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**JULY 2014**

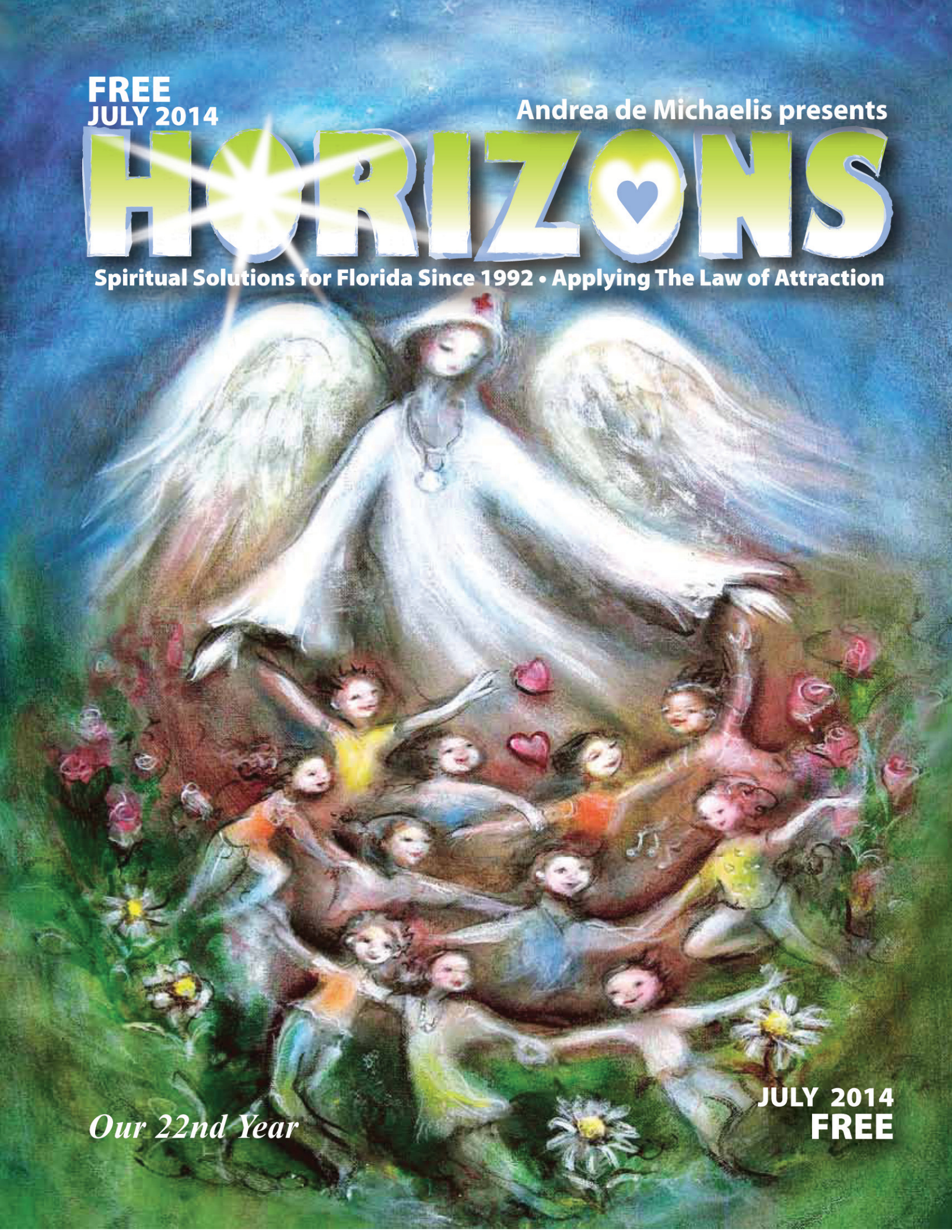
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Andrea de Michaelis

**On the Cover (page 26)**

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# HORIZONS

Our Advertising Rates • Low because we're in it for the outcome, not the income ...	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar .....	6
This Month's Thoughts About Things by Andrea de Michaelis .....	7
The Teachings of Abraham by Esther and Jerry Hicks .....	8
Soul Contracts by Danielle MacKinnon .....	9
Notes From The Universe by Mike Dooley .....	10
Believe That You Will Be Met Where You Stand by Janelle Johnson .....	10
Herb Corner with Cecelia Avitable .....	11
Abraham Fun: Soulsongs with Karen Williams .....	12
One Mind by Larry Dossey .....	12
Open Mind Zen by Zen Master Al Rapaport .....	13
From The Heart by Alan Cohen .....	14
Ask Whitedove with Michelle Whitedove .....	15
Show The World You Walk Your Talk by Wayne Wirs .....	16
Creating Space for Intimacy by Jeff Brown .....	16
Our Classified Ads .....	17
Our Calendar of Events .....	18
Our Phone Directory *Horizons may be picked up at most of these locations* .....	22
About the Cover Art .....	26
Monthly Horoscopes by Barbara Lee .....	30
Our Mission Statement .....	31

**"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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# 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.



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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 July 2014 edition of Horizons Magazine.

I'm not sure yet what's going on for the 4th of July, but I'm sure yummy food will be featured. Speaking of food, I've added more recipes to my healthy foods site at goddessgrub.com. It's true you can make anything a spiritual path and for me, cooking is one fork on that path.

I had a lesson in consciousness last week as I was cooking half asleep. I made pinto bean soup the night before and the next morning I reheated it to adjust the flavors. I squeezed a fresh lemon, then scooped up the 8 seeds and discarded them -- right into the pot of soup! I reached in as quickly as I could reach a spoon, but they were nowhere to be found. Bah, humbug! I let the soup cool as I went back into the office. An hour later, I had a thought that I could call the lemon seeds to me. If I could ease myself into unity consciousness, I could communicate with them and understand when they respond to me. It was worth a try.

I went into the kitchen and removed the pot lid. I had my trusty large round spoon. I contemplated the soup and its separate elements: the pinto beans, the onions, carrots, red pepper, celery, the corn, cumin, coriander, fennel seed, the

garlic and onion powders, the tomato paste, the vegetable broth. Individually distinctive, but part of the greater whole: the soup. The soup was separate from the pot which was separate from the stove, but they all came together in a greater whole: my kitchen. So taking it back down, I recognized the greater whole yet with my subtle sense I could observe the individual components.

The seeds were on the bottom and they were responding to the attention I expressed in my desire to find them. *That which we seek is always seeking us, as well.* We just need to figure out how to communicate with each other.

I dipped in and drew up a spoonful of beans and corn... and a seed! One down, seven to go. I knew exactly where the next one was. I got excited. *The seeds got excited!* In the next spoonful, I saw one seed but when I shook off the beans, two seeds popped onto the side of the pot. *They were as excited about this game as I was.* The next spoonful had 2 seeds and the final seed came up in the next.



Conjuring the Lemon Seeds

I know all I did was get myself into a state of consciousness (through self talk, contemplation and visualization) that allowed me to recognize the Oneness of it all, everything. From that state of consciousness, I stated my desire and mentally reached out into the pot of soup to speak to the seeds and draw them to me. As soon as I formed the thought in my mind, I knew where they were and that they'd gladly come to me. So I know all I did was take some seeds out of a soup. But I feel like I just commanded the heavens!

...continued on page 28...

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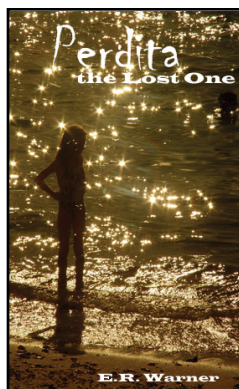
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**Guest:** If you're trying to create a situation, or you are creating a situation, and you're shooting Energy to that vortex, and let's say there's a certain thing that you have to have – it's money. Okay, I hate to say it, but it's money – and if you say, well okay I'm going to create this, but you have to put a time limit on it because you...

**Abraham:** You need it.

**Guest:** Yeah, right, something you can't have unless you have it. Is that shooting yourself in the foot?

**Abraham:** Usually. Now, here is the thing. A lot of people that are teaching goal setting will say to you, "set your goal", and by that, they mean, decide what you want and when you want it. Well, the advantage of that is it makes it feel more real. If you can say, one month from now, or, one year from now, it gives you a more tangible feeling place.

The disadvantage of it is that if you've never done it, in all of your 29 years, and now you're saying, "I'm going to do it in two months or one month or six months", – you defeat your purpose because you cast doubt on it. In other words, you vibrationally ask for something you don't believe, so every time you think about it, the negative belief rears its ugly head.

So what you want to do is just pay attention to the way you feel, and if you say, "I want to have it" or "I've got to have it and I've got to have it fast", and you feel that discomfort, then know that whatever you're doing, right there, isn't working for you. And then, as you start talking about why you want it and you start pretending that it has happened, or you start envisioning that it has happened, and you feel that discomfort sort of ease up, and you feel yourself starting to feel a little lighter about it, now you know the Energy's flowing.

*...continued on page 20...*

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Many unseen and unconscious energies influence you every day. They can cause you to behave a certain way, think a certain thought, or believe certain ideas about yourself. These energies are your Soul Contracts and they are part of your Soul System. All of these ways of thinking, feeling, and believing take away from your ability to discover who you really are. They prevent you from living the life you want to live, having the relationships you so deeply desire, finding the success you're craving, and more. They also provide a beautiful, detailed road map for figuring out how to get where you want to be. The things that are blocking you from your achievements are actually showing you how to free yourself.

Imagine that you're driving down the highway. You pass a sign that cautions Road Work Ahead. Now that you've been warned, you're able to prepare for the challenge ahead, figure out your options, and make any needed adjustments. You can choose to drive around the construction, find an alternate road, or even turn around and drive in the other direction. Once you know that there is a block (and what it is), it's much easier to manage.



The problem arises, however, when we do not interpret the warning signs correctly, or miss them entirely. For example, imagine you had your head turned the other way as you drove by the sign. Perhaps you interpreted the sign to mean "the road is impassable," when it really isn't. Many people today read the sign and think: Well, that's the way it is. There is a block up ahead and I just have to accept it. That's the way it goes and that's just who I am. That's the real problem: when we start assuming we are broken, stuck, unworthy, and unlovable. Many people unknowingly sabotage themselves by accepting their blocks as part of themselves.

*...continued on page 20*

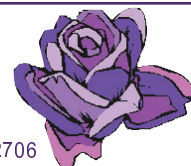
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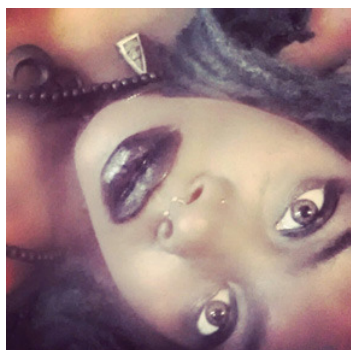
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## BELIEVE That You Will Be Met Where You Stand

Janell Johnson currently resides in Florida where she spends the majority of her time immersed in the study of world religion/artistic endeavors and sacred symbol tattooing. "I am a strong advocate for conscious living/yoga since I had the pleasure of embarking upon my own spiritual journey four years ago and witnessed the way it transformed my life and my heart. I believe we are all connected and as a result we are a collective consciousness and it is our duty to be advocates of change, faith, hope, empathy, action in compassion in anyone whose life we meet." [facebook.com/tattoosbyjanell](https://www.facebook.com/tattoosbyjanell)

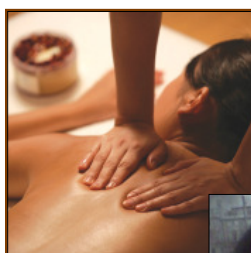
**Never believe that God/Universe will not come for you and meet you where you stand.** I implore you to pray always...open up your mind so deep and whispers prayers into your dark cosmic body so diligently that wind blows and the stars shine brighter at your awakening.

Listen to me: never believe that **Krishna, Brahma, Buddha, Jesus, Muhammad, your ancestors** will not come for you in your despair... in your sleep... in the midst of your joy because they will, like a beacon of hope.

They will embrace you... wait for your surrender. And I assure you there is true love and immortality in the hands of that sweet giving up of yourself to find your soul?... to merge deeply.

We should pray constantly... always. I assure you, your flesh is a vehicle, a miracle, a promise.

You are divine... beautiful. The saddest most gorgeous thing is to walk upon this earth and it's like that with everything... all of the time.



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**No matter what happens or doesn't happen this weekend,** this entire week will already be looked back upon with the greatest fondness because of the miracles you've already performed, which will become more and more evident as time passes.

That's how I see it now,

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# HERB CORNER

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

## SAGE

Native to the Mediterranean region, often thought of as a cooking herb yet for thousands of years people all over the world have used Sage for its medicinal uses. Even its Latin name "Salvia" means "to heal" or "save" and has been referred to as the "herb of longevity". People and cultures from all over the world from ancient Greece and Rome to Egyptians and Native Americans have regarded Sage as a highly useful medicinal plant. Over the centuries it was used for many conditions including "the plague", memory enhancement, respiratory, digestive, and fertility conditions.

For respiratory ailments it was and still is used for helping infections, a sore throat, coughs, reducing excessive mucous and for fevers. These conditions may be helped because of Sage's antispasmodic, antiseptic and antimicrobial actions.

In the Circulatory system a study published in **Phytotherapy Research** showed Sage to be of benefit to lowering cholesterol. In this study 67 adults over a 2 month period found Sage to lower cholesterol by 20%.

In the digestive system Sage is beneficial to the liver, its properties help the body to digest rich fatty foods and ease gas. It also soothes the mucous membranes of the mouth; soothing mouth ulcers and its astringent properties help to reduce bleeding of the gums.

When it come to the reproductive system, Sage is used to ease menopausal symptoms including night sweats and hot flashes; just drinking a few cups of Sage tea per day may be all that you need to reduce hot flashes, during Ancient Egyptian times it was used to help regulate menstruation and increase fertility and it can still be used for that today.

Its most interesting recent research has been in the study of memory enhancement. In 2003 an English study found the essential oil of Sage greatly improves memory and 60 drops of its tincture per day over a 4 month period of time protects the brain from a chemical destroyed in the brain by Alzheimer's without negative side effects. When used in tea form Sage may help to enhance calmness and help you to feel more alert.

Externally the astringent actions of Sage can be used as a compress for wounds, sores or as an aftershave to stop bleeding. It is also known to have moisture drying properties so it can be used as an antiperspirant. Remember it's not just for cooking.



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# ABRAHAM \*FUN\*



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

## My Not At All Evil Twin

**There's much more to me than meets the eye, and I'm not referring to something being held in by Spandex.** There's a non-physical part of me that is pure positive energy, and I came into physical expression so that both this non-physical self and I could have a grand adventure.

To the extent that I'm joyful, content, peaceful, hopeful, etc., I'm seeing eye-to-eye with this Inner Being, and it orchestrates circumstances that elicit health, abundance, love, and every desire.

When I am at odds with life - giving much attention to what I don't like and don't want - I don't jibe up with my inner self and I prevent this non-physical aspect from helping me in the way that we both intended. When I regularly disengage from this larger part of me, things don't go well.

My ultimate work is to maintain a consistent connection between my physical and non-physical "twin." Every moment that I think good-feeling thoughts, I'm fulfilling this high purpose. And from the accumulation of feel-good moments, wonderful events unfold.

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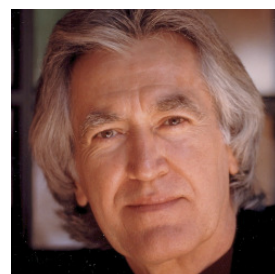
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# ONE MIND: How Our Mind Is Part of a Greater Consciousness and Why It Matters



The following excerpt is taken from the book *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters* by Larry Dossey. It is published by Hay House (Available October 2, 2013) and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)

**In January 2007, Wesley Autrey, a 50-year-old construction worker was waiting for a subway train in Manhattan. As he stood there, he was unaware that he was about to become involved in a sequence of events that would change his life, and that would reveal profound truths about the nature of the human mind.** He noticed a young man, **Cameron Hollopeter**, 20, having a seizure. The man managed to get to his feet but stumbled from the platform onto the tracks between the two rails. Autrey saw the lights of an approaching train and made an instant decision. He jumped onto the tracks, thinking he would have time to drag Hollopeter away. Realizing this was impossible, he covered Hollopeter's body with his own and pressed him down in a drainage ditch about a foot deep between the tracks. The train operator tried to stop and the brakes screeched, but by the time he could do so, five cars had passed over the two men. It was a close call; the cars were so close to Autrey they smudged grease on his blue knit cap. Autrey heard onlookers screaming. "We're okay down here," he yelled back, "but I've got two daughters up there. Let them know their father's okay." Then he heard cries of wonder and applause from the bystanders. Hollopeter, a student at the **New York Film Academy**, was taken to the hospital but sustained only bumps and bruises. Autrey refused medical help because, he said, nothing was wrong.

### Why did Autrey do it?

He told *The New York Times*, "I don't feel like I did something spectacular; I just saw someone who needed help. I did what I felt was right." He said further that, as a construction worker, he was used to working in confined spaces, and that his judgment in this case proved to be "pretty right." Autrey was extraordinarily modest, but this did not shield him from the public's adulation. He was an overnight celebrity, with appearances on several national

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

# OPEN MIND ZEN



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

**Zen is very simple. In fact, it is so simple that our thinking minds have trouble understanding what Zen is pointing towards.** We live in a complex world, and our lives tend to be very complex as a result of our desire to have more than we already have. Zen is an excellent antidote to the complexity of life, as it constantly takes us back to the source which is untainted by our desires and aspirations. The source always exists and always will exist, and as such is always accessible to us.

**Master Bankei** lived in Japan from 1622 to 1693, and his teaching of the unborn distinguished him from other Japanese masters that had come before. He taught anybody who wanted to hear what he had to say, much as Gautama Buddha did over 2000 years before.

The **Unborn Buddha Mind** is always present. However, our fixation on the ego prevents us from experiencing that fact in most instances. Traditional spiritual practices from the East tend to view the ego as an adversary. In order to foster an experience of **Unborn Mind**, the ego is exhausted through lack of sleep, meditated to death, and/or bored to death with years of repetition of mantras, prostrations or other tasks. But there is another way to deal with the ego, which is to ask its permission to get out of the way for awhile. This is accomplished by showing the ego (or controller as we call it in this instance) how it is in its own best interest to step aside to allow the **Unborn mind** through. We call this technique **Zen Dialogue**.

Westerners tend to be individualists. Our egos are highly developed, and we don't take well to being beat up by spiritual practices. The **Zen Dialogue** method works with the ego rather than opposing it, validating the various parts of the self while clearly demonstrating the existence of the **Unborn mind**. Using this technique, someone totally unfamiliar with Zen can have an experience of the Unborn within the first hour.

**Zen Dialogue** is fun, and it is easy. The facilitator begins the process by asking to speak with our controller. The controller is that part of us, normally described as the ego, which controls which voices, or behaviors, we are manifesting at any given time. Eventually the facilitator gets the controller to see how it is in its own best interest to allow the **Unborn Mind**, or Big

*...continued on page 27...*



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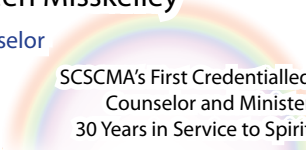
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# From the Heart

Alan Cohen is the author of *I Had it All the Time: When Self-Improvement Gives Way to Ecstasy*. Join Alan and other renowned teachers in Maui this December 7-12 for an extraordinary Course in Miracles Retreat: Coming Home to Love. For information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com)



## Real Security

While passing through the Honolulu airport I stopped for a moment to look at some items in a shop window. A female security guard approached me and struck up a casual conversation. She asked me where I was headed, and I told her I was on my way to Japan to teach some classes. "What do you teach?" she asked.

"I help people get in touch with their passion and purpose and live authentically," I told her.

She lit up. "Then give me some tips, would you?"

I asked her what was going on in her life.

"I'm the single mother of nine children," she told me. "Most of my time goes to my kids."

I placed my hand gently on her shoulder. "Is there anything you would like to do for yourself?" I asked her. "What could you do to nurture your own spirit?"

Tears came to her eyes as she showed me her hand. "I'd just like to get my nails done. That would make me feel pretty."

I smiled and told her, "Then please do get your nails done. You're worth it. You give so much to your kids. You deserve what makes you happy."

The woman smiled and told me, "I guess you're right."

As I went on my way I thought about the fact that she was a security guard. We generally think of security as protecting our body and possessions from people who might violate them. Yet when we live in fear or a constant need to protect ourselves, we violate our spirit—a far greater injury than any that might occur to our possessions. Real security operates at a much deeper level than people who stand at the doors of banks and airports.

Oddly enough, when I returned from Japan I had another synchronistic encounter with a security guard walking through the airport parking lot. Our caretaker had come to pick us up, our family of dogs waiting eagerly in the back of our SUV. As the guard passed, he saw the dogs and told us that he missed his beloved companion dog he had to put down over a year ago. "I'm

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

# ASK WHITEDOVE



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

**Dear Whitedove:** I am so angry that God took my handsome son away from me. I prayed and prayed for his recovery while he was hospitalized. The doctors said that there was a fifty percent chance of him recovering from a coma after a drug overdose. Why does God refuse to answer our desperate prayers? -Furious in Philly

**Dear Furious:** I am very sorry for the loss of your child. I feel your pain and I asked this question at the age of 18 when my young cousin died under different circumstances. I was told clearly that **God hears every prayer** although there is a grand plan at work and we are all playing our part in this journey that we call life. We given a time to enter this world and a time to exit that is divinely orchestrated. It is for our own selfish reasons that we want our loved ones to stay with us. Only when we reach heaven then we will know with great clarity the purpose of a seemingly untimely death. As a spiritual medium, I have seen so many positive things that come from human tragedy. Importantly, many times these souls have a greater purpose from a higher state of consciousness. Through tragedy they draw the family together and often back to God by praying for that soul and restoring faith and hope. Also tragic events are the greatest catalyst for people to become activists. The death of a young person deeply affects an entire community, when people take a stand they can create awareness and even change laws. This shows us that even in death there is a higher purpose at work for our soul's growth.

**Dear Whitedove:** I had a dream about a deceased relative, and when I woke up I swear I could smell her perfume. Is there a logical reason for that? - Sentimental in Seattle

**Dear Sentimental:** Many times **our deceased loved ones** will come through to visit us in the dream state. Just because we don't always consciously remember what they are saying to us, it's their way of letting us know that they are still with us, watching over us. Take those dreams as a blessing and a gift. Please know that your departed loved ones really are visiting you from the Heavens.

**Dear Michelle:** The other night I was dreaming that I was flying. Not in an airplane, but more like a bird. My arms were outstretched and I was soaring high above in the night sky with the stars above me. It was a great feeling of freedom and more beautiful than words can express. I was in the middle of this dream then all of the sudden I could hear my son cough from his bedroom. This sound caused me to feel as though I were



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falling a great distance and my body thrashed as I awoke. This nearly scared me to death. Can you explain? -Free Bird in Freemont

**Dear Free Bird,** I'm sure that most people can relate to your question. It happens to everyone; that feeling of falling, falling, falling and trying to catch yourself as you awaken startled. When the body rests, the soul is free to roam. Or fly! Your soul was out of body on a journey. You became aware of this, or consciously awake with the familiar sound of your child. As your physical body began to stir, your soul came crashing back in a hurry and jolted you awake. I always advise my students; when this happens try to lay there for a few minutes and remember where you were, then journal it. The experiences we have on the other side are often vivid journeys - just like your exciting **adventure of the soul**. Wishing you many more happy travels!



# SHOW THE WORLD YOU WALK YOUR TALK— And When You Don't, What Went Wrong



Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." Additionally he runs a website - RecentlyMissing.org - dedicated to helping find lost children. Wirs lives full-time in an RV, traveling North America and documenting his adventures in his photo blog, [www.waynewirs.com](http://www.waynewirs.com).

Personally, I don't want to live my life as a hypocrite—or worse, die as one—so I strive for transparency in my blog. I don't want to preach A while living B. If you consider yourself a spiritual student or authority, even if you have no interest in becoming a teacher, I strongly urge you to start a blog, or if you have one, to intersperse your "teaching posts" with personal posts. You'll be amazed at how humbling and eye opening the experience can be. Become transparent.

Show the world you walk your talk—and when you don't, what went wrong. Show the world your flaws. The most powerful aspect about blogging about your personal life is that it throws your actions right back in your face.

Personal blogging makes you very conscious of the difference between your theories... and your actions. Personal blogging forces you to live true. And to live true—isn't that what a spiritual life is all about?"

# CREATING SPACE FOR INTIMACY Don't Bring Unresolved Baggage Into A New Relationship



Former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground". He is also the author of "Apologies to the Divine Feminine (from a warrior in transition)" and the producer and key journeyer in the new spiritual documentary - Karmageddon-

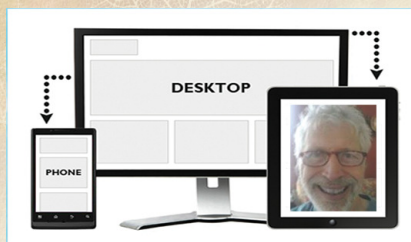
which also stars Ram Dass, Seane Corn, David Life, Deva Premal and Miten. You can connect with Jeff's work at [www.soulshaping.com](http://www.soulshaping.com)

When I would go to bed with a woman when I was young, I didn't realize that there were many of us in the bed at the same time. There was her and I, her parents, my parents, our past lovers and anyone else we had unfinished business with. That's the thing about being unconscious - we can't help but bring our unresolved baggage into every other relational encounter.

We imagine it's just the two of us, but our projections and patterns ensure that the bed is symbolically filled with many others. Talk about an unwelcome orgy! A little hard to move around freely with so many projections on the mattress.

One of the reasons we do the work to heal our past is so that we can actually create more space for intimacy. With our patterns fallen away, we stand a much better chance of holding love safe. With our projections worked through, we can actually see the beloved with clear eyes. Finally, it's just the two of us...

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2d, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-722-0291

2nd Saturday CASSADAGA Tea Leaf class 5-7pm with Torre LaRock at Cassadaga Hotel \$25 per person RSVP 386-228-2323 [www.venusinvelvet.com](http://www.venusinvelvet.com)

Sundays HOLLYWOOD Tibetan Yoga Vajra Yogini - 10am-noon. \$25 Selections of flowing Tibetan, Taoist, Indian chi gung, tai chi, yoga, meditation. Call to confirm class. Goddess Store, 2017 Harrison Street, Hollywood, FL 33020, (954) 929-2369, [www.shentaoinnergyarts.com](http://www.shentaoinnergyarts.com)

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 Love offering [www.yogashakti.org](http://www.yogashakti.org)

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy, minister and Susie Hulcher, music. Childrens' ministry 11am. Open to all. 11120 Ranchette Road, 239-278-1511 Visit [www.unityoffortmyers.org](http://www.unityoffortmyers.org) and Email [admin@unityoffortmyers.org](mailto:admin@unityoffortmyers.org)

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 1924 Melody Lane behind Melbourne Auditorium (321) 961-5390

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169 [orlandoreligiousscience.com](http://orlandoreligiousscience.com)

Sundays ROCKLEDGE 10am Center for Spiritual Living Space Coast (A Science of Mind church) Life Enrichment Series Wed. 7pm 4310 US 1, Ste. A 321-474-2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA BEACH Community Unitarian Universalist Church Dudley Memorial Chapel 1108 N. Dixie Highway (US 1) Visit [dbcuuc.org](http://dbcuuc.org)

Sundays MELBOURNE Metaphysicians' Circle held at 307 E. Lincoln Ave downtown Melbourne 7-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

SATURDAY August 9th, Cassadaga Spiritualist Camp (1112 Stevens Street, Cassadaga, FL), 10am - 4pm, In Touch with Spirit Gala Day! Free Admission! Mini-readings by Certified Mediums, \$20; Mini-Seminars \$5 Donation; Alternative Healing Modalities; Street Vendors and More. For more information visit our website [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-3171.

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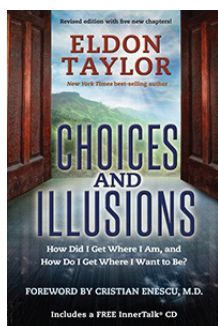


**Daena Croghan  
Morgana Starr**



# CHOICES AND ILLUSIONS: How Did I Get Where I Am, and How Do I Get Where I Want to Be?

The following excerpt is taken from the book *Choices and Illusions: How Did I Get Where I Am, and How Do I Get Where I Want to Be?* by Eldon Taylor. It is published by Hay House and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)



**The Web of Beliefs.** Our life beliefs are like a giant spiderweb. There is no such thing as a stand-alone belief. They are all intricately interlaced and wound into one another in ways that are amazing even to the professional analyst. Even our dissonant beliefs are connected at some level, despite the fact that they are mutually exclusive in nature. We may well believe,

for instance, that prosperity will bring us happiness and at the same time hold a deep-seated belief that the love of money is the root of evil. We need not look far in our society to find living proof of this precise example. Take, for instance, the number of individuals who seek to penalize the new millionaire by taking a large portion of his success in taxes, and at the same time aspire to become millionaires themselves. I have led many seminars in which I've asked, "How many of you would like to make a million dollars this year?" and without exception every hand in the house is raised. I have also asked many of these very same people how they would like to pay 50 percent or more of their income in taxes—federal, state, gas, highway, sin taxes on such things as butter and alcohol, and the like? Again, they are unanimous in their response: "No—that's unfair!" Yet this is exactly what this same group of people finds fair when framing the question about raising taxes to balance our national budget and meet our social needs.

Beliefs weave together in ways that often blind us. We have beliefs about what a singer should look like, so when **Susan Boyle of Britain's Got Talent** appeared in her disheveled best, the room filled with laughter and even a jeer or two. Judges looked at one another and rolled their eyes, and yet when the woman opened her mouth and began to sing, the most mellifluous of sounds came forth. Stop and ask yourself, why is it we think a singer should look a certain way? What is this belief, and how does it betray us?

Our life beliefs can dictate everything from our relative successes to the way in which we interact with the physical world. I remember well the **Sir Roger Bannister** story. Bannister


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declared that he was going to break the unbreakable four-minute mile. He was told by all the experts, including physiologists, that his goal was not only unreachable but physically impossible. Indeed, there are stories of how the Greeks chased runners with wild animals in their attempt to run a mile in a faster time, and all to no avail. Not possible—and yet, "On May 6, 1954, he was a 6-foot-1, 25-year-old medical student at **Oxford**, running on the university's track at **Iffley Road** before a meager crowd of 1,000, most of them students." By the end of the day, the four-minute-mile barrier had been smashed. The newly broken psychological barrier led to numerous runners breaking the same record in the next couple of years. Indeed, **John Landy** ran the mile 46 days later in Finland, setting a new record with a time of 3:57.9.





## ABRAHAM-HICKS

*...continued from page 8*

And so, then next time you think about it, you might have to go through the same process again of feeling uncomfortable and then bringing yourself to a place of ease. But it doesn't take too many times of transmuting that Energy — from a place of a knot in your stomach to feeling better — before you've transmuted your basic point of attraction relative to that subject.

And it doesn't take too much of that before something starts to break loose. In other words, the **Universe** gives you the break that your Energy now deserves. And we don't mean that in a judging term.

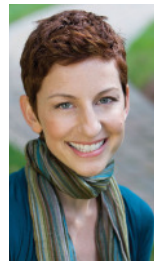
Somebody said, "There is no justice." And we say, there is utter justice. You all get exactly what you deserve. Meaning, you're all getting exactly what you're vibrationally offering.

So just play with it. Think and feel, think and feel, think and feel. If there's something that you really want, like, when you said "money;" in other words, you're almost embarrassed to even talk about it, because you can feel how negative it makes you feel even to think about it.

Let us give you some sort of practical, fast approaches to this. Every time you spend money for anything, appreciate the fact that you had it to spend. Even if you think you're spending it unwisely, even if you shouldn't be spending it for this and should be saving it for something else, even if, when you spend it, it will deplete your checking account to a place that is uncomfortably low, even under those conditions — appreciate the fact that you had it to spend. "I am so happy to spend this money."

Now, let's talk about that subject of "tithing" for just a moment. A lot of people ask about tithing, because they have been told that there is benefit in it. And they're usually told that by those who will receive the benefit from their tithing. In other words, "tithing is a good thing, give your money to me and your life will be better," is the general picture of tithing.

*...continued on page 21*



## SOUL CONTRACTS

*...continued from page 9*

Nobody but you will get you through your blocks. The barrier ahead is there for you, and only you, to go through because it represents a lesson your soul needs to learn in this lifetime. So how do you identify and interpret these road signs? You can begin by learning about your Soul System.

### The Benefits of Working with Your Soul System

In your Soul System, these energies manifest as challenges—hidden but pervasive blocks that stop you from reaching a goal or push you to have negative feelings about yourself. These energies are actually shortcuts to learning life lessons and achieving your goals—but first you need to master and rework your Soul System. Rather than getting upset when a block shows up in your life, try to think of it this way: you now have inside information about what has been holding you back from your happiness, peace, and success.

As you can imagine, great results can come from mastering your Soul System; however, the work can appear daunting, since you must address all levels—energetic, mental, emotional, physical, and spiritual—in order to experience the greatest release and forward momentum. These blocks can prevent you from just about anything, from cutting your hair, to getting along with your dog! They are also the key to awe-inspiring results. Through this work, I've seen people finally become free: leave unhealthy relationships, start their own business, stand up to their mother, write a book, go back to school, find the love of their life, believe in themselves, find their voice, lose weight, become rich, love their body, and more.

There is no limit to what you can do when you finally accept how beautiful, whole, pure, and good you really are—no matter what decisions you've made in your life so far. As you begin to master your Soul System, you will begin to let go of the blocks that keep you trapped in the land of "he said, she said" and "I can't" and "I don't know." You will travel toward energy, spirit, and oneness—where beauty, perfection, experience, and love are all that exist. The results of this work are often tangible—you might make \$100,000 in four months or meet the love of your life—but they are also intangible.

You might feel a trust in yourself that you've never felt before, or develop a connection with yourself that you didn't know could exist. Whatever you are looking for, you can receive it, but you will most likely receive so much more. In committing to take on this Soul-level work, you will be minimizing your fears, worries, frustrations, and other disempowering emotions so that you can experience unconditional love, the beauty of being human, and the light of who you are.



## ABRAHAM-HICKS

*...continued from page 19*

The reason that tithing is beneficial is because, if you feel abundant enough that you have excess that you don't have to have — the excess is a vibration of Well-being.

In other words, "I've not only got enough money for what I need, I have extra money," and so, it's that vibration of Well-being that allows more dollars to flow. So we encourage that you "tithe" your clothing account, that you "tithe" your vacation account, that you "tithe" your eating-at-a-special-restaurant account.

In other words, you don't have to tithe a church or a guru. Tithe yourself, but get into the attitude of excess. In other words, "not only can I meet my basic requirements, but I have excess that I can do other things with," because it's that vibration of abundance, that vibration of excess.

So, something that you can do that gets you in that flow, right away, is looking around at your personal possessions and noticing how many things you have that cost money. I've got...add up how much your stuff is really worth. In other words, I spent money on... add up how many meals you've eaten, how much money you've blown on food that you no longer have to call assets.

You see what we're getting at? As you start thinking in terms of all of the money that's passed through your hands you get a sense of the abundance of dollars, in and out, in and out, in and out, in and out.

Now, what makes many of you feel lackful of money is that you don't have a big pile of it sitting around somewhere. And we say, no problem. You don't have a big pile of air sitting around, either. You don't have a big pile of Energy sitting around. It's not what it's for. It's the utilization of it that is the power of it; in and out, in and out, in and out, in and out.

So rather than feeling lackful because there isn't excess money or extra money, just enjoy the money that is there; in and out, in and out, in and out and you get this sense of "the money is just like the Energy," it is just like the oxygen, it is always there.

*...continued on page 29*

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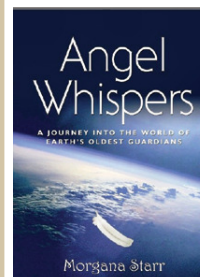


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## Alan Cohen

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



still grieving,” he confessed, the burly morphing to a little boy as he spoke. My partner **Dee**, sensitive to the man’s open heart, asked him if he would like to hold our **Maltese**, **Nani**. He took the little dog and began to pet her affectionately. As he did, we could see the fellow melt, on the verge of tears. He lingered in snuggling for a long time, obviously not wanting to let go of the little cutie. Finally he did, and told us, “It’s time. I need another dog. I will get one.” We wished him well as he went on his way. **A Course in Miracles** talks about “holy encounters.” That was one.

Real security is an inside job. You can take elaborate means to lock down your home, store, or computer programs, but if you are afraid, you are insecure. On the other hand, you can take few or no measures to protect your stuff, but if you feel safe in the universe, you are extremely secure.

After dealing with a health challenge, my friend **Bette** decided to turn her life into a trust walk. She did things no one else would do, like leave her keys in her car ignition while the car was parked at a **New Jersey** mall. One day Bette picked up a young hitchhiker who told her that he had left his wife after a fight, but now he was going home to reconcile. Bette offered him the use of her new car to get home to see his wife. He promised to return the car early that evening. When he didn’t show up, Bette wondered if she had made a mistake. Finally he arrived with his wife, and both of them thanked her profusely for helping them get back together.

I am not suggesting that you leave your car with the keys in it or lend it to someone you don’t know. I am suggesting that safety and security are states of consciousness we choose. We are protected not simply by locks and gates, but by Higher Power. My friend **Cliff Klein**, an avid **Course in Miracles** student, heard someone in his Brooklyn apartment bedroom. He investigated to find that a burglar had entered through the fire escape. The man began to flee, but Cliff told him to wait. He asked the guy what was going on in his life that had caused him to break in. They had a heartfelt talk and Cliff gave the man some money to get some dinner. Cliff’s faith transformed a potentially dangerous situation into an altar of healing.

**Bette** and **Cliff** were ordinary people with extraordinary faith. My encounters with those security guards were ordinary moments that led to extraordinary results. You and I have the power to transform any situation, especially ones in which feel insecure, into a demonstration that we have a security team functioning at a far more profound level than eyes can see. We are always secure if we remember the Source of our well being. As the proverb declares, “Fear knocked at the door. Faith answered. No one was there.”

## COVER ART EARTH ANGELS

By **Lori Hlaus**



Throughout her life, Lori has been a self-taught artist. Her dedication to art took many forms, ranging from sign painting, murals, paper sculptures, and lately painting. In the 1980’s, Lori’s airbrushed murals on motorcycles & vehicles were popular. She earned a degree in advertising design from the Fort Lauderdale Art Institute.

In 1985, she and her husband started their family. As a working mom, her signs and murals brightened up homes and daycares in Broward County Schools. Through the 90’s, Lori worked on handmade papers to escape the commercial art. Her sculptures evolved into human like figures of clowns and dancers. They live in homes of collectors around the world. This was the beginning of her art show career. After 2000, Lori returned to illustration and mixed media painting. Much of her themes come from family, nature and life times that inspire her.

Classification can be called expressionism. Her technique consist of layers of translucent acrylics, airbrush, pastels, colored pencils and papers. She was a featured artist in South Florida and in her 30 year career, she has displayed her work in over 550 exhibits and received several awards. Customers comment that her work is inspirational and dream light. Regional publishers use her work for magazine covers. “I hope to take the viewers to a place where imagination and dreams really do exist.” Visit Lori online at [Artbylori.com](http://Artbylori.com)







## OPEN MIND ZEN

*...continued from page 13*

Mind, to speak. Once the participant is speaking from Big Mind, the voice of enlightenment, which we all possess, can inform the ego of its existence and scope. The controller is always trying to understand Big Mind intellectually, but obviously that's impossible. However, when it sees that it doesn't have to understand, then a kind of letting go occurs, and Big Mind can speak clearly and spontaneously.

This method, originally synthesized from voice dialogue, a technique developed by psychotherapists Hal and Sidra Stone in the 1970's, is nothing short of miraculous in its effect. Virtually everyone experiences an opening of some sort during the Zen Dialogue Process, yet this does not negate the need to practice meditation. In fact, it shows graphically how important sitting meditation is to deepen and clarify one's initial experience.

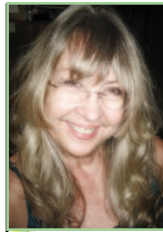
Coming from someone who practiced intensively for years to answer my first koan, it never ceases to amaze me that a person unfamiliar with Zen can participate in this process and be answering koans within a few hours. This can be very disconcerting to hard core Zen people who have struggled and suffered mightily, but the fact is that all the great masters say we are walking the path whether we realize it or not! We can say that a lot of suffering builds character, and that may be true, but doesn't life throw us enough anyway? Why pile more on if we don't need to? The idea that Zen has to be difficult is based on the entrenched opposition of the ego. Once that opposition evaporates, the difficulty disappears.

In leading workshops in Zen Dialogue, I've found it very interesting that those who have the most trouble with the technique are often Zen or other meditation practitioners with extensive experience. When one has suffered for over a decade with long hours of painful sitting, the idea that we struggled for nothing is often hard to accept. But each of us goes through what we need to go through - our suffering is never for nothing provided we learn to let go of it and continue on.

You may think when I tell you to live in the Buddha-mind that it is lightweight, but believe me, it's just because it has such weight that you are unable to do it.

This, however, might give you the idea that living in the Buddha-mind is very difficult business. But isn't it true that if you listen carefully to my teaching, understand it well, and live in the Buddha-mind, then simply and easily, without doing any hard work, you're a living Buddha this very day.

-Master Bankei, Ibid, p.63-64



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

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

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

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

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

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

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

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

## 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'm blessed to have my life, that's for sure. **Meaning: I'm blessed to know that how I think affects what comes to me, and that I can choose to exercise my free will to discipline myself to stay focused on things I like so that more things I like may come to me.** Yes, even lemon seeds on occasion.

### After the Ecstasy, the Laundry: Housework as a Spiritual Path

While cooking is a real pleasure for me, it wasn't always so with housework. Laundry has never been an issue, though. No kids, I've always done my own laundry and my mates have done their own. I'll wear something until I sweat in it. Lately I've been working in the yard a few times a day = more laundry. Working out every day = more laundry. Thus, **Sunday** morning has become laundry day.

The past year I've been staying home **Sunday** mornings, taking a break from church to catch up on personal time. I like having nowhere I have to be and no one to answer to. I've found that doing the laundry can be a valid spiritual path. Keeping my own home clean and cleared of unnecessary items has become a great metaphor for keeping my life clear and uncluttered. When I find things piling up, that reveals my state of mind.

I've never been one to have clothes piled up in the corner, or strewn over furniture. It's either clean and hung in the closet, or it's still wearable and hung in the dressing area, or it's in the laundry hamper until **Sunday**. I like space between my molecules. I like things to smell clean and fresh. I like the fresh air to flow around everything. That's the metaphor for my life. When I find a heap of paperwork, I go through it for the same reason.

When I find myself letting things pile up, I know there's internal work to do. Even if it's piling up because I'm having fun. I've got plenty of time to do all I want to do. It's simply a matter of setting priorities. It's all about balance. For friends who say they don't have time to follow a spiritual path, that they are too busy being a mother or housewife, I've got news for you. That's a spiritual path in and of itself. It's never what you do, it's always the spirit in which you do it.

A good ratio for me is to spend twice as much time in my **sadhana**, my spiritual practice: meditation, yoga, contemplation, spiritual study, prayer, creative visualization, as I spend doing things that are ultimately not constructive or satisfying. Like mindlessly watching tv. I find that is what works to keep me balanced. When I'm out of balance, it's usually after I've allowed myself a period of being non-productive. I don't beat myself up for it, but there are so many things I'm waiting to do that it's a shame to waste a moment.

### Pre-Pave Your Long And Healthy Life

I like taking note of people who are older with good health habits. Did you know it's possible to be healthy and active well into your 90's? So stop thinking that getting older means going downhill. If that is your view of aging, that could well be your experience. Know that you can have a different experience. Look forward to eating healthy and being active and mentally clear into your 90's. Pre-pave THAT instead.

### Get Glad The Same Way You Get Mad

Talk yourself into it. No matter what, it's really only a thought you're dealing with, and you have the power to change those.

### Decide How You Want To Be Seen, Then Become That

Decide how you want to be seen by those around you, then act as you would if you were who you wanted to be. That's how you become it. Want to be seen as the better person who forgives and moves on? Then forgive and move on. Want to prove that grouch has no power over you? Stop giving them power over you. You'll know when you've done that because you will stop talking about it and stop thinking about it.

### Amazing Things Happen When You Both Look Forward In The Same Direction

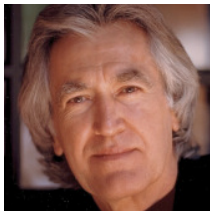
It's amazing what you can do when you change your focus away from competition and toward cooperation. Last week, **YinYang** and **Benny the Cat** turned their focus -- for the first time -- away from looking at each other and hissing, to both looking forward in the same direction. In that direction was a little jumping frog. Finding a common goal allowed them to join forces for a few minutes, side by side. Of course, as soon as I rescued **Kermit**, they noticed they were side by side and remembered they didn't get along. But for a few glorious moments, they were One. They are sitting apart again now, but not quite so far apart as they were before. Baby steps. It's a process.

Accept all things. It's the only way to wake up... anything else perpetuates the dream.

Enjoy our offering this month. Hari Om.



Andrea



## ONE MIND

*...continued from page 12*

morning TV news programs and late-night shows. Gifts poured in—scholarships and computers for his two daughters, a new **Jeep Patriot**, season tickets to the **New Jersey Nets**, a one-year free parking pass for use anywhere in **New York City**, and a year of free subway rides, among others. **Time magazine** named him as one of the 100 most influential people in the world for 2007. He was named **CNN Hero**, a title given for making a difference in the world.

### Why Risk Everything?

Why would one person willingly risk or sacrifice his or her life for another? The answer might seem obvious: because he or she simply cares and has empathy or love for the person in need. But that answer is not good enough for evolutionary biologists, who want to know what purpose is served by the caring, empathy, and love. What does the individual gain by acting on these feelings?

According to evolutionary biology, we are genetically programmed to act to ensure our survival. Our empathic acts, therefore, might extend to those closest to us who share our genes—our siblings, children, kinship group—because helping them helps us genetically in the long run. Or we might extend empathy toward our tribe or social unit because we might one day need them to reciprocate. In this light, actions like **Wesley Autrey's** are biological heresy. He was not remotely connected with **Cameron Hollopeter**—not racially, socially, occupationally, or culturally. Autrey's genes would not have benefited if he died saving the young white man. So, according to evolutionary biology, **Wesley Autrey** should have stayed on the subway platform and let **Cameron Hollopeter** fend for himself.

Some might argue that Autrey did benefit from saving Hollopeter. He became famous, his daughters got college funds and computers, and he received cash awards and other tangible benefits. Since his action changed his circumstances and made his life and that of his daughters less difficult, perhaps there was a genetic payback in what he did. But he did not know in advance that these things would happen. And in any case, was it worth risking what appeared to be certain death? Surely not. In this dangerous situation, genetic conservation should have kept Autrey on the platform with his daughters, along with all the onlookers who thought it would be suicidal to act as he did.

Through fascinating case studies and brilliant insights throughout history, **One Mind** explores the outer reaches of human consciousness. In it, you will discover a new way to interpret the great mysteries of our experience and learn how to develop the empathy necessary to engender more love, peace, and collective awareness. The result is a rich new understanding of what it means to be human and a renewed hope that we can successfully confront the challenges we face at this crossroads in human history. With **One Mind**, **Larry Dossey** shows that we are not alone, that we are all one.



## ABRAHAM HICKS

*...continued from page 21*

There is as much there as is ever needed — and you can start identifying what you will do with it: “If I had an extra \$100, I would do that.” Now, a process that we have seen work, incredibly well, is to put an extra \$100 in your pocket. Find it from somewhere, carry it in your pocket and note how many things that please you you could do with it if you really wanted to.

Somebody said, “Abraham, you obviously haven’t been around lately, because \$100 won’t go very far.” And we say, if you spend it 1,000 times today, mentally, that’s \$100,000 that you have projected.

In other words, “I would buy that, I could buy that; We could eat there; We could do this; We could stay there; It is a down payment on this.” You see what we’re getting at? And as you mentally project that... And something about actually having it, makes it feel real. It’s not a fantasy anymore. In other words, “I’ve got it.”

You can even take it out and look at it. You could see something in a window and say, “You know, if I really wanted that, if I wanted that more than the feeling of Well-being that this \$100 offers me, I could just exchange it right now.”

But if you keep the \$100 in your pocket and mentally spend it again and again and again and again, what happens is, that vortex opens.

In other words, as you mentally expend it, you mentally bring it in, as you mentally expend it, you mentally bring it in, as you mentally expend it, you mentally bring it in until soon it is physically coming to you. Soon it is physically coming in and physically going out, physically coming in and physically going out — but you have to start with the mental projection of it first.

And then, before you know it, you have more money than you know what to do with. Truly, we’re not kidding you. It becomes, then, a new process of determining what you’re going to do with it. In other words, managing your money, letting it flow, having the fun of it, taking it to the bank, you see.





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 JULY 2014

### ARIES: MARCH 20 TO APRIL 19 "I AM"

Your ancestors have heard you calling to them for help. They want you to know that everything is working out just the way it is supposed to. As you let go of the past and be open to future possibilities, you will be pleasantly surprised. Your prayers for peace are effortlessly answered, and you will be walking on new soil, new house, new land, maybe even a trip overseas.

### TAURUS: APRIL 19 TO MAY 20 "I HAVE"

Your desire for achievement is a constant theme in your life. As you review your tool kit, you may realize that something is missing. The most important ingredient to your success this year has to do with loving yourself and refraining from self condemnation and negativity. If you play your cards right, this month will be all that you had hoped for.

### GEMINI: MAY 20 TO JUNE 21 "I THINK"

This month you have all your family around you, this is truly a joyous time with many memories created. You will also be obsessed with redecorating your home in ways that will make your loved ones feel very comfortable. You will remember times that were not so good and be grateful for all the love that you have in your life now.

### CANCER: JUNE 21 TO JULY 22 "I FEEL"

With Jupiter in your sign for a little bit longer, you can expect more of the same; positive working relationships and cohesive teamwork. You are the team leader in your life; show people what stars are made of. Whatever has been holding you back has been inside your mind. You will soon have a spiritual breakthrough that will inspire many souls.

### LEO: JULY 22 TO AUGUST 22 "I WILL"

With your Solar return coming up, take time to reflect on your many accomplishments and all that you intend to create for the future. Prepare well because you are being called upon to do magnificent work. The lime light will be yours even if you don't want it, just make sure whatever you are doing that it is something you want others to see.

### VIRGO: AUGUST 22 TO SEPTEMBER 22 "I ANALYZE"

This July is focused around your personal relationships. Being that you are doing a lot of self healing will make you have a tendency to reflect on what you are not receiving from your relationships. Avoid the tendency to overthink any need to get to the bottom of feelings or reactions to what was said by loved ones. Melt into the oneness of bliss and forgiveness, and understanding will take care of the rest.

### LIBRA: SEPTEMBER 22 TO OCTOBER 23 "I BALANCE"

This month you have been sprinkled with fairy dust and the angels have called on the big guns to help you accomplish your goals. But really you need to just sit still awhile and listen to the higher realms speak. They have an important message for you and only you can tune into it for yourself. Listen carefully, because it is a map of what is next in your life.

### SCORPIO: OCTOBER 23 TO NOVEMBER 22 "I TRANSFORM"

This month may be a time to regroup and just hangout for awhile. If the time is not right to move forward, then the Universe is giving you a message to reflect on your inner guidance. Sometimes along the path of life if we can't see where we are going, then we need to pause and get our bearings and then move forward with balance and ease.

### SAGITTARIUS: NOV 22 TO DECEMBER 21 "I PERCEIVE"

Expansion is here for Sagittarians on a large scale. You have received a vision on a quest and held it close for some time. You are being called to let your voice be heard. The season has arrived to share your vision. Express through your mind's eye. Live in your relationships. Power up, using your revelations, your insights to create the motion, the momentum necessary to benefit community, serve humanity and manifest your goal. You pulled your arrow back in the recent past and you have been holding it, holding, and now is the time to release, to hit the mark.

### CAPRICORN: DECEMBER 21 TO JANUARY 19 "I USE"

Even though Summer is usually a time of fun and lots of outdoor activity, you will be in the midst of many dreaded changes, dreaded meaning you knew they were coming but did not know how to make them happen. They are happening now; the last several months have been about finishing up and closing doors and getting ready to start a wonderful new life. Trust in a positive outcome for the highest and greatest good of all concerned.

### AQUARIUS: JANUARY 19 TO FEBRUARY 18 "I KNOW"

With all the recent changes that you have undergone the past two years, you are ready and eager to go the extra mile and really express some positive energy out into the world. All the personal work that you have done is about to pay off in bigger and better ways than you could ever have imagined. All your dreams are coming true, and there will be a time when you can remember what it was like to create where you are now!!

### PISCES: FEBRUARY 18 TO MARCH 20 "I BELIEVE"

Counsel is for individual desires to be released while reaching for your higher calling. Allow your spiritual life room to grow, to thrive, to live energetically in the physical world by re-defining your purpose in life. Examine your capacity to be productive as you release and heal emotional wounds. In this process you will learn more empathy and compassion for others.



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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*

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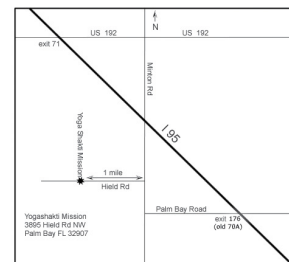
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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