did some quiet meditation before beginning and saw the image in my mind, with the angel holding out a crystal

globe - it seemed to have creation spinning within it, and was extremely beautiful. The painting just flowed off the brush perfectly and was completed inside two days - another instance, I feel, of angelic help in my studio! The angel gave his name as **Sebastian**, so naturally this became the title. He has a very youthful energy and exudes innocent happiness - this painting will always be one of my favourites because just looking at the image again brings back that feeling, which I get the chance to share for a while as I create the picture.

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

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

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



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GETTING IN TOUCH WITH THE AWARE EGO – Transforming Through Dialogue



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information or to book a Zen Dialogue session, email openmindzen@aol.com and visit www.OpenMindZen.com.

For thousands of years, the primary way that Eastern spiritual disciplines dealt with the problem of the barrier of the controlling ego mind was basically to exhaust it through long hours of meditation, chanting, no sex or other human physical contact, little sleep, etc. This is basically the monastic model that was transmitted to the West in the 1960's and 1970's. These methods work provided the practitioner is willing to go through excessive physical and mental hardship. You could say that when we are exhausted in body and mind, our ego is also exhausted, and occasionally this will result in the ego just letting go, which is the definition of awakening, or "enlightenment," in Zen practice.

Most of my own training was in very traditional Japanese Zen settings, which attempted to replicate the Japanese monastic system in America. The problem with this system is that it is not oriented to the lay practice lifestyle of maintaining a family, work and home life, but rather, was developed for monks and nuns practicing full time with no outside responsibilities.

However, over the last 20 years, we have found a way to bring a person to an initial awakening experience without doing battle with the ego. Although there are several stages to this process, it starts with a method we call Zen Dialogue, which is based on the notion that it is the Controlling Ego itself that must be "enlightened" as to its proper position for the self to be at peace. The Deluded Ego always sees itself as the center of the universe, with all others and all other things rotating around it, much as the earth rotates around the sun. Once the Ego has been awakened, it can see that it is just one planet in the universe, rather than the center. This results in giving up the constant attempt to control what cannot be controlled, which in reality is almost everything, and frees up tremendous energy to control what can be controlled, which is basically how we treat ourselves and others.

Zen Dialogue is led by a trained facilitator who asks permission from the Controlling Ego to speak with different "voices" or aspects of the participant's Self. The participant then speaks from the perspective of whatever voice is being dialogued with. Although ultimately all these voices are simply parts of the Self as a whole, breaking them down in this way gives one an amazing shift of perspective that reveals much about the workings of the Controlling Ego. The end result of this process is that by the end of the first session, which lasts about 2 hours, many of the previously hidden methods of the Controlling Ego are revealed, and the participant has had an experience of what we call Big Mind or the Mind of Awakening.


THE CONTROLLING EGO WILL ACQUIESCE IN THIS JOURNEY IF:

- 1) it does not feel threatened and
- 2) it feels it is in own self interest to do so.

The fact is, it IS in its own self interest, as the Ego has a much easier job when other aspects of the Self are not in resistance mode. This happens when ALL parts of the Self are given voice and allowed to express the information they possess. Voices that are suppressed generally will find some neurotic way to express their needs, and the more hidden they are the more neurotic their message becomes. These neurotic patterns produce the stress and anxiety that many people experience way too much of in their lives today.

The Zen Dialogue approach is to see that the Controlling Ego is simply part of the whole rather than a world unto itself. The Aware Ego is one that clearly sees that merging with Big Mind, or Universal Consciousness, is an essential part of what it means to be human. In fact, without this realization, we are extremely one-sided. Operating from Big Mind, the Self can manifest wisdom and compassion, which serve as bridges to an expanded sense of purpose. This frees the Aware Ego to have access to whatever "voices" are needed to understand and accomplish the true life purpose we all have.

As this happens, our whole being begins to experience the ecstatic union of personal purpose and universal energy. "When the student is ready the Guru appears," is an old Hindu proverb. Recognizing that the "Guru" can manifest in anything at any time is a key part of understanding Zen.



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


PSYCHIC READINGS FOR SPIRITUAL EMERGENCE

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

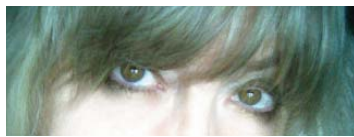
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SINCE 1977



This month's thoughts about things...



Andrea de Michaelis, Editor

... 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."*

EVERYTHING IN THE YARD IS IN BLOOM

A line of loquat saplings I'd transplanted last year are loving the rain, and the bamboo is growing like crazy. I've been giving all the plants a lot of water, and everything is in bloom, some for the first time in a year. The scent of jasmine and honeysuckle is intoxicating. Last year, I pruned down my leggy flowering plants so they would grow more dense this year. That left me with a few seasons of them looking bare, but the reward was so worth it as they began to bloom again, fuller than before. **I think how often I do that in my life: be willing to prune something now, to do without now in order to have a more expanded experience later.** Sometimes it backfires and I can find myself waiting for something that never comes to pass, depending on the words of another. Even that is a blessing, as it lets me reflect on the hidden blessing of what others might call wasted time and effort. Time and effort is never wasted. Mine was a powerful investment in soul work that I could not have done alone. I honor and thank my soul partner, I am forever grateful. Soul work is not done alone.

We are not always fed by the hands we feed. No one owes us anything. Our rewards can come from anyone, anywhere. There are always opportunities if you believe there are. I know there are. Every time I become a vibrational match to them, they make themselves known to me.

Earlier I contemplated the help I received from a friend in 2012 for making home improvements. I began literally getting my house in order before his arrival moving furniture planting a privacy hedge, creating new sitting areas. While here, he repaired my back porch, replaced siding, he re-organized the kitchen and pantry. He motivated me to get industrious myself. I tiled my kitchen and bathrooms and replaced the front porch light, jobs I'd put off for years.

It was like I didn't mind living with it that way for myself, but I wanted something better for a guest. I can be fairly oblivious sometimes, so focused on some project and not notice nor care that I never tiled the kitchen floor after pulling up the old vinyl years ago. But as I began to prepare to share space with a beloved guest, I saw my humble abode through their eyes and I wanted more for them. I wanted things to be fresh and new and complete to delight the senses.

Whatever we do for anyone, we do for **The Beloved, The Guest, for God.** We want to please all sorts of people as excuses for wanting to delight God, to please **The Beloved**, who comes disguised in as many forms at as many times as

we allow. So as I reflect on having spent 2012 getting my house in order, I thank and bless the one who helped me do that. Now I can't help but wonder what I was getting it in order for and in what form **The Guest** will appear next.

AN EARLY MORNING BEACH MEDITATION

I drove early to the beach one morning and sat in the sand to watch the waning moon in the east move to almost directly overhead, floating in and out among the clouds. It's surreal at the beach at night, the giant sky above and the ocean out before me, barely able in the darkness to tell where the two meet. The ocean roar is loud at surf's edge, so I sat back on the dune, where the sounds of the waves were less overwhelming. At surf's edge, it is easy to lose myself in the senses of it: the roar of the waves, the incoming tide, the splash of the seawater, the ions in the air.

At surf's edge, I can experience it, but it is on the dune that I reflect. Reflecting on it allows me to more fully appreciate the magnitude of what I just experienced. Jeff Brown says: *"There is a time to adventure into new possibilities, but there is also a need for quiet integration time on the self-creation journey. We can have all the peak experiences we want but the real work happens between the peaks."* Reflecting on the dune lets me bask in the feeling of the surf that I'd just experienced, to stay in the vibe of it. **The longer I stay in the vibe of Happy, the more Happy I will attract into my life. The more Happy I have in my life, the more the UN-Happy circumstances and people will fall away, making room for more Happy.**

Watching the stars at night reminds me everything is a cycle. We move in and out of each others' lives, in and out of situations and circumstances, a constant display before us of what it is we are attracting, what we are a vibrational match to. Knowing that, I can decide if yes, this is where I want to be right now or, no, I'd like an easier flow in my life.

If I want an easier flow, I simply need to take attention off whatever is harshing my mellow. By the focus of my willpower, I discipline myself to pivot my focus to happier thoughts whenever I need to move out of vibrational resonance with any buzzkill.

That's when the tide turns. That's when the flow moves some things away from me, and returns others to me. Life has taught me that I always know my vibrational stance, my vibrational point of attraction, by what I see playing out in front of me.

Watching the ocean under the night sky, listening to the surf, the occasional seagull, I feel everything is flowing as it should. I've watched the tide turn recently. As months of unnecessary drama fell away, I felt gratitude for the contrast that reminded me what a blessed and magical life I have. I appreciate everything so much more now. I returned from the beach awash in gratitude and appreciation, as tangible and sure as the sea spray that dampened my dress. Thank you, *God/ Goddess/ Universe/ Whoever or Whatever is Up There or Out There*, thank you for my life.

Enjoy our offering this month.
Hari Om.





CURRENT EVENTS

...continued from page 9...

And yet . . . And yet, every now and then, in the middle of the night that voice begins to hiss and whisper. And it's never a message I want to hear. It's the whining of an unwanted resident, renting space in my head and I want him out of there. Give me real problems I can solve. Not the fiction of a personal and private boogie man.

In the real world things aren't always a walk in the park. I feel the changing energy cycles. Some days you jump out of bed and find you can do no wrong. The message from the universe is *'It's your world. Do with it as you will'*. A high energy, harmonic convergence that translates into shorter lines at the store, parking spaces everywhere and the first outfit you put on being the right one.

And then there are days when there's "cat hair on everything!" Again, my friend Wes. He has a way with words. Spilled coffee on important papers, missed appointments, a day when your phone and car keys decide it's time to disappear. There's nothing like that little shadow of terror that says, *"You've lost your phone"*. Finding it at the bottom of your purse or in the pocket of last night's jeans feels like winning the lottery, doesn't it?

I try to remind myself that I'm experiencing "Current Events." And I don't mean the evening news. I'm talking about that energy current that seems to run through some days and nights; when the energy is good and everything's easy life is effortless. We ride the current, stay positive and enjoy the constructive flow. When things are difficult the challenge is to remain positive, calm and remember that swimming against the tide is exhausting. Pointless. And sometimes dangerous.

Memory saves me much of the time. I remember the many times I was unable to accomplish something because I was fighting that negative energy. And I remember how often things tend to work out for the best. Yes, I found there was a gift in the struggle. That the thing I was trying to do didn't serve me or anyone else and that there was an alternative option I was swept towards that was better.

Better. Better. We love better. The magical thinking part of the Paulie brain is immediately comforted by this news. I keep it close by in the memory banks and when the midnight marauder starts threatening my peace of mind I tell him to go away. Give it a rest. I'm not a little boy you can scare with your lies anymore. The universe isn't really interested in watching me starve or die broke and alone. There's a much better time ahead for all of us when we can let go of the fear, move into that place where we know we're doing just fine thanks and slowly build a life that sails along on the sweet currents of Gratitude and Trust.

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

HOROSCOPES JUNE 2013

Aries: May 20 to April 19 "I Am" Your relationship arena will be the focus for this month. Stranger things will happen especially when you find yourself falling in love at first sight with someone you have only just met. When endings seem to happen abruptly, know that they have been brewing for a long time and you just have to prepare for a new beginning!

Taurus: April 19 to May 19 "I Have" Your focus this month is in the house of shared resources; just because you have been working does not mean that you get to stop working and do your dream job. Everybody has to work! You recently have had a huge wake up call from reality; especially since the New Moon Solar Eclipse in your sign last May 9th 2013. Step it up!!!

Gemini: May 20 to June 20 "I Think" Lucky you there will be a New Moon in Gemini at 18 degrees at 8:56 AM., on June 8, 2013. You may be leaving some struggle behind you and focusing on what the future has in store. Discover as much inner strength as you can because you are being called upon to make choices you never thought you would be faced with.

Cancer: June 20/21 to July 22 "I Feel" You are in the process of pondering your next move and where you want your life to go, go in the sense of manifest, vacation, where do you want to be in the next 5 years! You have recently encountered much inner darkness that you have battled and won. Triumph continues to be a source of regeneration and glory. Keep up the good work!

Leo: July 22 to August 22 "I Will" In your usual theatrical ways, friends and family will flock to be by your side in all your endeavors. Decide what you want and move toward filling the cup of plenty!! Possibility of making a lasting commitment with a person you share deep feelings with.

Virgo: August 22 to September 22 "I Analyze" You have worked long and hard for where you are in life now, know that the worst is over, the best is yet to come! You may have spent the last six months virtually by yourself but be glad that all your accomplishments you can also give credit where credit is due. You did it all by yourself!

Libra: September 22 to October 22/23 "I Balance" Sometimes when you look in the mirror you wish you saw someone different, or at least felt happier about the eyes looking back at you. It is easy to complain but much more worthwhile when the words you speak to yourself uplift you rather than tear you down. What is it that you really want? Try focusing on what it would feel like to be completely happy.

Scorpio: October 22/23 to November 21/22 "I Transform" Your journey revolves around what is truly important to you now. You may be considering having a yard sale; clear out the clutter in your life so more important people and items have room to enter your living room. As you continue to reevaluate your path and all that is important, you may also be reconsidering a variety of income avenues.

Sagittarius: November 21/22 to December 21 "I Perceive" June 21, and 22, are great days especially for you to communicate effectively with your higher self. This is a time for you to go for what you really want in life. You owe much to the women who raised you; all the love and nurturing that you received as a young child has served you well in your adult life. You have come along way, baby!!

Capricorn: December 22 to January 19/20 "I Use" The full moon on June 23, at 2 degrees Capricorn will be an indication of how much you have grown over the last 4 years, as well as how much you will grow in the near future. Now is the time to really put your ideas into motion and go for what you want!!! Do not settle for less, you are the measure of how much success you really think you deserve!!!

Aquarius: January 19/20 to February 19 "I Know" If your love life is not all it can be, then you need to do something. Honesty would be a good place to start, sometimes people just go through the motions because they have outlived their purpose with each other and are too afraid to make changes. Be brave and communicate your truth and you might find the two of you might just be on the same wave length.

Pisces: February 19 to March 20 "I Believe" After much struggle, experience has given you many opportunities to move forward with what has heart and meaning. You are at a crossroads with how you meet your health needs. Your exercise and dietary habits are in the process of great change. Your focus this month is the groove that life has set in motion for the next several years.



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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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