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REV. TRACI DiCAPRIO

**Psychic-Medium, Healer, Fae,
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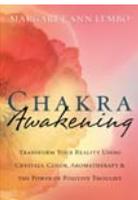
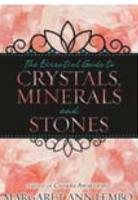
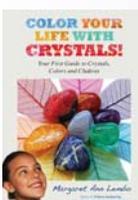


Traci brings a unique understanding of the spiritual and psychic dimension of life events and the grief that often accompanies them. Traci dedicates her time helping others through the difficult times that loss bring into their life. She is available by appointment to spend time with you communing with angels, guides, fairies and loved ones. When Traci was 19, her son, Anthony, passed from SIDS when he was 8 months old. She was devastated. She attended **Compassionate Friends** meetings. Through that experience, she became a Certified Bereavement Counselor, then began to specialize in reconnecting people with children who had crossed to the other side. She continues to find this very rewarding! Traci has been a practicing Psychic Medium for 23 years. At times she uses tarot to help her bring through messages from guides and loved ones. Traci believes it was given to her to help those that need guidance, love and understanding. She loves helping people through life and its lessons.

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optical illusion
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HORIZONS

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Thanks for help this month
Morgana Starr

On the Cover (see page 26)
Enchanted Garden
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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 2013 edition of Horizons Magazine. I'm blessed to have the job I have and the life I have. As it turns out, my life has turned into my "job" without me ever setting out for it to become so. I learned early on that I am a writer with no goal of writing a book and becoming a bookseller. The writing is the fun part. I write to get ideas out of my head and into a form I can re-read, study and share. I do that through my blog and through Horizons Magazine each month. I get a lot of email feedback that I am invariably writing about exactly what many readers are going through at the same time. After 22 years of the magazine, I'd have hoped that would happen and I'm blessed it does. Some friends tell me they are feeling overwhelmingly lethargic so far this year and that's because we get over stimulated by where we place our attention. We're measuring where we are now relative to another place and time. Making our body lethargic is our soul's way of telling us to slow down, turn our focus within and let past karmic momentum catch up with us and begone. If you're feeling lethargic, you're unfolding more now in a spiritual sense than in a material sense. A journey within will be very fruitful now. Sleep as much as you need to. My experience is, when you're on the Path, you begin going through a series of sleeper's classes. If you're awakened, hit the meditation mat. As you

follow your breath, you're giving your unconscious mind time and space to integrate what it's just learned. You can be half asleep, when you doze, awaken and follow your breath again. Give them 20 minutes and go back to bed. Then watch everything in your life begin to all come together.

"I would like my life to be a statement of love and compassion - and where it isn't, that's where my work lies."
Ram Dass. Bless those whose actions challenge me to remain loving and compassionate, for they help me do the important work. Bless those who do their best to malign and terrorize you with no basis in fact, for they know not that they know not. It doesn't matter what anyone else says to anyone else. You know the truth of your being. Let their nonsense drift away like clouds passing by. I don't think anyone sets out to be harmful or hateful or selfish. I think in their perception that they need to lie and fight to survive in a loveless world of limited resources, they don't notice the casualties left in their wake. That's a sad, small world to live in. They deserve our Love and prayers as much as anyone. There but for the grace of God and Guru go all of us.

Abraham writes in this issue, "Never let yourself be the one to bring someone in agony up the emotional scale to joy." Why? It causes resentment when you lower your vibration for them, and they may cut you out of their life. You've seen it happen. Instead of doing it yourself, ask the Universe to bring them someone to help them get up the emotional scale. Whenever you hold someone in appreciation, you are adding to their experience although, when they are in agony, they can't get it. Sometimes they surface enough to see your light, but they can't stand in that light for long. They don't feel worthy of it, they compare and feel shamed. They must cut you out of their life by any means in order to maintain their own hallucination. **Habitual liars** (see article page 19) are scared and self-interested. It's a deep sickness, a kind of autism. So when someone asks you for help and you give it, be prepared to be resented and cut out of their life, no matter how long you've known them or been friends with them. Instead, ask the Universe to bring them someone to help them, and to get them up the emotional scale. But don't you do it.

...continued on page 28...

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ABRAHAM-HICKS



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

the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com. (Excerpt from the newest Abraham-Hicks book "The Vortex".

Guest: You said that thinking of someone positively is the greatest gift you can give.

Abraham: Why do you want to?

Guest: Ahhh...

Abraham: Because they are you and you are they!!! We are all extensions of the same Source. When we are in vibrational alignment with Source and we think of them, the whole is added to in a powerful way. Everyone has access to the same Stream - they don't need you. We cannot find words to describe what it feels like to be as nonresistant as Abraham - how ecstatic it is. Those vibrating agony will not

match with your ecstasy. Say, "Universe, please bring them someone to help them get up the emotional scale." Never ask yourself to be the one, it causes resentment if you lower your vibration for them. Just know that help is on the way anyway. Your work is to maintain the perfection of your own alignment. All of you are asking. Source is answering all. Negative thoughts have no power over someone else unless they are matching your negative thoughts in thinking of you. Then you'll have a head on collision! Your feelings of anger are your self-survival thoughts that are better than despair and powerlessness. Now move up the emotional scale from there.

Anger is not misplaced or inappropriate. But as you move up to appreciation, whenever you are holding someone in appreciation, you are adding unto her experience. Although, if they are in despair, they can't get it. Have to be a match to the vibrational wavelength you are on in thinking of them.

Make peace with everywhere on the emotional scale. Where you are is where you are. Any awareness of where you are deserves an A. Any time you work your way up to a feeling of relief, to a thought that feels better, you deserve another A. There's no end to the relief. There is even relief from ecstasy and bliss. There is no end to the contrast. Even if your generation doesn't receive the benefits of your rockets of desire, the next generation does. That's how it works. We want you to become the recipients in this generation. You don't need to influence the president, just work around him.

...continued on page 20...

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SOUL SHAPING

A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground," endorsed



by authors Elizabeth Lesser, Oriah Mountain Dreamer and Katherine Woodward Thomas. He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Seane Corn, David Life, Deva Premal and Miten. www.soulshaping.com

BEFRIENDING CONFUSION

Moving forward often demands that we live lost, knowingly surrendering our attachment to who we think we are, voluntarily stumbling around in the dark with little to guide us. Growing is all about leaps into the seeming unknown.

If there was one skill that I could not have done without on my spiritual journey, it was my learned capacity to befriend my confusion. As old ways of being died off, new ways of being invariably came to life. Before the transition was complete, there was a time, often a long time, when all of these parts were pressing up against me at the same time. In "Soulshaping," I refer to this in-between phase as a "spiritual emergency" -- a state of confusion and inner tumult that arises when a new pathway is forcing its way into consciousness, prior to its full emergence and integration. The bridge from one side to the other is confusion. You have to learn how to hold the space for all of your parts and befriend your confusion, until clarity emerges on its own terms.

Unfortunately, befriend our confusion is difficult to hold to in a linear world. Those that walk the path of uncertainty are frequently characterized as flakes, drifters, and, ironically, lost souls. Nowhere in society are we taught to distinguish aimless from growth-full confusion, madness from truth aches, nervous breakdowns from nervous breakthroughs, habitual crisis from spiritual emergencies. Confusion is sadly stigmatized as the mark of the "loser" without regard for the fact that one cannot come to know anything without first surrendering to the not knowing.

Our state of confusion often arises in the context of careers and relationships: Why do I hate my job? What are my callings? How do I really feel about this relationship? We develop a truth ache- a sense of internal dissonance about our path, a crying out for another direction.

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Rev. Andy Conyer



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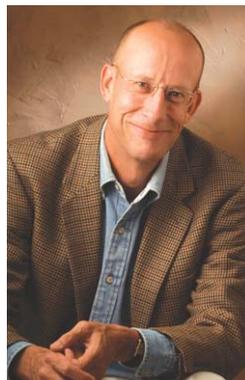
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NOTES from the Universe

**When you consider all the
faces in all the places in all the
times, do you see every one of
them as students... of love?**

They are,

The Universe

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

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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 and Call 321-757-7522

HERBS FOR ANEMIA

Anemia develops as a result of not having enough red blood cells to carry much needed oxygen throughout the body. This condition can cause fatigue a decrease in energy, shortness of breath, palpitations or rapid heartbeat, dizziness or a frequent feeling of being cold. There are several types of anemia, dependent upon the various causes; a deficiency of Vitamin B12 and folic acid, Crohns disease, autoimmune disorders, pregnancy, poor nutrition, medications or alcoholism. Aplastic anemia when the bone marrow cannot make enough red blood cells.

Iron deficiency or "iron poor blood" is the most common type/cause of anemia. It can be due to active or heavy bleeding somewhere in the body. For women, this may be caused by heavy menstrual cycles. Other causes can be ulcers, wounds or a recent surgery. With iron playing an important part in the formation of hemoglobin (cells that carry oxygen) you may want to consider herbs that contain iron such as Nettle or Red Raspberry. These can be prepared as a tea, tincture or taken in capsules. The nutrient rich Kelp is also high in iron along with other nutrients required for aiding anemia. Dandelion and Yellow Dock, although they are not as high in iron as Nettle or Kelp, have the ability to raise iron levels by absorbing iron and maintaining adequate iron levels. I make myself a nice blend using equal parts of Nettle, Dandelion, Strawberry leaf, Red Raspberry, 1/2 part Lemon Grass and 1/4 part Stevia. The 2010 study published in *Plant Foods for Human Nutrition* found that just 1tsp. Spirulina and Chorella per day effectively reduced anemia especially in pregnant women. This may be due to their high content in folate, iron and B12. Also in the 2010 study, Alfalfa leaf was found to be effective for anemia in regards to iron and folic acid deficiency. In addition to those findings the Amazon Rainforest herb Pau d' Arco has the ability to re-build red blood cells in as little as 30 days. To combat anemia it is also important to get proper nutrients from your foods. Most important are vitamin B12, folic acid, manganese, and of course, iron. Good food sources for these include black beans, carrots, beets, spinach, black strap molasses, organic eggs, beans, nuts, organic red meat, quinoa, barley and millet. For better absorption of iron eat more vitamin C rich foods such as citrus, tomatoes, melons, peppers, strawberries and kiwi. And for even greater absorption the combination of heme-iron found in animal sources of iron along with non-heme-iron found in fruits and vegetables is highly effective. You may also want to consider reducing coffee, black tea, soda, antacids and red wine because they inhibit the absorption of iron. Because the levels of iron in our bodies are influenced by a variety of nutritional factors, it may be most effective to keep iron levels in check through the use of foods and herbs.

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

Can I Be Partly Out of My Body?

Sometimes people who sense other people's energy may tell me that I am not fully in my body

The sensitive, psychic person may see my essence as part inside and part above my physical self. The recommendation for this situation is usually to become more "grounded" by walking in a natural setting such as the forest, swimming in a lake or ocean, or perhaps soaking in a mineral bath.

What the sensitive person is likely observing is a discrepancy between my ever-joyful Source Energy (Inner Being) and my current mental focus, which is on something that I don't like and don't want. When I think about something that causes me to feel emotionally bad, I temporarily split my energy, for my joyful Source Energy doesn't not join me in a negative perspective--ever.

The remedy for this is an adjustment of my mental focus by thinking better-feeling thoughts. And if I can make it clear up the emotional scale to joy, I am, for that time, a blended being. I'm seeing life as my Inner Being does, I feel wonderful, and things begin to go well for me. A psychic would likely see me as fully "in my body."

If walking in the woods, swimming in the ocean, or soaking in Epsom salts feels good to me, these would be fine measures to take. They would contribute to my finding relief and moving up the emotional scale.

Overall, though, it's not about action. It's about mental focus. It's always about finding that better-feeling thought.

--From Soulsongs Volume 5: Exploring Law of Attraction

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See page 31

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

Caroline Myss

ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

Have you had a major life upheaval such as

paranormal or mystical experience	hurt
near-death experience	angry
death of loved one	irritable
change of location	fatigued
job change	restless
marriage	resentful
disability	melancholy
divorce	mentally foggy
illness	over or under fed
	sleepless or overslept
	using addictive substances?

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



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

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

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

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

Andrea de Michaelis 321-722-2100
Email horizonsmagazine@aol.com

Andrea online at <http://horizonsmagazine.com/blog/>
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YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. Greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification,

The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. Page 31 for map, more info.

DEVOTION

We can reach God through love and devotion. This is the most popular technique of yoga called Bhakti Yoga. If one loves, one transcends ego. It is overpowering. It excels all other techniques.

Love of God unites you with the Deity. Sometimes it is hard to concentrate, to transcend the senses, but if you are engrossed in love it is easy to transcend the five senses.

Devotion means unity. You become one with your Deity, one with your Beloved. Through love one can reach very high. It transcends time, form and sound. It is beyond all that. This supernatural love has nothing to do with physical things. This is transcendence of the ego, transcendence of the mind.

The test of love is that two souls, two hearts are united and they know each other without telling. True love establishes a psychic connection and one can feel the vibrations. If you remember your dear friend, maybe you will receive his or her letter or maybe he or she will come all of a sudden. Pure love transcends all limitations. This path is sometimes easier for people to follow than Raj Yoga. With devotion one feels the presence of God within the kingdom of the heart.

God's kingdom is always in your heart. He lives nowhere except in your heart. The guru is within. May you illumine yourselves through devotion.

Hari Om.

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OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport .

Keep in mind that the first few months of meditation practice are like trying to tame a bucking bronco! In the beginning we are off the horse a lot more than we are in the saddle! This is definitely not a learn-in-one-weekend method, but rather takes years to develop. We actually never stop learning and refining our awareness, and after ten or fifteen years there is still more to learn and deeper levels to go. It is an infinite process. This is what is called beginner's mind - realizing that we are always able to learn more and we are always beginning every time we sit down to meditate.

Now, back to awareness meditation in general. Anything we are observing with any of our senses could be an awareness meditation provided we are using it as such. One woman I spoke with was relating how she used to work in a fish cannery somewhere up in Maine. She said that when she started out she got bored very quickly, as each person standing at the conveyor belt did just one task to each fish moving by. All day long, all she did was cut the heads off fish, one after the other. But after awhile, she was able to treat this as a meditation, and realized that there was an opportunity through the repetition to increase awareness. This realization totally changed the experience for her, and the previously boring job became a meditation rather than a chore.

Another extremely effective form of meditation is simply being aware of sensations arising in the body/mind while sitting still and turning the attention inward. In other words, whatever sensations arise during the meditation process, just notice them. You may feel tension, fluttering, openness, etc. The object here is rather than being involved in the conceptual aspect, such as "I am nervous," get down to its most basic level, such as what does "I am nervous" feel like, what is the actual physical sensation associated with that concept. Allow your breath and awareness to sink in your body so it falls out of your head and neck area and more into the lower abdominal area. From this perspective, just notice the arising and falling away of the various sensations. There is no right or wrong way to do it, just simply observe. If your thinking is too powerful, just notice the physical sensations associated with rapid thinking.

Anyone can do this, and at virtually any time: walking down the street, riding in a bus, or sweeping the front porch. The object here is to experience the sensations, not just think about them! Some practitioners have a very difficult time of this, as they are not used to simply feeling what is going on internally and have a tendency to constantly intellectualize. This type of practice can certainly be done in a monastery or meditation center, but is also wonderful for those with everyday jobs and relationships. Since the object is simply to notice what is happening, whatever sensation is arising is the meditation. This eliminates the tendency to judge oneself, as often happens during concentration forms of meditation when we cannot effectively concentrate because of an overactive mind.

Just Being

This is probably the hardest form of meditation to convey to the beginner. Since it is incredibly simple it is the most advanced technique. Normally, when we attend school, the more advanced we get the more complex the information is but in meditation the simpler techniques are the most advanced. In Japanese, this form of practice is called Shikan Taza, or just sitting. The Tibetans call it Dzog Chen. It involves simply being present with no technique, no special concentration or awareness.

Sometimes, during a quick, painful episode such as stubbing our toe, for an instant there is no perception of what has actually happened. It has taken us so much by surprise that in that instant we are experiencing the stimulus of the toe hitting something without any labels or distinctions. At that time there is usually no pain, but the thoughts that arise immediately following the incident bring with them pain, recrimination, anger and other forms of suffering. This illustrates the difference

...continued on page 27...

The Bands:
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Dear WhiteDove: As a child my teacher always called me a daydreamer and I didn't do very well with traditional education. Today I consider my imagination to be my best asset. What do you think about someone who has made a living from their visions? **Artist in Irving**

Dear Artist,

Imagination is so much more important than education: it is inspired communication through visions. And visualization is the first step of creation which has led to every invention. Education is learned information. Imagination helps to bring the unseen to fruition. In the past 125 years inventors have envisioned electricity to illuminate the Earth, Gas powered engines transformed our method travel, computers and satellites altered communication and created information systems on a grand scale. Imagination and inspiration in action are keys for pioneers, inventors and artists. You can turn dreams into reality.

Dear WhiteDove:

How do you feel about prophetic dreams? Sometimes I dream of events still to come. Other times they are about people that I know, but are more symbolic rather than factual. It's all very confusing information. How am I supposed to interpret these wild dreams? **-The Denver Dreamer**

Dear Denver,

The dreamtime is the doorway to the spirit world. As the body rests and rejuvenates, the soul is released. We do many things during the dreamtime. Sometimes we work out solutions to Earthly problems and our fears. This is also the time when we meet up with departed loved ones and continue our relationships. Dreams are also a way of self communication on a soul level.

You see, in the spirit world there is no linear time as on Earth; the past, present, and future are all one. Then there are probable futures too. Upon waking we can remember witnessing events, but in Earth time these events have not played out as of yet. Premonitions or Prophetic dreams are valid, but you have to learn to interpret them for yourself.

I suggest to all my students to keep a dream journal. Train yourself to remember your dreams, they're important. At bedtime start a little ritual. Place a glass carafe full of spring water on your nightstand near your head, this is not for drinking. You're using this water as a superconductor to help bring

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clarity to your dreams. When you lay down, ask your subconscious mind to move over. It helps to make the request because your mind acts as a filter. Say to yourself, "I want to remember my dreams, and I will remember my dreams." This positive reinforcement will impress your true desires upon your subconscious mind. Upon waking, don't jump right up. Think about where you were. Ask yourself; what was just happening? Then jot down all the details of your dreams before getting out of bed. The more that you practice, the clearer your dreams will become. You will enjoy rereading your dream journal and come to a better understanding of your soul's dreamtime escapes.

Many inventors receive information in the dream state. **Thomas Edison** would take cat naps in his office while holding marbles. He would focus on a solution to an invention as he would drift off to sleep. When he reached a level of deep sleep his hands would relax, the marbles would drop on the wood floor and wake him. By using this method to startle himself awake he would be able to remember more information from the dream state. Mr. Edison holds the world record for 1900 patented inventions. He was able to perfect a method to help him remember his dreams.

Throughout biblical scriptures there are many instances of God and the Angels relaying special knowledge about events to come through dreams. This is an easy method for spirit communication. When God wants to give us an urgent warning or encourage us to take action, a prophetic dream is an inspiring tool.

From the Heart

Alan Cohen is the author of many popular inspirational books, including *Enough Already: The Power of Radical Contentment*. Join Alan beginning September 1 for his acclaimed Life Coach Training to become a professional life coach or incorporate life coaching skills in your current career. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (800) 568-3079 or (808) 572-0001.



The Picture and the Frame

Sometime I look around my house and all I see are projects. The light fixture in the living room needs to be rewired, leaves are clogging the rain gutters, and the Hibiscus hedge is due for a trimming. That's just the beginning. For every project I get into, I notice three more to be done. This is a never-ending process. The day will never come when I will step back, look at my home, and say, "There—it's done."

When I saw the film *Shining Night*, (innerharmony.com) I received a reprieve from the onus of keeping the house perfect. This inspiring documentary about Morten Lauridsen, one of the world's most gifted composers of chorale music, shows Mr. Lauridsen creating in his summer studio in the Pacific Northwest. I was struck by the humble, less-than-well-kept-up cottage in which this master creates his heavenly compositions. The house's exterior paint is peeling, he composes on a slightly-out-of-tune piano, and creature comforts are minimal. The cottage is a launch pad for music that heals. Morten Lauridsen cares more about his music than the building in which he composes it.

A Course in Miracles offers a striking metaphor for the contrast between spirit and form. In a section called *The Two Pictures* (Text, Chapter 17) we are offered two pictures and two frames. One is "surrounded by a frame so heavy and so elaborate that the picture is almost obliterated by its imposing structure. Into the frame are woven all sorts of fanciful and fragmented illusions . . . The glitter of blood shines like

rubies, and the tears are faceted like diamonds and gleam in the dim light. . . Look at the picture. Do not let the frame distract you. . . The frame is not the gift."

Then the course suggests another picture, the beauty of which far outshines the frame: ". . . if you accept this gift you will not see the frame at all, because the gift can only be accepted through your willingness to focus all your attention on the picture."

The only purpose of a house, car, technological device, or body is to serve as a vehicle for the expression of love. As long as the form is a venue for the spirit, it is useful. When the form ceases to serve the spirit, or the spirit ends up serving the form, the system becomes dysfunctional, it will engender pain, and dissolve. When any relationship, organization, institution, corporation, government, or religion ceases to help its constituents and begins to exist only to prolong itself, it has outlived its usefulness. The entire universe is set up to support life; when the spirit becomes absent, the form has no purpose and it must disappear.

The good news is that for every form that dies because the spirit is no longer present, a new form will live because the spirit has taken up residence there. Spirit cannot be killed. When you move with the river of life, you will always be alive and everything you do will flourish.

Consider your home, career, relationship, and any organization in which you participate, and ask yourself, "Is this bringing me greater life, or is it draining life from me?" "Am I looking at a picture that heals and empowers me, or have I become entrapped in a gaudy frame?" While such introspection can be challenging, it is the door to healing and freedom.

For many years I have attended and taught manifestation workshops—how to get stuff. As I observe my own life and the lives of people who have manifested lots of stuff, I notice that we eventually became more interested in the de-manifestation workshop—getting rid of the stuff we have accumulated that we don't need. At a farmer's market I was tempted to purchase a beautiful blown glass dolphin with a soft gold veneer. Then I thought, "Do I really want one more thing to keep somewhere, clean, protect, and then store in the garage?" I asked Dee if she wanted me to get it for her. "I don't think we need any more stuff," she replied. We shared a contented smile and walked on.

Morten Lauridsen's humble cottage is lowly to the eye, but a cathedral to the soul. The music he generates there, free from the distraction of upkeep, will change the world and bless it far longer than his cottage will. One day his cottage will fall to dust. His music will stream through the ages.

As a result of Mr. Lauridsen's example, I have a new attitude to my house and my possessions. My home has become my friend, not my intimidator. When I look at the leaves in the gutter, I know I will get to them. But for now I will get to my writing, my beloved, and my family. The Hibiscus flowers are gifts, not obligations.

I am not against stuff. I am for enough stuff. The good stuff. The appropriate stuff. The stuff that is truly helpful. If you love something, it is enhancing your life, and you are using it for upliftment, it is holy stuff. If it is cumbersome or bringing you down in any way, you cannot afford it. May all of your frames only enhance all of your magnificent pictures.



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THE TRUTH ABOUT LYING

FROM BIG WHOPPERS TO WHITE LIES, HERE EXPERTS REVEAL WHY.

By Jenna McCarthy at realsimple.com

When it comes to avoiding trouble, saving face in front of the boss, or sparing someone's feelings, many people find themselves lying. The tendency to tell tales is "a very natural human trait, it lets you manipulate the way you want to be seen by others." To pinpoint how people stretch the truth from time to time and the potential fallout from it, learn the six most common ways that people mislead.

DECEPTION POINTS

Most lies aren't meant to be hurtful to others; rather, they're meant to help the one doing the fibbing. These are the six top ways people lie.

1. Lying to Save Face

What it sounds like: "Gosh, I never got the shower invitation!" "Sorry I'm late, but there was a huge pileup on the freeway."

Why people do it: For self-preservation. While it may be instinctual, people who frequently cover up innocent errors may start to feel as if they have permission to be irresponsible. What's more, it can become grueling for them to keep track of those deceptions. Eventually those lies hinder people from having close connections.

How you can avoid it:

Think long-term. When you're tempted to be less than truthful, consider your ultimate goal: to have a happy marriage, say, or a solid friendship. Then, when torn between fact and fiction, ask yourself, "Which will put me closer to my goal?" Usually the choice is clear. Keep it simple. Most of the time, a short apology is all that's needed, and you can omit some details without sacrificing the truth. Something like "Sorry that I didn't call you back sooner" is usually sufficient and effective.

2. Lying to Shift Blame

What it sounds like: "It's my boss's decision, not mine." "My husband never told me you called."

Why people do it: "To effectively give away power and control. When done habitually, this can diminish a person's ability to deal with life's bigger problems. When someone constantly saddles other people with his responsibilities, others can grow resentful of carrying this burden. Also, eternally passing the buck is downright exhausting. The deceiver keeps fielding requests but is only postponing the inevitable. Eventually the issue will have to be dealt with.



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How you can avoid it:

Dig deep. Blameshifting can signal difficulty with accepting responsibility for your actions. Maybe you were criticized for making mistakes as a child, for and now you're afraid to own up because of what other people may think of you. Once you realize this is a behavior that can be changed, you can start to regain the power you may feel you don't have. Flip it around. Before using a colleague or a loved one as a decoy in a minor deception, think of how the other person would feel in the same scenario. If the deception puts other people in an unfavorable light, it's best to leave them out of it.

3. Lying to Avoid Confrontation

What it sounds like: "That's a wonderful idea, Mom. I'll make sure to get to the airport three hours before my flight." "You're doing a great job, but we can't afford a housekeeper anymore."

...continued on page 21



ABRAHAM-HICKS

...continued from page 8

When you feel the sensation of power, when you are in alignment with Source, the place of the influence of other people on you is like a flea on the back of a dog. Because of your pain, you launched a rocket of desire and it becomes a future probability others can begin to live. Because you found access to it that day! It's out there now vibrating and others can access it. When you feel ecstasy, your power of influence is millions more than the President of the nation who is feeling conflicted. If you are not looking for credit (a plaque on the door...) your power of influence is huge.

Guest: I feel more powerful when we are all focused together in a group.

Abraham: That's because you line up for the group - you are anticipating and prepping. You are using the group as the reason you are in alignment. Only gathering with like minded people is a bit of conditional love. When you are in a group that irritates you, rockets of desire are born. They are stimulating! In your like minded group, your alignment is facilitated. Don't get dependent on the group. The irritating group facilitates step 1, Ask. The like minded group facilitates step 3, Allow.

There are 6 billion people on this planet. If you pull out of their influence, what you think is what you live. When you really know your connection to Source, the influence of others is miniscule. Once you have withdrawn your attention from it, you don't cross paths with it anymore. Decide who you really are! Am I source energy, or one who allows others to deprive them of source energy? Imagine a village of people limping around. You are bright and shiny and new and strong. You wonder why they are limping, and you start limping. When you are excited about your life, you are not noticing they are limping, and you stay strong, and another stops limping. Most people let their vibration be about what they are observing. But ultimately, how you feel and how you want to feel dictates what you see. I can't notice what's going on here, or in time, I will start limping, too.

We wish for you, not that you are always in a place of joy, but that no matter where you are on the emotional scale, you

know you are in control of which direction you are moving. Your perception of freedom is what your emotion is all about. When you know you are free to move, it takes the sting out of experiencing the contrast. Managing your emotion for the purpose of manifestation is good. But feeling good just to feel good is even better. Nothing is more important than I feel good, is the whole point.

You are not yet convinced that the only factor that matters is that you feel good. You still watch TV because the subject is hot, or talk to someone because you think it is the thing to do although you have never enjoyed them and you don't want to be rude.

Do a sales job on yourself. Come away from this gathering tending to your emotional journey.

The action journey isn't likely to change quickly. This is what is. Where you have control right now is how you respond to what is.

Esther watched the debates using the excuse that she wanted to be informed, but it was really because she thought she should.

Do what you do for the sole reason that it might give you an improvement in your vibrational stance. Do things ONLY because they positively affect your vibration.

Esther says, "We don't live it, we just teach it," because she's human, too. She has a response before she course corrects, so what? If you have knowledge of how to get from here to there, it doesn't matter. You never get it done and you cannot get it wrong. Practice feeling better, that's all that matters.

It's not so easy to think a new thought because of Law of Attraction. But when you are not pleased with your knee jerk response, say to yourself, "Well, I could feel this way, or I could feel that way, which is the best feeling thought I have access to right now?"

Guest: I'm sensitive to vibration.

Abraham: You are saying, "I am a victim, I have no authority, you need to offer tender loving vibrations or it's your fault I don't feel good."

Guest: I feel other's pain.

Abraham: As you defend this pattern, it is NOT serving you.

You have to work it around until it feels better. Work on making your feelings not be hurtable. Until you get there, you will never be in a good relationship.

How he treats you is an action journey over which you have no control. Other guest had arthritis in her hips, and we pointed out the difference between fearful and hopeful is her possibility of recovery. If you go from fearful to angry to hopeful, that will be the length of time it takes for you to have a better time in your relationship.

We never encourage the action journey without alignment. Rework it so it doesn't hurt so much. Stay focused with a singular intention, not to fix the problem, but to feel better. The trail to bliss may be revenge, hate, anger, frustration. But then it is a quick jump from frustration to bliss.

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The Truth About Lying

... continued from page 19...

Why people do it: A believable excuse may help someone avoid an uncomfortable talk or keep that person from feeling guilty. But relying on non-confrontation too often eventually does relationships a disservice. With people to whom one is deeply tied, it's important to remember that "closeness is not always pleasant, and that interpersonal dealings, by their very nature, have highs and lows. When you try to avoid the lows at all cost, it can have an overall deadening effect on these connections."

How you can avoid it:

Consider the options. Before you tell a fib, it helps to make a list of all the ways you could handle the situation—from delivering a total fairy tale to telling the stark truth. If, after thinking it through, you still decide a fabrication is the best choice, "it may signal that you don't value having an honest relationship, and that in itself is worth pondering more. On the other hand, maybe there is an option that will allow you to tell the truth but that will still provide your desired outcome. Pair it with the positive. Look for the bright, true spot buried within the lie. Saying to your mother, "Your ideas are always appreciated—I called that tutor you recommended last week!—but this time I just don't agree," makes the truth easier to swallow for both of you.

4. Lying to Get One's Way

What it sounds like: "I won't be at work today. I caught that bug that's going around." "Officer, my speedometer must be broken."

Why people do it: For personal gain. But when a lie like this is uncovered, the recipient is unlikely to be charitable. And the more hurtful the lie is to the person on the receiving end, the less it's likely to be forgiven. "When getting what a person wants drives his every word and action, he will not earn people's trust or love."

How you can avoid it:

Stop justifying. Maybe you think you deserved that day off. Or you figured it was late and there was no one on the road when you were speeding. While both rationalizations may be true, that doesn't make the lie any more acceptable in the end. If you have to convince yourself the lie is OK, chances are it's not. Think of the alternative. Consider if honesty could still bring about a positive result.

Example: "I know I don't have any vacation left, but I'd be willing to come in Saturday or stay late every day next week if I could have Friday off." Or admit to the police officer that you lost your concentration going down the hill and apologize. That may result in a warning instead of a ticket. You never really know until you try.

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5. Lying to Be Nice

What it sounds like: "That dress looks fantastic on you."
"This is the best meat loaf I've ever tasted."

Why people do it: In some cases, the little white lie is altruistic, says Smith, but when used excessively, it can make interactions with people less authentic. At its worst, others may feel that a person isn't being genuine or trustworthy.

...continued on page 29

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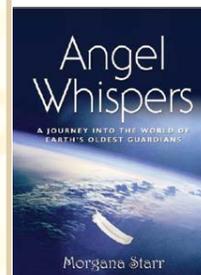
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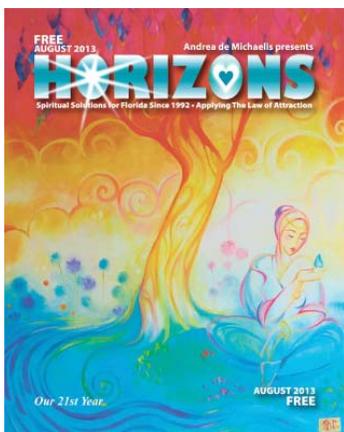
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COVER ART

ENCHANTED GARDEN

by Jane Taylor



I love using inspirational fairy tales and legends as a basis for paintings! This image came to me after re-reading **The Butterfly Who Stamped**, (from the Just So Stories of Rudyard Kipling). The setting is **King Solomon's** garden, where his senior Queen, **The Most Beautiful Balkis**, is advising the Butterfly's wife on how she should deal with her foolish husband. It's a fabulous story that ends with two happy butterflies and a lesson in the wisdom of the divine feminine - as **Queen Balkis** gently manipulates the proceedings

towards a very satisfactory ending! *In this painting I have combined dreamy, fantastical colouring with an illustrative style, to lift the viewer out of the mundane world into the magical one, where perfect wisdom and perfect endings await us all!* And if you want to know more you'll have to go and read the book!

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

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

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



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OPEN MIND ZEN

...continued from page 14

between just being (the experience of the initial instant) and the conceptualization that occurs after that. This is true of all sensory experience, and relates to the fact that all experience when it first occurs is a pure or universal experience. Then, somehow we take that experience and add our conditioning to it. A short time period after the initial experience occurs, all our concepts about it come up: saying it was good or bad, describing it and then reacting to it in response to our particular conditioning. To meditate effectively, we must begin to understand how we take present, universal experience and turn it into a relative concept.

It is clear, even in an intellectual sense, that neither the past nor the future actually exist, except in thought. It is scientifically impossible to be anywhere but in the moment, but somehow we don't feel as if we are. From the very beginning we are already totally present and fully enlightened, but just don't realize it. To illustrate this point, say you are poverty stricken and just scrape together enough money to move into an old house. The former resident was an old miser who had stashed millions in gold under the floorboards, but when he died, the knowledge of the location of the gold died with him. You could be living on top of enough money to feed and clothe you for life, but if you don't know it's there, you can starve to death in your ignorance!

I Think, Therefore I am Not

Trying to stop thoughts is a bit like trying to hold a beach ball under water. The very nature of the air inside the ball is lighter than the water, so the ball wants to come up to the surface. You can keep the ball submerged, but it takes constant energy to do so.

We used to run a listing in a local holistic directory in Western Massachusetts for our meditation group. The headline, which I had used for years was, "Zen - It's not what you think!" People who called would inevitably ask, "Well, if it's not what I think, what is it?" Obviously, whatever someone's idea about Zen is, it is just a concept. Yet each moment that the caller is living and breathing, their Zen is being manifested through everything they do. Once our mental descriptions begin to arise, we have already missed the moment, and cannot capture what Zen is. It doesn't even matter what our mental concepts are - they can be lofty and pure in nature or horrible and outlandish - all are equal in missing the point, which is moment to moment reality.

Many participants of my workshops have said, "I can't meditate because I can't stop my thoughts." Well, you don't have to stop your thoughts to meditate, and even most

experienced meditators can't stop their thoughts for any length of time. The only way to eliminate thoughts is to allow them to come up and dissipate.

Trying to stop thoughts is a bit like trying to hold a beach ball under water. The very nature of the air inside the ball is lighter than the water, so the ball wants to come up to the surface. You can keep the ball submerged, but it takes constant energy to do so. Thoughts, ideas and feelings we want to avoid or stop are just like the ball. Their very nature is to be expressed and then disappear, but what happens is we often hold them in. Perhaps we are afraid that we will be overpowered by the suppressed, emotional content of our thoughts and feelings - or that those around us will think us strange or not love us if we let our true feelings surface. As a result we spend tremendous energy keeping a lid on it all. Obviously, this ties up a huge amount of our vital energy in a type of conflict that is not productive in the least, and leads to stress and disease.

I was having lunch a number of years ago with famous teacher who has written several popular books on healing, meditation and the mind, and he told me a story about a woman who, during one of his workshops, said that she couldn't stop her mind from thinking all the time. Of course, this is the problem that virtually everyone has when they begin meditation, and is the source of constant irritation! So he asked her, "well, were you ever aware of that before?" She replied, "No, I was never aware of the fact that even when nothing seemed to be going on that I was thinking so much." To which he replied, "You have made a major step. You are now much more aware, but your awareness is showing you something you don't want to see."

In other words, even though all she could do when she meditated was constantly think, she was now aware of the fact that her mind was constantly thinking. She wasn't comfortable with the fact that her mind was that much out of her control.

We are all like this to greater or lesser degrees when we begin the awareness process of meditation. We first sit the body down and eliminate the obvious movements of the head, neck, body arms and legs, but what we are left with is the constantly occurring but largely unconscious movement of the mind.

Often people ask why they have to sit still. Somehow, sitting still creates the opportunity to be able to see what is going on in the mind most of the time: a mishmash of circular, useless thinking, or what we call monkey mind. If that's what you see for the first month, six months or year that you meditate, just realize that most people aren't even aware this is occurring at all.

Often, beginning meditators say, "The meditation is making me think too much," as if meditation can make them do anything! Somehow, people tend to blame the meditation as a way of transferring responsibility from themselves. It's easy to say the meditation is the problem, rather than admitting that one's mind is out of control.

Another thing beginning meditators often say is that they have taken off during mediation. It's important to realize that we don't really go anywhere during this process we're still sitting there. But the power of thinking is such that we can think we are gone, when in fact we are present at all times. We can never underestimate the power of thought.



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."

Send love to those who seem to cause us harm, as we never know if we had a contract with them to come to earth to seem harsh for us to awaken to our higher potential. I believe we do not come to earth intending to do harm, however we agree to be placed in situations to help others grow... and those situations may in our perception seem harsh. Eda Pugliese-fey

WHAT IS YOUR REAL COMPLAINT?

I seem to have lost my patience with perpetual complainers. Yes, I know the government is imperfect. Yes, I know there are selfish people conspiring. Yes, I know that many people lack integrity. Yes, I know that western culture is materialistic and superficial. Yes, I know that the opposite sex has disappointed you. Yes, I know you question the existence of God. But what is your REAL complaint? What are you really trying to express about the lack of love, attention, attunement, satisfaction in your life? What lives below your projections onto the 'system' as the cause of all your challenges? What created your glass half-empty perspective? And, perhaps most importantly, what are you going to do to convert all that negative energy into positive action? When are you going to stop hiding behind your victimhood? What are you going to do to accept realities you can't control and find your beautiful smile? And how can I help you to believe again? Jeff Brown <http://soulshaping.com/>

"Sometimes love finds you when it's ready and when you're ready too. How that happens is anybody's guess. Love is the great mystery stew, its secrets well kept, its ingredients known to providence alone. While both people are being prepared, marinated, skewered, cooked to readiness in the fires of life, the cosmic alchemist is turning the pot, reverently preparing the base for the lovers who will meld into it. Only God knows when the stew is ready to be served. Divine timing." Jeff Brown

Andrea says: "In the meantime, fall in love with everything around you, everyone around you, don't make the mistake of waiting for just one person who will love you back. That you love is what matters. That you love."

WHEN ASKED ABOUT MY SPIRITUAL LINEAGE

"Who were your spiritual teachers?" I am often asked. "What ashrams and monastic communities did you live in?" Experience has taught me that as soon as I answer these questions, the energy changes. I either get labelled

as an extremist or placed on an undeserved pedestal. I spent years being impressed by friends' lineages and who they said they studied with, what certificates and photos with celebs they accumulated, and what media attention they got for the association. I realized the trap (for me,) the distraction of talking about it, the illusion that was too easy to get lost in instead of spending alone time accelerating my own inner growth. I honor my lineage when I recognize that we are all One and The Same and act as if. I honor my teachers when I share their lessons in my own words through my personal experiences, and when I walk my talk. My lineage is to not get too caught up in what someone says is their lineage, because then I'm waiting for them to either make the teacher proud or shame him, instead of experiencing Who they are in the Now without all the labels.

Last month I sat with friends overlooking the ocean and watching the full moon rise. There is something about a place where land meets water, especially a giant expanse of it like our Atlantic Ocean, intermixing with the energy field of everyone present. To me it can feel awesome and terrifying at the same time. As we sat and watched the moon rise and drank icy lemon ginger teas, we talked about the things we are ready to release in our lives from the past 28 days. We do this each full moon (next are August 20 and September 19th!) Full moon rituals are for releasing and purging the things in our lives that no longer serve us, relinquishing suffering involved in hurtful relationships and discharging physical and emotional pains. The act of sitting with a group of friends with the same focused intent is a powerful practice. You're casting a powerful spell, releasing the past and beginning fresh with every 28 day cycle of the full moon. Several who attend say our meetings fuel their healing of physical ailments. I can dig it. I come away feeling fueled as well. That's when I can tell I'm spending time with the right people: I feel fueled by them and so excited about what's coming next.

The darkness of the room we're in is dispelled by the Light of those we surround ourselves with

Some people are very easy to be with. I love it when I attract that out of friends. Everything I want to do is fine with them. Everything they want to do is fine with me. Conversation flows easily from one engrossing topic to the next: what do we think about and how do we feel about what we think about? We discover unlimited mutual interests, talents and curiosities. Being at the same stage in life with similar careers and missions lets our schedules naturally and easily interweave. We are each a catalyst for the other's increased business, as we discuss what we love to do. We begin becoming very telepathic with each other. We become more attuned with others when we are together. The world begins to expand and everything is seen in new Light, literally. The darkness of the room we're in is dispelled by the Light of those we surround ourselves with. Had I not attracted shadows, I'd never have known how glorious this Light could be.

ACCEPT ALL THINGS. IT'S THE ONLY WAY TO WAKE UP... ANYTHING ELSE PERPETUATES THE DREAM.

Enjoy our offering this month.
Hari Om.



Andrea

SOUL SHAPING



... continued from page 9...

Sadly, when we begin questioning our choices, resistant voices often float to the surface -- voices of habit and fear, internalized judgments, well-entrenched defenses. Although progress has been made on many levels, most of us are still making our primary choices as to path through a survivalist lens, with a vigilant eye to what is most practical, safe and materially satisfying.

When we step out of this framework, when we make a move toward a more soulful idea of success, we open the door to confusion, at least at first. The voices of the world arise within us in an effort to sweep away the whispers of a deeper truth. The desire to quit our unfulfilling job and find our callings is met with neurotic images of poverty. The longing to find a genuine soul-mate is overwhelmed with images of eternal aloneness. We are then confronted with a choice -- turn back to familiar harbors, or let the inner battle wage on. Play it safe, or see it through...

If we don't see it through, we risk all manner of difficulty. What ultimately holds us back is our resistance to bringing our truth ache into consciousness. Although sometimes painful, although it may well force us to turn our habitual patterns upside down, the truth-ache contains the seeds of our transformation. When we repress it, truth decay sets in, and the only thing that can save us is a truth canal. Sometimes we wait too long, and we lose our truth altogether.

Seeing it through is no easy feat. You will need support. You will need to work hard to identify the voices that are attempting to obstruct your transition. They will come in many difficult and credible forms, often disguised as your friends. You will have to patiently expand your capacity to sit in the "not knowing" in ways that nobody ever taught you. And you may even have to hold to a state that feels a little mad now and then, as different aspects of your inner world come into conflict.

But if you can see it all the way through, you will be rewarded. You will know a measure of soul-satisfaction that you will never know on a false path. You will see through different eyes and feel at peace in your soul-skin. You will not have to ask the universe for what you need because the door to humanifestation will open wide as the universe rewards you for your courage. You will know a remarkably enriched reality.

###

TRUTH ABOUT LYING

... continued from page 21...

How you can avoid it:

Walk in the other person's shoes. People often underestimate the info that others can tolerate and even benefit from. Tone it down. Track it. Keeping a tally of the tales you tell for a day or a week can help you distinguish between the instances where being truthful matters and where it doesn't. Maybe you didn't need to tell the supermarket checkout gal that you loved her (hideous) earrings. But it made you feel better to say it, plus you got a pleasant reaction from her. Most experts say there's no huge harm in that.

6. Lying to Make Oneself Feel Better

What it sounds like: "Eating my kids' French fries doesn't count." "I'll charge this stuff now because I'm going to pay off the credit-card bill as soon as I get my bonus." "I never watch television."

Why people do it: To reassure themselves. But when people start to believe their self-deceptions, it can snowball, which is especially dangerous. A clean-your-plate habit can lead to an extra 10 pounds. One shopping spree can trigger can't-pay-the-mortgage debt. And while denying hours spent in front of the TV isn't a crime, it might cause a person to wonder where all her time is going—or get busted humming the Law & Order theme song.

How you can avoid it:

Plan honesty ahead. Because self-deception can become almost automatic, "stopping isn't simply a matter of just saying in the moment, 'Hey, should I lie to myself right now?'" says Smith. Instead, pledging to face reality in the situations where you're most likely to deceive yourself is a smarter tactic. Keep your goals in sight.

Whatever you want to accomplish, from sticking to a healthy diet to keeping your bank account in the black to cutting down on those television marathons, lying about what's really going on puts you one step farther from that objective. Instead, it's a good idea to visualize, in full detail, what it will look, feel, sound, smell, or taste like when you attain your goal. Painting a detailed picture in your mind will help you maintain your motivation, even in the face of temptation to sabotage yourself with deception.

Help others be accountable. When people who tend to deceive themselves spend too much time with frequent fibbers or even others who tolerate that type of mendacity, their destructive habits won't be challenged or corrected. In the most serious situations, where lying is causing someone serious damage, it helps to be a particularly truth-conscious friend and lend support as well as a gentle, watchful eye.



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

HOROSCOPES AUGUST 2013

Aries: May 20 to April 19 "I Am" With transiting Uranus in Aries involved in a T square with Pluto in Capricorn and Mars in Cancer there will surely be a show down. The one who comes out on top will be someone who is balanced just and fair in all their dealings. Be prepared to be seen as you truly are.

Taurus: April 19 to May 19 "I Have" You can really be resourceful when you have to be and usually at the last minute. You will be the hero this month as you step up to the plate and do what you should have been doing all along. More of a hero in your own mind, but making up for lost time.

Gemini: May 20 to June 20 "I Think" You are in for the love affair of a life time; could happen in a public setting or at the work place. Be prepared to be yourself even if your fame and fortune should fluctuate. Opportunities for financial advancement will come from a female; just keep your boundaries straight and narrow.

Cancer: June 20/21 to July 22 "I Feel" This month you have put on the provider's hat with the intention of taking care of your family. Although your family always comes first, your psychic radar is sharpened by the needs of others as well. This is the month that you shall plan your vacation to far away lands of glamor and romance.

Leo: July 22 to August 22 "I Will" Happy Solar Return Leo! Especially with the New Moon in your sign on August 6th at 2:51pm PST you will be ready for action, lights and show time. It is your time to shine as bright as you can in all your glory. Your purpose this month is to radiate your positive vibration to all who can feel your vibes.

Virgo: August 22 to September 22 "I Analyze" This month you are driven to accomplish your goals no matter what the cost; sleepless nights, burning the candle at both ends. You feel driven to get things done because when things are finished a long over due vacation awaits you and your loved ones.

Libra: September 22 to October 22/23 "I Balance" They say what you are interested in is what you need to learn. Once again you always hear it over and over again, you are the relationship sign concerned with marriage, unions and partnerships. You are born a Libra because this is the area in this lifetime that your lessons revolve around.

Scorpio: October 22/23 to November 21/22 "I Transform" Behind your tough reserve there is a vulnerability beyond the most sensitive of sensitives. Regardless of what others truly think of you most are truly unaware of who you really are because of the depth of your soul protected by the armor you wear so gallantly.

Sagittarius: November 21/22 to December 21 "I Perceive" This month your focus is sending out love and light to all you come in contact with. You will have a profound affect on someone special this month, you may not even know it until a few months later. The key is to do what is in your heart to do and then just do it with love!

Capricorn: December 22 to January 19/20 "I Use" You have been working so hard lately with such a feeling of no light in sight at the end of the tunnel. But low and behold Jupiter has entered your house of good luck, your appreciation and payment is on the way. You have danced your dance as if no one was watching.

Aquarius: January 19/20 to February 19 "I Know" This month there is a Full Moon named after your sign on August 20th at 28 degrees at 6:45PM PST. All that you have hoped for and had intended will now settle into its perfect place of bliss and peaceful divine timing. Everything is as it should be and you are at the right place happening at the right time.

Pisces: February 19 to March 20 "I Believe" The creative energies are pushing for an outlet; dance, art and music are communicating with your soul to come out and play. You especially miss bodies of water this month; try water aerobics. You may find yourself remembering times when you were a mermaid or a fairy. Dream a thousand dreams and a few just might come true.



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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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RETREAT AUGUST 30TH - SEPT 1ST 2013

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REGISTRATION: In advance before August 10th - \$120 per person, families \$170. At the door \$130 per person or \$190.00

First Saturday
at noon
VEGETARIAN
LUNCHEON
\$10 donation
(children free)

Ramayan
Chanting
Sundays
10:15-11:15 am

Bhajans/Kirtans
First Wednesday
6.45- 7 45 PM

for families. WHEN: 4 pm on the 30th of August - 2 pm on the 1st of September 2013. WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen, notebook.

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\$7 Per Class
or \$25/month unlimited

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Gajendra Giles

Tuesday 7-8pm
Maryann & Jim Loafman

Thursday 7-8pm
Chip & Shyama Iacona

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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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**As a flame in a windless place does not flicker,
to such is compared the concentraton of the
meditator who, with mental impulses calmed,
practices the yoga of samadhi.**

Chapter 6, Verse 19

THE ETERNAL WAY

*The Inner Meaning of
The Bhagavad Gita*

**ROY
EUGENE
DAVIS**

A Direct Disciple
of Paramahansa
Yogananda



Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, and India. He was ordained by Paramahansa Yogananda in 1951.