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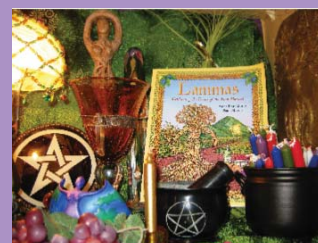
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*As our days of Summer are beginning to shorten,
it is a reminder of our time to harvest.
Let us gather in our own personal harvest
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Mini Readings
Alternating Saturdays
11 am - 5 pm
with Morgana Starr
& Introducing
Kathryn Flanagan
Call for dates



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"FRIDAY FEST"
Family Street Party
August 10th 6 pm - 10 pm
Drum Circle
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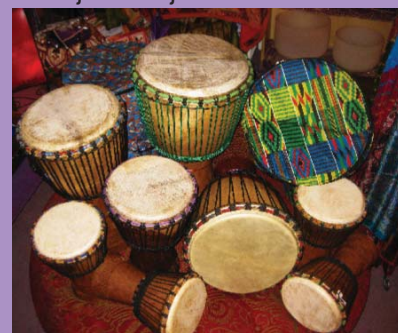


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join our families for the presentation of "The Lorax", Dr. Seuss' classic, environmentally themed children's book. This movie is a tale of a young boy who encounters a cantankerous forest creature after venturing outside of his artificial city in search of a tree. The movie is free -- no outside snacks allowed. They have popcorn, drinks, and ice cream available for \$2 each. Come join us (we will meet in the lobby, first come first serve so arrive early!) 1800 West Hibiscus Boulevard, Melbourne, FL (321) 953-3388

SUNDAY AUGUST 5, 2012 GUEST: REBECCA THOMPSON

10:00 AM CONSCIOUSLY CREATING COMMUNITY

POTLUCK BETWEEN SERVICE AND WORKSHOP.

WORKSHOP 12:00 – 3:00 PM CALMING THE CHAOS: HOW CONNECTED RELATIONSHIPS HEAL INDIVIDUALS, FAMILIES AND COMMUNITIES

In this 3 hour interactive workshop, Rebecca will touch on the basics of creating healthy, healing relationships based on following your heart with the guidance of the latest neuroscience explained through real life stories and personal experience. Practical tools will be presented that help parents, caregivers, grandparents, and others interested in creating healthy communities. Emphasis will be on parent-child relationships, but the information is applicable to all people and relationships for greater self-understanding. (Everyone was once a child with a parent.) Community members are encouraged to attend to help build a stronger and healthier support system for everyone. RSVP for child care. Love Offering.

SUNDAY AUGUST 12, 2012 GUEST: REV. CHARLINE E.

MANUEL 10 AM EXTRAORDINARY STEPS WORKSHOP:

12:30 – 2:00 PM: 12 EXTRAORDINARY STEPS FOR LIVING A HIGH QUALITY LIFE.

Discover your inner power to master your sole's journey! Using the practical approach of short stories, Rev. Charline E. Manuel uses shoes as a medium to highlight life lessons for personal, professional, and spiritual growth. These 12 steps will empower your walk through life. Some of the benefits of this workshop include: greater inner strength, how the power of imagination can work to heal disappointment, how divine order is revealed in a very practical way, and where to find the love you've been searching

for. Love Offering. <http://www.charlinemanuel.com/>



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ART AND PRACTICE OF LIVING WITH NOTHING AND NO ONE AGAINST YOU WITH LLOYD REISER.

Friday 8/24/2012 7-9pm and Saturday 8/25/2012 9-5:00pm and 3 follow-up sessions (dates & times to be determined by class). Our goal is to have at least 50% of our members take this class by the end of November so that we can be a force for a new consciousness being birthed on our planet. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. This qualifies as a Communications class for Partner Membership. Workbook available in bookstore \$29.

UPCOMING EVENTS

Break out the balloons and party hats, Unity of Melbourne turns 50 this year! To celebrate this milestone of being a positive path for Spiritual living in our community for 5-decades, a special "Peace in the Park" Inspirational Arts Festival will be held on the grounds, Sunday, November 4, 2012 from 11 a.m. until 5 p.m. Vendor space available.

This birthday celebration will include live music, an art show, family fun activities, delicious food, as well as restorative & intuitive arts, special birthday surprises throughout the day, with a drum circle finish. Mark your calendars now and plan to join us for a delightful afternoon the whole family will enjoy in a fun & peaceful atmosphere amid the flowering gardens, shady oaks and towering pines of Unity Peace Park. Unity of Melbourne is located at 1792 Trimble Road in Melbourne, FL. 32935 321-254-0313 www.unityofmelbourne.com.



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 7:30pm A Course In Miracles
- o 1st Sunday of the month (August 5, Sept 2) 4:00pm Reiki Healing Service with Lloyd Reiser
- o 2nd Sunday of the month (August 12, Sept 9) at 4:00pm Chanting with Lloyd Reiser
- o 3rd Sunday of the month (August 19, Sept 16) at 2:30pm Mini Service at Carnegie Gardens

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

DIRECTIONS TO US: I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go left, then left on Trimble. Trimble is north of Eau Gallie Cswy, south of Aurora.

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Jeremy Bonner

Morgana Starr

On the Cover (see page 26)

Tree Hugger

by Jane Delaford Taylor

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Alan Cohen

Tom Sannar

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



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

HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. 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 August 2012 edition of Horizons Magazine.

WHEN DO YOU HELP OTHERS AND WHEN DO YOU HELP YOURSELF? Did you ever think that the ones who go around giving the most advice to others would be better served by using that time to instead work on themselves? That's the dilemma, though. When we are going through our own personal growth process, our own transformation, ascension, dark night of the soul, illumination, that's when we begin to seriously seek answers. While we're still the unformed chunk of coal, we don't yet understand that the insights that come to us are meant for us — not for everyone around us. Most often, the human mind/ego that likes to think itself separate and apart from others is in charge. To those newly upon the Path, the mind makes you think that you and you alone are going through this, that you and you alone are receiving information and guidance from a higher source, and that you and you alone are the messenger sent to save everyone around you, maybe the world.

When I first began to get the huge rush of serious guidance from within, I filled notebooks with volumes that I just "knew was meant for everyone. I just have to get this information out there!" I immediately began teaching and counseling.

While I know many people benefited from what I had to say, the point is my mind had rushed me into sharing it prematurely; before I'd fully understood it myself. Had I taken that time to instead more deeply contemplate what I was learning, the unfolding would have been much smoother and more helpful to everyone.

It was easy while I was teaching and counseling. I'd spent all my time thinking of what "my students" needed to hear from me. With all my attention outside myself, I had no time to properly absorb the teachings I was so quick to give out. That's what the mind does, it keeps us thinking, keeps us talking, keeps us looking for someone to interact with. As we begin to spiritually awaken and evolve in consciousness, it's helpful to have someone who's been there and done that to make suggestions as to what may be most helpful in our journey. What can save them time, unnecessary emotional pain and karmic backlash.

Too often it's the blind leading the blind, and we get entangled in the illusions of the astral world. We feel a spiritual longing, so we begin to attend classes and co-counsel with each other. Or we begin writing our book and spend more hours studying and editing and in endless discussion groups than we do contemplating the guidance that comes from within. We feel compelled to constantly edit and refine the words of what we've written, but too often it is the critical mind that never wants to be done with "doing," because then it's no longer in charge.

I was blessed decades ago to find a friend in Frank Maiello, a brother a little higher upon the Path than I, who helped mentor me as I learned. He saved me many stumbles and falls upon the way. Twenty years later a friend would give me high praise, "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."

...continued on page 28...

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- *May - Gala Day Festival
- *Aug - Gala Day Festival
- * Oct - Halloween / Fall Festival
- * Dec - Candlelight Service
- *Check Website For Dates

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- Wednesday Message Service, Colby Temple 7pm
- Sunday Adult Lyceum, Davis Building, 9:30-10:15am
- Sunday Church Service, Colby Temple 10:30am
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ABRAHAM-HICKS



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

GUEST: I have a guilt theme going that is preventing me from being successful in the real world, want to prosper and be successful in daily routine. I want to allow myself to have \$10M with ease. Family would be holding me in a space, where I'd feel guilty; they would be jealous or judge me. I want to be able to satisfy my goals.

ABRAHAM: You are imagining them freaking out - imagining them you say, "Universe I would like \$10M but frankly, it would be too much trouble so never mind." We appreciate your openness. You must clear up your vibration re other people. You feel you shouldn't be happy or healthy because

they are not usually. You need to set goals of sickness, poverty and unhappiness to blend with others. That's the way it is pointed. Other option is to do the only work, to line up the energy within you. *I imagine myself to have an abundance of happiness. I imagine my family responding as they probably would* Make a decision and line up with the decision you have made. Offer two options. *I can be the happy recipient of \$10M* for starters, once the money starts flowing, so you are going to want it to spend, when you get revved up, \$10M won't last that long, Imagine lifestyle changes, and family responding. Clean up that vibration. Find a way to be in alignment. Make the decision to have \$10M for starters, it's too big a current for me to have this wealth and still have relationship. So I choose a simpler lifestyle. Your happiness is about lining up with whichever you choose. If you line up with what is, you take the angst out of your energy field and what you want can flow in. Go with letting abundance flow easily.

GUEST: Most judgment comes from a female in my family.

ABRAHAM: Can you imagine that person differently? The action journey has told the story one way. *I am willing to, but I have never made an effort before to imagine the way she is differently. Isn't that telling? If she would be different, my vibration would be cleaned up. I need to clean it up.* If you need conditions to be different, another will pop up as soon as you clean that one. She makes me feel guilty for feeling successful. Say in more empowering way. Get to the place where your feelings are not hurttable. Practice your vibration so much in your mind that you can tell another story of financial success. You have to clean up your vibration relative to the way she thinks about you. She's likely to stay the same. You have to feel different about it.

Guest: I see her supporting me in love and happiness. I feel safe giving to her with no conditions...

ABRAHAM: Yeah, right! Good words, strong effort. Might as well have said, "*blah, blah, blah, blah, blah!*" As you think about my success magnified, my emotion is resistance to her. Frustration is more specific. Helpful to identify where you are, so you can see where the sore spot is. So that allows the feeling to be clearer as you move up emotional scale. Frustration, if I give freely, there is a repercussion. Money you will receive, and money you will give to them. I'm going to feel guilty about their jealousy and I'm going to give them money to ease my guilt and there's a whole other door open, they'll make demands. Start in a purer place. No reason to feel guilty about abundance that flows to you. You are not depriving anyone else of any. If I allow myself to experience abundance, but am up close to those who don't have it, I have to deal with their feelings. I can limit my abundance so they don't notice, or I can open my value or not give a rip about their reaction.

...continued on page 20...

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If you are ready to take your health into your own hands because you are tired of the many side effects from medications and their outrageous costs then I hope you will join me in these classes. Classes run from September 2012 thru May 2013 - on alternate Saturday mornings.

Pre-registration is required A \$20 non-refundable deposit is required for your book and materials due by the first class.

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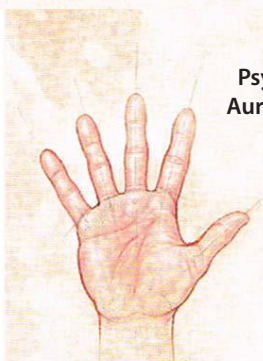
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NOTES from the Universe

Of course, the most deceptive of all illusions is very likely space.

You know, that thing between "here" and "there" that would have you see yourself alone, instead of as the bridge between them.

That medium between you and the rest of the world that disguises your role in creating it.

You know, that veil through which the physical senses must explore your chiseled secrets.

**See? Aliens are the least of your worries...
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URINARY IMBALANCES

According to the National Kidney and Urologic Disease Information Clearing House about 8 million people per year need help for their Urinary System.

This includes problems with the bladder, kidneys, Ureters, urethra and prostate. I've found over the years that herbs can be very beneficial for the health and maintenance of the Urinary System. **Uva-Ursi** has a long history for urinary tract health it has been and still is used for conditions including cystitis and prostatitis. **Uva-Ursi** has diuretic, antiseptic, astringent, antibacterial and anti-inflammatory properties strengthening and toning the whole urinary tract. Those properties come from **Uva-Ursi's** tannins and from the **hydroquinone** converted from **arbutin**. These chemicals also work on mucous membranes of the urinary tract soothing and reducing pain. Plus they reduce uric acid making it good for gout.

Marshmallow is one of the best herbs for **interstitial cystitis**. It's high in **mucilage** which soothes irritated mucosal tissue of the urinary tract. **Marshmallow** also contains **salicylic acid** which eases pain and inflammations and it increases the flow of urine, removing excess fluid improving kidney functions.

Cornsilk is an old-time remedy for kidney stones, edema, painful urination, cystitis and urinary tract infections (UTI's). These thread-like strands inside a corn cob made into a tea help relax and detoxify the Urinary System acting as a diuretic without the loss of potassium. Plus it helps reduce **uric acid** making it helpful for gout and bladder irritation.

Pipsissewa has been used by Native Americans for thousands of years. According to Web-MD it is used for UTI's, bladder stones and fluid retention. This is another herb that contains **tannins** and **hydroquinone** created from **arbutin** giving it antimicrobial, antiseptic, astringent and anti-inflammatory actions that help flush out toxins, micro-organisms and uric acid.

Pellitory of the Wall gets its name from its habit of growing on walls. According to Web-MD it is used for edema and UTI's. Plus it has the ability to remove the minerals that are responsible for some kidney stone formations. Its mucilaginous properties soothe mucous membranes of the urinary tract, easing pain.



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Over the years I have used these herbs for many urinary conditions. The most useful blend I have uses equal parts of **Uva-Ursi**, **Pipsissewa** and **Marshmallow**. I use 4tsp. of this blend to 1qt. of boiling water. After it steeps 20min. I strain it and drink it throughout the day. Typically it takes 2-3 pots over 24-48 hours and my problems are gone.

Next time you have one of these problems try it. You will be surprised how well they work.

The Five Essentials of Meditation



The following excerpt is taken from the book *Soul Centered* by Sarah McLean. It is published by Hay House and available at all bookstores or online at: www.hayhouse.com.

There are five basic keys to success in meditation These are: (1) **it's okay to have thoughts during meditation**, (2) **don't try too hard**, (3) **let go of expectations**, (4) **be kind to yourself**, and (5) **stick with it**. And it's important to know this: The way you meditate and treat yourself in meditation is the way you treat yourself as you live your life.

1. IT'S OKAY TO HAVE THOUGHTS

If you're thinking, I probably can't do this program because I have too many thoughts, then you are not alone. Perhaps you've already tried to meditate for a few minutes once or twice, and it "didn't work." You sat down, closed your eyes, and tried to clear your mind but couldn't. Then you gave up. Students in my classes often tell me, *"I can't stop thinking."*

My reply is, *"That's right, you can't stop the thoughts."* I explain that you can't stop thoughts by thinking about not thinking, because the nature of the mind is to think, like the nature of your eyes is to see. If you try to stop thinking, your effort will make you frustrated and possibly give you a headache.

You don't need to completely stop thinking during meditation. Instead, the meditation practices you will learn in this program naturally settle your mind and body, making it easier to experience the subtler levels of your thoughts and impulses. Sometimes the thought process even stops for a moment or two; before another thought or sensation arises, you'll have experienced the silence that is always present, underlying the thoughts, the silence of your soul. This stillness of mind is not created by you stopping your thoughts. Instead, it is a natural process that is always available to be experienced—it is merely revealed through meditating.

2. DON'T TRY TOO HARD

I once taught meditation to a heart surgeon and his wife on New Year's Day (he had called and set up an appointment at 9 A.M., wanting to start the year off right). After they learned to meditate he asked how he could "get good at it." I responded by asking him how he got to be "good" at surgery. Practice, right? Well, it's the same with meditation. At first, you may try to do it "right." But you soon find that overly working at it, trying too hard, forcing it, or concentrating only creates more thoughts and bad habits. You can't try to do anything without the mind getting involved. Instead of expending mental effort or trying to have a certain experience, you'll learn to refocus your attention, gently. Contrary to what so many believe, you don't get good at meditation by trying hard to do it. Instead, the practice requires ease and effortlessness.

With meditation, your mind and body will settle down naturally, and as with any natural process, too much effort can ruin the process. For example, trying to go to sleep, even if you're tired, can make you miserable. Trying to come up with a new idea and force through a creative block is the same way—it rarely works. Trying to meditate is similar, because meditation is an effortless pursuit. The only effort you put in is the effort to set aside the time and space for your regular practice. Some of us are in the habit of having to be doing something in order to feel a sense of satisfaction, and that includes "doing" meditation by trying hard at it. Instead, meditation trains you to get comfortable "being," just being yourself without effort.

3. LET GO OF EXPECTATIONS

You may have preconceived notions of what is supposed to be going on during meditation and how you should feel or what you should experience. Many of us have seen pictures of the monks in robes or yogis sitting cross-legged, and some have heard stories about the wild experiences some meditators have, but I love to teach those who have no expectations

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HOW TO BE CONSISTENTLY FOCUSED On Your Meaningful Mundane Purposes and Your Spiritual Path



Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. He publishes Truth Journal magazine and writes monthly lessons for CSA members around the world. You may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, Georgia 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail csainc@csa-davis.org. See back cover for more info.

Knowing one fact should keep us highly motivated to live with conscious intention: We only have a few years in our current incarnation in which to successfully fulfill our duties in this world and completely awaken to Self- and God-realization.

When we leave this world, our mental states and degree of spiritual awareness will determine what we are able to perceive and experience, and our ability to function. While being alert, healthy, happy, prosperous, living effectively, and contributing to the well-being of others and the environment during our current sojourn in our space-time universe, let us remember that:

1. All physical things, conditions, and relationships have beginnings and eventual endings. Knowing this to be true, for our peace of mind and to live realistically, we can learn to accept the processes of life as they are without grasping at things, conditions, or relationships, grieving when they are gone, or being reluctant to perform our personal duties.
2. We came here from inner space to have experiences in this world and grow to emotional and spiritual maturity. While we are learning to live effectively, we should do our utmost to be spiritually enlightened in our current incarnation. It is

a mistake to think that we will never depart from this world or that mundane conditions, however pleasant, can provide permanent soul-satisfaction or security. We don't have to wait until we are in astral or causal realms to examine and understand higher realities.

Being informed about new ideas that are either not understood or not pleasant to confront may elicit various responses. A person who is not yet spiritually conscious or who is satisfied with their existing circumstances may want to avoid thinking about them, attempt to refute them, try to rationalize or defend their personal opinions, or become confused. Self-confident, curious people enjoy acquiring accurate information that enables them to more fully comprehend the processes of life, especially if it provides knowledge of higher realities.

SELF-REALIZATION

realization: Actual experience along with accurate knowledge.

The Self to be realized is our pure essence of being. It is our permanent, true nature because we are immortal units of the pure-conscious aspect of ultimate Reality.

People who are not aware of their true nature are inclined to identify with modified states of mind and consciousness and the views, opinions, and behaviors of others who are not aware of their true nature. Some believe they and all forms of life are material things destined to eventually die and cease to exist. Others imagine a variety of deities, creation stories, and after-earth-life conditions. Many endeavor to conform to traditional religious doctrines, metaphysical theories, or spiritual practice regimens, hoping that they made the right choice even though they are not completely soul-satisfied and haven't experienced obvious spiritual growth.

If we are not Self-knowing, it is because we are not yet able to discern the difference between our pure-conscious essence and modified states of mind and consciousness which blur our awareness and obscure our perceptions of what is true. There are several ways the problem of mistaken self-identity may be permanently solved and consciousness restored to its original, pure wholeness.

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Five Essentials of Meditation

...continued from page 12...



about meditation. First timers sit for 15 to 20 minutes, then report that they felt great and that it was easy. I attribute this to "beginner's mind".

During meditation, you'll have all kinds of experiences—some you'll like better than others, and some you'll want to repeat in your next meditation. It's important to treat each meditation as innocently as the first time you learned, and expect nothing. Let go of expectations or wanting your meditation to go a certain way. The body and mind are intelligent and will naturally do what they need to do to eliminate stress and to create a nourishing effect.

I'm often asked, "How will I know I'm doing it right?" My answer is that when you approach meditation without expectations, without trying "too hard" or attempting to control your experience, and with a sense of ease and welcome for whatever experiences arise, then you are doing it right. Instead of judging your meditations as good or bad based on the experiences you have in meditation, see if it's working another way. Ultimately, most people notice they are doing it right because they notice the real changes: they're happier, more relaxed, less stressed, more creative, more perceptive, and more appreciative of their lives.

4. BE KIND TO YOURSELF

An essential key to meditating correctly is to be kind to yourself. This is one of the most important things I have learned through my years of practicing and teaching meditation. While it should go without saying, I still say it because many people have learned to be tough on themselves. Being tough on yourself does not help change your behavior; it's simply a bad habit. Instead, be gentle toward yourself as you commit to transforming your life. Don't get down on yourself in meditation if your mind wanders, or you get bored, or the experiences you have in meditation don't fulfill your expectations. Be nice to yourself when you are not meditating, too. Don't compare your experience to others'. All is well.

5. STICK WITH IT

Finally, meditation only works if you stick with it and don't give up. During your meditation period your mind may wander, you may feel restless, you have a brilliant idea you must write down, or you think of something else you simply must do (like check your email); and you may want to give up. But don't. Simply begin again and return your awareness to the focus of your meditation. Have the discipline to do the practices and stick with the entire meditation period you committed to each day, whether it's five minutes or half an hour, even if you're antsy or bored.

By staying with the practice, you will create a new relationship with your mind. As you let the thoughts and impulses come and go, without taking action, you change your reactivity to a thought and become the witness to your mental activity. This will lead you to a deeper understanding of how your mind works. Often when you feel fidgety or frustrated in meditation, it's an indication that you're releasing a lot of stress. If you stick with the practice, the stress will dissipate and you'll experience a "meditator's high." Don't quit before the bliss! Don't quit; stay with it for eight weeks. Meditating every day will give you the benefits, but not meditating won't. Even if you don't think anything is happening in meditation, science shows dramatic changes in the minds and bodies of consistent meditators. And you'll soon believe it once you see the benefits.

Publisher's Note: I've been a daily meditator since 1972 and write about it a lot in my blog. Visit <http://horizonsmagazine.com/blog/> and do a search for the word "meditation" to find many links and techniques. Andrea

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 Michelle: I frequently sail from Key West to the Bahamas and have encountered some strange stuff in the Bermuda Triangle. There have been loads of theories. Can you shed some light on the accuracy of them? -Popeye in K.W.

Dear Popeye, Oh yes, so many inaccuracies have been written. The Bermuda Triangle is one of those places that defy current scientific knowledge. The Bermuda Triangle is an energy vortex much like a pulsating galactic black hole. When it is open, magnetic and electrical instruments don't obey the laws of science and it is said that objects such as ships and airplanes have disappeared into the vortex.

Dear Whitedove, As my Mother gets up in age, she is getting more fanatical about "Salvation" according to her religion. This concept has always seemed strange to me. What do feel is the truth about our Souls' salvation? -Churchy in Atlanta

Dear Churchy, Hell fire and damnation are myths perpetrated by so many religions; this concept has been used as a system of control over mankind. The truth is that we are eternal beings, and as each soul leaves this realm we return to Heaven. There, the soul has a life evaluation and assessment. It is a joint review with God, your Angels and your soul. It's an unbiased look at how you conducted yourself on Earth much like a karmic score card. Your deeds both positive and negative are written in the eternal records - the book of life. With unconditional love and understanding we assess our Earthly journey and we are each held accountable. Then throughout eternity, we strive to come to a state of enlightenment and learn the spiritual lessons that were missed on Earth. The wonder of Heaven is all encompassing love and it is the Creators' unconditional love for Humanity that is our salvation. So fear not, in Heaven there is only love!

Dear Whitedove, As a history buff, I'd like to know if someone can learn to read an object? I have been a collector for years: ancient coins, antique pottery and such. I know that some psychics can do this but can you teach an old dog a new trick? -Collector from CT

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Dear Collector, Object Reading is part of developing your intuition. It is a skill that with practice can be learned. This is not about thinking and asking the mind to analyze. It's about mediation. You can open yourself up to feeling and sensing the psychic information that emanates from an article. Personal objects that were loved or worn on the body carry a lot of energy as do objects that were connected to violence. Psychic detectives will hold a weapon or piece of clothing of a victim. Many psychics will ask for a personal piece of jewelry to conduct a reading. This is called psychometry and yes, with practice you can learn to read the energy of an inanimate object, just don't let your mind get carried away!

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Thank You for Eating the Cake

One of the great defining moments of my life came when I was in college. I had been practicing Orthodox Judaism for about seven years, a very meaningful path for me. I came to a point, however, when the rituals had become rote and dry for me. On one holiday, a fast day, I was very hungry. But I feared to eat because I might go to hell for violating the religion's rules. After struggling with the choice, I came to a striking realization: fear is not a good enough reason to do a religious act, and certainly no foundation for a life. So I ate a piece of cake, which signaled a turning point for me. Soon I let go of my religious practices and entered onto the spiritual path, in which I explored the world, studied with masters in many traditions, and enjoyed an explosion of higher consciousness. The cake eating heralded the beginning of one of the most spiritually productive periods of my life. Ultimately it led to me writing my first book, *The Dragon Doesn't Live Here Anymore*, which became very popular and set the stage for all the years that have passed since that time.

At a recent seminar I told the above story. After the program a fellow named Ray shook my hand and told me quite sincerely, "Thank you for eating that cake. Because you took that step that generated the life that followed, you have helped me and so many other people." Ray's poignant comment took me by surprise. I hadn't thought about that act in such a broad context. I realized that that one small act can change not just your life, but the lives of many whom you touch. Never underestimate the power of any act of courage or kindness. When you live in alignment with your true self, you send out ripples that affect the entire universe.

A Course in Miracles tells us, "A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which you are not even aware." You see but the tip of the iceberg of how you affect the world. You must trust that what you are doing with joy and inspiration is serving the planet, even if you do not observe immediate results. Some of the greatest contributors to humanity were not acknowledged in their own time. **Van Gogh** sold but one of his paintings for a pittance, yet more recently one of his works sold for \$150 million, the highest price ever paid for a piece of art. The divinely gifted **Mozart** was buried in a pauper's grave. **Nikola Tesla**, the genius who gave the world alternating current electricity, wireless communication, and x-rays, has been little known or acknowledged until recently.

I am not suggesting that you need to be overlooked or unrewarded by the world; indeed those who give gifts deserve to be well cared for by life. I am suggesting that sometimes the good you do is not obvious at the moment you do it, and its ramifications are held in trust until the time is ripe. When or how you see the result of your service is less important than the fulfillment you experience in delivering it. **Van Gogh**, **Mozart**, and **Tesla** did not paint, compose, or invent for social glory. Their art, music, and science were totally rewarding for their own sake. True love requires not a response from the world. The satisfaction of love is in loving.

Every moment is a defining moment if you make it so. In the film *Tin Cup*, **Kevin Costner's** character states that when the defining moment comes, either you define it or it defines you. If you let the world define you, you will feel separate, lost, alone, and wonder what you are doing here. If you define your life according to your true values and intentions, you will find meaning, service, success, and inner peace. If you have inner peace, you have everything. Without it, you have nothing.

Quantum physics describes "The Butterfly Effect," or "the sensitive dependence on initial conditions, where a small change at one place in a nonlinear system can result in large differences to a later state. The name of the effect . . . is derived from the theoretical example of a hurricane's formation being contingent on whether or not a distant butterfly had flapped its wings several weeks before." (Source: Wikipedia.) You are the butterfly, and the world is the effect.

You can magnify your awareness of your significant actions by acknowledging others for theirs. You get more of what you focus on and what you appreciate. When you thank someone for doing something that has helped you, your expression of gratitude deepens your awareness of the effects of your own actions. Even if you are not able to be generous with money, you always have the wherewithal to be generous with gratitude. Whenever I receive a word, email, or greeting card of thanks, the expression makes a big difference in my day. The next person I speak to receives the ripple effect of the good feelings I have gained. Every act counts.

The next time you stand at the crossroads of fear and faith, consider that thousands or millions of people might be helped by the choice you make. You do not walk alone.

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How to be Consistently Focused



...continued from page 13...

- Improved powers of discriminative intelligence and intuition can be used to know the truth.
- Attentive superconscious meditation can be practiced to de-tach awareness from modified states of mind and awareness and allow pure conscious-existence-being to be experienced.
- Holistic living and calm, fervent aspiration to be spiritually enlightened can arouse dormant spiritual forces and unveil and bring forth innate Self-knowledge.
- Patient study of metaphysical (higher) realities can remind us of what is true and provide reliable knowledge and helpful guidance.
- Constant remembrance of our true nature and relationship with the Infinite quickens our spiritual growth.

To have life-enhancing results, decisive intention and firm re-solve to be spiritually enlightened is helpful. From time to time, ask: Am I always decisively intentional and firmly resolved on my spiritual path? If the answer is yes, continue to go forward. If the answer is no, discover what you need to do to grow spiritually, and do it. Endeavor to remove or transcend all limitations and to detach awareness from physical and psychological conditions that con-fine it and obscure perceptions of the truth.

Physical conditions that might have to be overcome may include nutritional deficiencies; poor health; genetic predispositions; neurological problems or an undeveloped or injured nervous system or brain; physical disability; insufficient material resources; unpleasant living circumstances; incompatible personal relationships; or unwholesome environmental conditions.

Limiting psychological conditions may include neurosis; psychosis; mood changes or bipolar symptoms; depression;

ad-dictions; debilitating feelings of loneliness, hopelessness, or inadequacy; egotism; jealousy; envy; resentment; guilt; shame; excessive grieving; strong attachments or aversions; trouble-some subconscious influences; trauma due to physical injury, mental or emotional abuse, extreme poverty or other threats to well-being; or resistance to learning or changing. For psychological transformation and spiritual growth, it is often necessary to acquire useful knowledge and skills and to intentionally make constructive changes in mental attitudes, moods, states of consciousness, and behaviors.

Even a person who is not interested in spirituality may experience sudden spiritual awakening, which may be partial or more revealing. Also, when one's desires have been satisfied, most duties have been performed, and/or one is older or tired, the mind may be so peaceful that partial or more obvious Self-awareness will begin to naturally emerge. All units of ultimate Reality will eventually be spiritually enlightened.

GOD-REALIZATION

The precise history of the relatively recent European word **God** is not known. It wasn't used in **Judaeo-Christian** scripture manuscripts that were written in **Hebrew, Aramaic, Greek, or Latin**. Some modern researchers think that it may have been derived from the **Sanskrit** word **hu**: to call upon, invoke, or implore (a deity, superior being, intelligence, or power).

Among religious adherents a variety of words are used to refer to a supreme reality or deity: **Him, Her, He, She, Father, Mother, Lord, God, and Spirit**. Some modern truth seekers use **Truth, Mind, Love, and Principle**. Words represent attempts to define what is nameless, formless, and beyond the capacity of the mind to accurately imagine. People who are unable or unwilling to explore higher realities, or are insecure or emotionally immature, may think of ultimate Reality as a caring human-like being who likes to be prayed to, talked with, asked for help, and perhaps worshipped and/or praised. A few thousand years ago, in some cultures a variety of forces and processes of nature were thought of as gods and worshipped with hymns, prayers, and rituals. Grains, other offerings, and / or the bodies of slaughtered animals were sometimes burned in a fire to release their elements into the atmosphere to please the gods or cosmic forces and invite them to provide help for success in ventures and the well-being of individuals or groups. In some cultures, people were killed as sacrificial offerings to imaginary gods. The idea that suffering or dying could please a god is preserved in a widely promulgated Christian doctrine: the crucifixion of **Jesus** is said to atone (reconcile or to make amends) for the sins or mistakes of others. Not only personal faults, also the lingering taint of the *original sin* that was said to have been committed by the mythical **Eve** — the first God-created woman in the **Garden of Eden** story — that all humans are said to have transmitted to them when they are born.

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

Sundays MELBOURNE 10am Sunday 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 321-733-1555

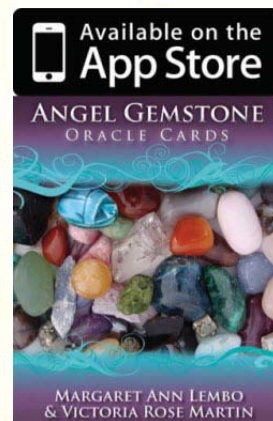
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Calling All Artists and Crafters to Show and Sell at Fall Inspirational Arts Festival! In celebration of their 50th year, Unity of Melbourne's popular Peace in the Park Inspirational Arts Festival is November 4, 2012, 11 a.m.—5 p.m. on the Unity grounds of Peace Park. Free admission & open to the public, arts & crafts are the centerpiece of this event that also features, live music, family activities, restorative and intuitive arts, and delicious food and beverage. **For Vendors: Fee is \$30 per 8'x8' space.** Reserve now; space limited. Download application from <http://www.unityofmelbourne.com>. Questions? Contact Joan Crutcher at the Unity office at 321-254-0313





ABRAHAM-HICKS

...continued from page 8

Their emotional responses to winning \$10M: jealousy. I give them money; they feel resentment, then demanding, more and more! Even putting in the picture sharing with them, is your inability to imagine their happiness, no matter what. We're all hooked in, by the power of my example, you'll get yours open, but your abundance flows through your valve, so move on your own, don't take them with you. Guilt and resentment are the same vibration.

How does it feel to imagine having money and having this person watch you succeed? Any success I've had to now, the hand comes out and they want to have equal of what is given. Anger is response. Do you feel powerlessness? Your desire is to make them happy and prosperous and you feel you can't do that. I want to feel prosperous so they can have what they want? You don't need to support them and they don't need to support you. It's not your problem. Your problem is your happiness is tied to their happiness. As an uplifter, you want others to thrive.

Born to be teachers, what gets out of balance with a lot of you is you feel like once you discover a way to make yourself feel better, you want to find ways to help others do it too. But you think their success must come through your vortex you've opened. But they have their own vortex and the resources are unlimited. The Universe keeps yielding to all desires.

GUEST: I know that, and I live that, but when I see when other people aren't doing that, it pulls at me. I want them to experience the same thing.

ABRAHAM: Creation is about the vibrational relationship between the desire that has been fashioned by you and your day to day belief about it. That's the emotional journey. Tend to that, not worrying about how this person or that one approves of you. THEY ALL want different things from you. Want you to be Catholic, Jewish, Mormon, different! Conditional love is saying, "you have to change so I can love you. You have to say, "I'm going to guide myself through my vibrational governance." We thought we were going to talk about the money. It's about success, happiness, in general. We want to soothe you about finding happiness when another is not finding happiness.

GUEST: About that person. I am going on a cruise: She said, "I want to go, I wish I had money to go." So I felt sad.

ABRAHAM: She's not going to come on this cruise, you can feel sad, you can feel guilty, you can feel joyous, you can't jump from where you are to joy instantly. In doing the emotional journey, you can clean up your vibration regarding

this bondage of success for everyone. You cannot force success on others. You cannot align for them. There is not enough action in the world to make any difference in their experience. No movement on the scale happens in the action you take.

GUEST: I feel frustration, want to feel love and support and have cohesive relationship. I want her to be happy for me. I want to ignore her feeling.

ABRAHAM: What this work is, reach for best feeling thought now. Love is too far. You end up in the water. She said, "I wish I could go, too. It must be nice to have money..." Her message to you was, "Pay for me to go along." Feels like responsibility, bondage, someone else telling me what to do. I can't do that, powerlessness. Further down than frustration. Highlights all the time, my life is going better than hers. Move up emotional scale, go into bliss. We mocked you, *blah, blah, blah*. Take the jump from powerlessness to revenge, rage or anger.

GUEST: Anger is easy. All my life it's been this same pattern. Success, then takes two steps back. I want it to be over, done, I want this to stop! I want this game to stop!

ABRAHAM: I don't know why I have let her entrap me. I don't know why I take it on myself. Damn it, I'm not going to feel responsible for her. I'm going to have a good time. She can figure it out herself. It's not my responsibility to do it for her.

GUEST: It's ok for me to feel angry? Anger is a bridge for me.

ABRAHAM: Expecting things to go well for her is too big a jump. I chose this angry thought and that gives you more control. Perceived power is moving up the scale. Taken a little bit of your power back.

GUEST: I'm really angry and sick and tired of this abuse. I'm done. My life is going to be successful.

ABRAHAM: Anger doesn't serve you well for long. So try to find something that feels a little like frustration.

GUEST: Frustration is when I work a plan out... I want to figure it out so I can feel better. I know there is something better. I'm frustrated.

ABRAHAM: No, you are looking for a virtual idea, not past experience necessarily... Try selective sifting for breathing better in frustration. Doing it to feel good. Not doing it to change her, doing it so you feel better because that is the ONLY thing that matters to you.

Abraham: You're still angry. Look for something lighter than anger. People lose focus, you don't do it, you resent her, it doesn't serve you, and it's keeping \$10M away. You want to be able to feel your joy. You made the mistake of letting her

...continued on page 29

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

ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

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

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



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

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

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

Andrea de Michaelis 321-722-2100
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Andrea online at <http://horizonsmagazine.com/blog/>
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ABRAHAM *FUN*



Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, FL soulsongkaren@cfl.rr.com. Karen's blog: <http://www.karenmoneywilliams.com/>

PUT IT IN REVERSE

Today I play a fun - if zany - game. Every time I notice myself thinking a dissatisfied, negative thought, I immediately reverse it - I think its opposite:

"I feel old today"/"I feel young today."
"My foot hurts."/"My foot feels good."
"My roommate is a slob."/"My roommate is tidy."
"I dread the morning traffic."/"I love the morning traffic."
"I hate long lines at the store."/"I love long lines at the store."

But wait a minute. I'm thinking thoughts not based on reality, not on the way things really are.

The goal of this exercise is exactly that: To show myself it's possible to think thoughts not simply based on the cold, hard facts of life. It also shows me how much better it feels to think satisfied thoughts (even though far-fetched) rather than thoughts of discontent.

The bottom line: If I want to change any aspect of my life, I must first begin to shift my thoughts about it - away from criticism and dissatisfaction, toward acceptance and appreciation. My thoughts are much more than an evaluator of my experience; they actually beckon and shape the events of my life.

As long as I allow only the cold, hard facts to guide my thinking, the cold, hard facts will never change.



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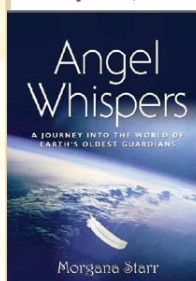
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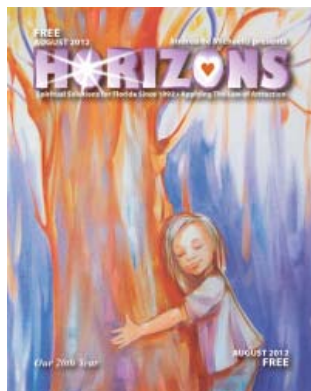
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COVER ART



Tree Hugger by Jane Delaford Taylor

"Well, what can I say about this painting. It's a tree hugger! A small one - children quite naturally do this sort of thing without being prompted by us adults... and hey, when was the last time you hugged a tree? Or walked barefoot on wet grass? Maybe you do it regularly, in which case you'll already know how good it feels to connect with the earth, with Pachamama. The trees fascinate me. Do you know they can talk to each other? And they have messages for us too. Of strength, tolerance, gentleness and generosity - all of these qualities that they display as they live alongside us on this earth, offering us nothing but good things! They are also utterly grounded, but with their heads in the clouds - just how we need to be to live life to the fullest! And now I've written this I'm off out to hug a tree!"

Jane Delaford Taylor is an inspirational British artist whose work is now sold worldwide to collectors who love the depth of colour, movement and soul energy in her paintings. Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas.



"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 much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.

I don't give lofty interpretations of my artwork, although I may have ideas of course - but the meaning in the painting is essentially the one that the viewer perceives, and that is how it should be. I just channel the image for them."

Jane's new work is available <http://janetaylorart.weebly.com/>
Email Jane at chalicewell@hotmail.co.uk



SUGGESTED READING WATCHING LISTENING

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Relaxation Zone by Dean Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

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The Bond: How to Fix Your Falling Down World by Lynne McTaggart
Walking Behind the Moon by Elizabeth Owens
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley

Wabi Sabi Love by Arielle Ford
Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D.
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles by Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
365 Prescriptions for the Soul by Dr Bernie S. Siegel
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The Secret Behind The Secret www.abraham-hicks.com
The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although The Secret "extended version" (with Abraham-Hicks edited out) has good info also, it just left out the actual "Secret" with the deletion of Abraham-Hicks.

YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA.

She has been 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. See inside back cover for info.

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. See page 31 for map and more info



Conserving Energy of the Soul

Mind always goes out into the world through the five senses. There are previous objects stored in the mind. If we have seen an object before, there is an image of it in our mind. When we see an object inside, it uses less energy than when we see it outside. When we listen to people we use more energy. When we sit in meditation we are using less energy. When we speak we are using energy. When we observe silence we are conserving our energy.

The energy giver is the soul. Without the soul the body will not survive. Meditation is an effort to come close to the soul. Soul gives energy to the senses. It is a giver not a receiver. Senses receive from the soul. They cannot give to the soul. Soul has all power and energy and knowledge within itself.

The soul is like God. It knows everything. It has everything. It does not need anything. You cannot give food to one who is not hungry. You cannot give riches to one who is not poor. The soul is complete within itself. The senses die and become sick. The soul does not run out of energy.

Have firm faith in your soul. It is omnipresent, omniscient. Soul is a part and parcel of God-consciousness. Know the limitations of your senses. They can receive, but they cannot give back. The poor can receive, but cannot give back. If we unplug our senses we shall not be consuming energy. When you do not use too much energy your bills will be low. The soul has a lot of energy which is supplies to the senses, but we waste it. All is not properly consumed. Through meditation we learn to save our energy.

May your body be healthy, wealthy and emit the rays of the soul. May it be a fit instrument in the hands of the divine, or soul. May your body be used in the direction it was designed for. May your body be a fit carrier for the journey of the soul.

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See page 39

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OOBE • YOU ARE NOT THE BODY

An astral flight out of the body

A \$10 mp3 file by Andrea de Michaelis (see page 10)

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Thoughts about things...

... from page 7...



Andrea de Michaelis, Editor

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

PAYING ATTENTION TO WHAT COMES IN AND OUT OF MY BODY IS A PART OF MY SPIRITUAL PRACTICE. IT'S ABOUT MIND, SPIRIT AND BODY. I just threw out 4 cans of curry. Taking a look in my food pantry, I recognize my habit to over buy. In the case of canned goods, often by the time I think about using them, they are years past the expiration date. Today I realize that the state of my pantry reflects the state of my digestive system last week: a steady accumulation of too much food, so much there's no room for it all. Last week I got a good reminder of what happens when I do that. I shared on Facebook, "I make poor food choices and I pay the price, it's not like I don't know." And a few days later: "Ugh my lower tummy feels blocked the last 36 hours. No food since Thursday, just clear liquids. No doubt it is a metaphor for me holding on to ideas or whatever that are better released. In the meantime, I went to the pharmacy and was advised to take Milk of Magnesia. Yikes, I never took something like that, I don't like meds, wish me luck. I know it's a result of my eating a little too heavily the last couple of months, and it's caught up with me. I won't do that again anytime soon."

A nurse friend suggested a mix of 30ml of Milk of Magnesia and 120ml prune juice, warmed in the microwave." This friend was my hero! Apparently it was just a simple case of constipation, but it seemed giant to me who is used to all parts working well. I read on webmd.com that you're not considered constipated unless it's been three days. Three days? Holy cats, I thought eliminating an hour after every meal was the norm. Granted my typical diet is fresh greens and watery soups, with chicken, fish and potatoes a few times a week. Guess I'm wimpier than I thought if this made me think something might be seriously off. One friend tells me she regularly spends 40 minutes in the bathroom several times a week and is constipated often. She drinks a liter of soda a day and eats a heavily fried meat and bread diet, very few greens, is a smoker and drinks coffee every day. Ouch. There but for the grace of God go I."

A friend commented on Facebook: "You're not embarrassed to write about everything." I responded "I'm not embarrassed to write about what goes in my body or what comes out of it because I pay attention to it as part of my spiritual practice. It's about mind, spirit AND body. Plus I got a dozen private messages about this post, people telling me it happens to them all the time and they had no idea what it was." I live for stuff like this: sharing info that is helpful to others about things I've gone through myself.

STOP FAKING ORGASM; KNOW WHAT TURNS YOU ON AND TELL HIM THAT In a recent reading with Domino, we talked about her relationship with her new man. "Like most men, he thinks my body is ready the moment he gets an erection." They've known each other 2 years and just recently became lovers. Now she's wondering if she made a mistake and if they're on the way to ruining their friendship. She and I have talked about this before with previous lovers. The simple answer is (1) know what you like, then (2) tell him and show him. If you're intimate enough with this man to have sex with him, you're intimate enough to discuss it with him. If you know what your body responds to, honor him by telling him the sequence of touch and caress that gets you there. If he forgets and acts hastily, slow him down and remind him. At first, if he's not trained to be real conscious about sex, be prepared for him to get his feelings hurt and stop altogether. Believe me, that's preferable to faking an orgasm and becoming more and more unsatisfied without him knowing it. If he has to be continually reminded, she has to decide if it's worth the hassle.

He typically initiates interest and she thinks then she is initiating foreplay by touching him. He obliges her by lying back and allowing it, and not reciprocating touch. He thinks she's ready for intercourse when he is. As far as he's concerned, that's enough foreplay. Since she hasn't told him she's not nearly ready, he doesn't know it. His mind is on his own needs. Not wanting to cause yet another argument over it because he "refuses to remember what she likes," she doesn't say anything. She hastens it to be over, fakes yet another orgasm, walks away unsatisfied, all the while letting the resentment build up inside her until she calls me. That's no way to deepen the bond between them and that's also no way to train him.

She balks at having to remind him, "If he loved me, he'd remember." It can be simply a case of her having trained him to be selfish by faking satisfaction. If he's not conscious in other areas of life, don't expect him to be conscious of her needs in bed. If he continues to ignore your needs, decide whether the rest of the relationship is worth it. And don't just stay there because he pays the bills. That's too high a price. An illumined male friend suggested: "A man who only cares about his own pleasure, especially if he keeps forgetting, may need to be kept in the friend zone. Every woman deserves better."

We all deserve better. And it's not just lovers. We train people how to treat us by how we act and react with them, and by what we allow them to get away with. Family, friends, coworkers, everyone. How do yours treat you and when will enough be enough?

Enjoy our offering this month.
Hari Om.



Andrea

How to be Consistently Focused



...continued from page 18...

That no intelligent person should believe that to be true has not prevented many millions of people from professing it as a declaration of faith.

Many spiritual aspirants who affirm their desire to awaken to Self- and God-realization, behave and speak as though they do not know that they are units of the pure-conscious aspect of ultimate Reality. They say: *I want to find God. I hope God will come to me. God is testing me to teach me a lesson.* When someone dies, they say: *They are now in a better place, while not knowing anything about what souls experience when they leave this world.*

While it may be easy for truth seekers who have outgrown traditional religious opinions and practices to be amused when they are reminded of them, they may not be aware of their own erroneous ideas, inappropriate behaviors, or useless actions. It is not uncommon for a person who starts to investigate higher realities and is not focused or discerning, to be distracted by immature philosophical theories, exotic metaphysical systems, *quick enlightenment* promises, or preoccupation with thinking about angels, spirit guides, past lives, celestial hierarchies, and other unrealistic interests and time-wasting activities.

The God to be realized is ultimate Reality. Anything that has an essence—a true, enduring nature—is an aspect, expression, or manifestation of it; not a separate, distinct, or different reality. Discarding our erroneous ideas and opinions about our essence of being and ultimate Reality can more easily be done by replacing them with facts. Most people want to be able to believe in something. If they don't know what to believe, they may be inclined to accept ideas they learn about or that emerge into their mind. What is learned from others and what emerges in the mind may be true, or it may be false. Skillful use of our powers of discernment can enable us to know the difference.

Three ways of acquiring useful knowledge are by: 1) direct, personal perception or discovery; 2) observation, examination, and experimentation; 3) learning from others who know.

While aspiring to know ultimate Reality and its processes, consistently focus on holistic living, successful accomplishment of your meaningful mundane purposes, and being Self-realized. Knowledge of ultimate Reality and its processes will be revealed from within you.

AFFIRMATION

Constantly aware of my true nature and eternal relationship with the Infinite, I live intentionally, appropriately, skillfully, and effectively. The radiant purity of my essence of being continuously illumines my consciousness and benefits everyone and all forms of life.



ABRAHAM-HICKS

...continued from page 20

know, she threw cold water, which makes you feel irritated and ornery. I'm going to do my best to not let her know what I am doing. I'm going to let her go; I'm going to live my life. I'm going to be the true example, if she doesn't get it, that's not my business.

I do have some options. I can step back a bit. I've been placing some of the calls. I may be trying to teach her, and she can't hear me. She's not at fault that she can't bring her to my level instantly. We are both where we are. There are lots of teachers for her who can help her move up her scale. I'm not sure why I thought it was my responsibility, but I have jeopardized my vibration. It's not my fault I didn't help her, I was trying to move her and it's impossible. She will find her success if it is her desire. I'm feeling a little more loving, I want to appreciate her. I am feeling better She will see the clarity of my example.

Now I'm not resenting too much, I feel softer and more peaceful. I'm sort of at the place where I could say, "I wasn't always here either. I'm not the vortex for you. The vortex is bigger than me. I want abundance to flow to you. We can both be successful. I was imagining how much you are going to love this kind of trip. I am thrilled with the idea of you being there! I want this for you, my dear friend. And you can find that space that will allow you to feel better and better. Your vibration has shifted some. You will feel move hopeful and loving now. I have taken the time to have this emotional journey that is clearing me.

I'm successful, you're not, and I'm ok with that. That doesn't mean that I'm not hopeful for your success. I am wanting to bring myself from hopeful to really believing. All kinds of folks find new ways to vibrate. You have a powerful opportunity because I am a pure clear example of thriving. I like plenty of money. More is coming all the time. I believe that more can come for you.

I wasn't always in this place. Many of us on the ship couldn't manage this awhile ago, and now we can. If we can do it, I can see you doing it! I anticipate you will find a way someday. Eventually, if you want to, you can do it. There's nothing between any of us and what we want except our vibration. And we have control.

We have a strong connection. We are each other's teacher perhaps. I can hardly wait, I knew you could do it, I love that you paid your own way. If you pay your own way, you don't resent me! You are in charge of your life. You have shown yourself your own empowerment. Everything I give you shows that I think you cannot do it. Don't do it ever again, teach through the power of your example!



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 1-208-773-7822, visit on the web at www.IntuitiveReflections.com, or email barbaralee21@roadrunner.com

HOROSCOPES FOR AUGUST 2012

Aries: March 21 to April 19 "I Am" .

Falling head over heels in love with someone is like immersing yourself in a really great book or an art project. You are on the road to recovery from a bad breakup; what you do now to heal your wounds will make a huge impact on the rest of your world.

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

You are at a cross roads now in your life where you will get real clear on what it is that you need to thrive in a healthy intimate long term relationship. The best advice is to be what you want to receive. It is time to balance your finances by working harder than ever.

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

Your career path is shifting in a new and successful direction. Whatever you do, do it with a sense of love and integrity and you will succeed beyond your wildest dreams. Balancing work and play will bring serenity.

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

By the 13th of August you will have reaped much success in business and investments. Your intuitive insight with your sense of innocent clarity brings you to your knees. You are able to heal old emotional wounds and move forward with a fresh new start.

Leo: July 23 to August 22 "I Will" .

A new moon in your sign at 25 degrees Leo on August 17th will be the beginning of much support from friends and family; just be willing to ask for what you need and all will be taken care of. If you are considering going back to school, now is the best time to investigate your options.

Virgo: August 23 to September 22 "I Analyze" .

By the 19th of this month you are encouraged to refine your special areas of expertise. You will be able to finely set the record straight once and for all and the surprises you will enjoy because you spoke your truth will be astonishing. Keep up the good work!

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

The struggle is over and now you are able to reap the rewards of the end of a storm. You have been through so much and because you kept the faith and never gave up, you and your loved ones get to reap the rewards of happier times to come.

Scorpio: October 23 to November 21/22 "I Transform" .

Be careful what battles you end up in, some may not be worth the fight. Choose your battles wisely. It may be time to take a step back from the situation so you can think clearly and shed some light on the issue. You may need to go to the inner planes to heal the issue instead of continuing to butt heads.

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

Life is busy and you are on the verge of a very huge endeavor. Get all your ducks in order because acceleration in all areas is taking place. What ever you focus on will take flight. You can depend on your own self and your ability to make whatever you want happen happen.

Capricorn: December 22 to January 19 "I Use" .

With all your hard work, faith and positive energy that you have fostered, you are truly deserving of the very best that life has to offer you. You will get your raise and your new home and be willing and able to enjoy the fruits of your labor.

Aquarius: January 20 to February 19 "I Know" .

So much to do in so little time, take care not to get lost in wishful thinking. Get focused and be busy creating your dream life of luxury and happiness. You have reached a fork in the road so take it! Be like the fool and go forward in life free from fear and full of trust, love and wonder.

Pisces: February 19 to March 22 "I Believe" .

You are a visionary and now you are put to the test to put your vision in stone. Be practical and frugal in all areas of your life so you can channel a positive energy flow to where it is needed. With focus and intention you will secure the funds needed to finish your plans.



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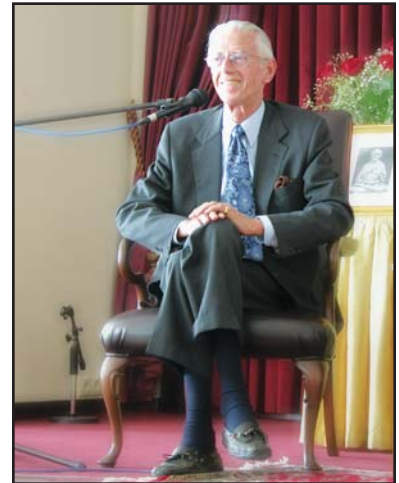
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

Center for Spiritual Awareness world headquarters and meditation retreat center is in the northeast Georgia mountains. Our spiritual director is Roy Eugene Davis, a disciple of Paramahansa Yogananda.



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