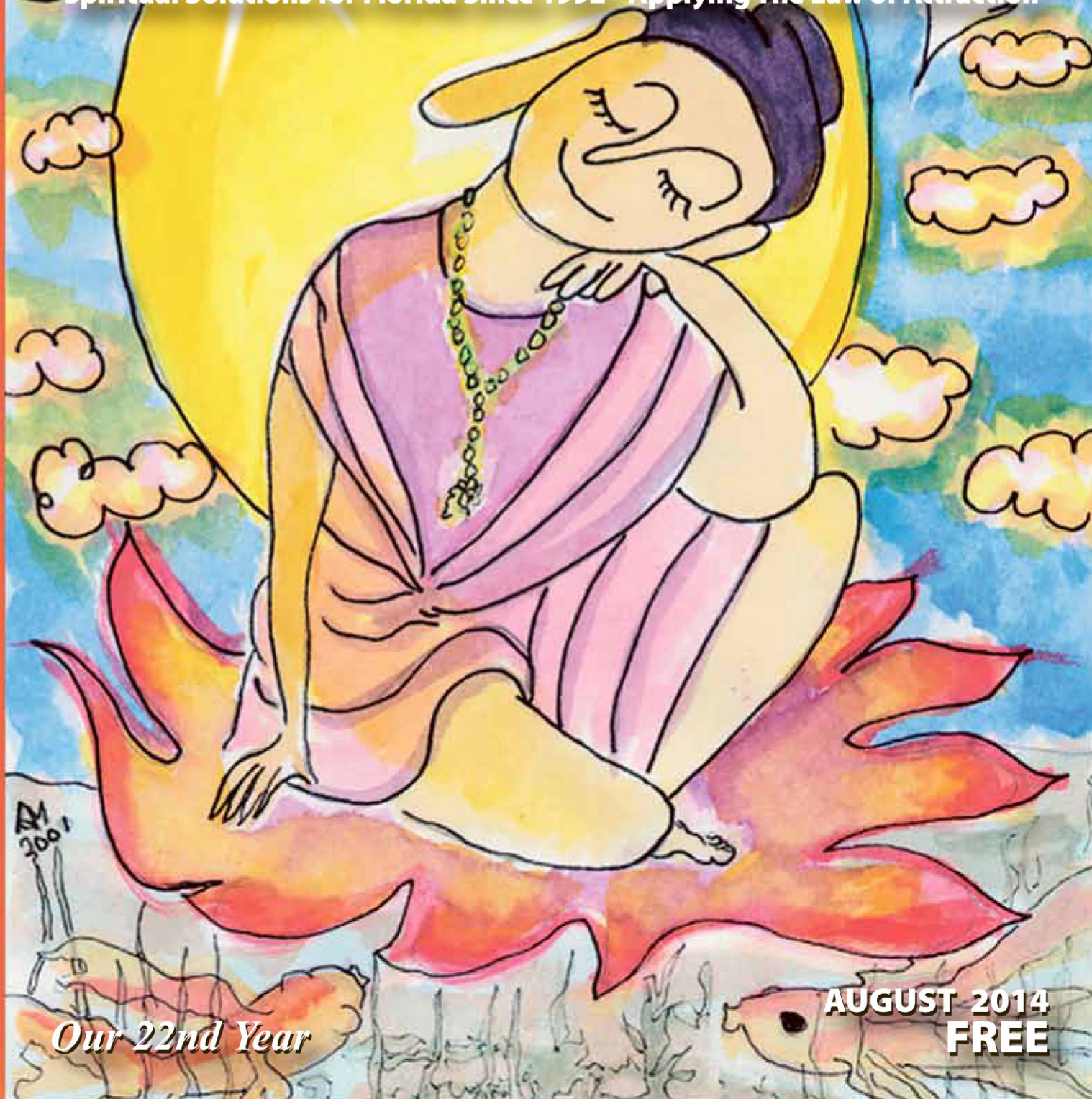


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optical illusion
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**"And the day came when
the risk to remain tight in
a bud was more painful...
than the risk it took to
blossom."** Anais Nin



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

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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.
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- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
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- 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 -- WELCOME TO THE AUGUST 2014 ISSUE OF HORIZONS MAGAZINE.

I've used my own watercolor painting, circa 2001, as this month's cover. Inspiration is flowing! I've set up a painting studio in what used to be the dining room, and it's coming together better than I planned. *Don't you love when that happens?* Everything fits and, for the first time in years, my paints and sketchbooks are laid out where I can sit down and work on a moment's notice. One day last month, I collected all my art supplies and put them in the center of the living room to see exactly what I had. There were drafting tables, oil paints, acrylics, brushes, palettes, knives, watercolors, watercolor paper, sketchbooks, canvas and stretcher sticks, desk easels, standing easels, pochade boxes, pencils, erasers, pastels soft, hard and oil, solvents, light board. I thought if I had enough to take over a room, it made sense to have a dedicated paint studio. If I leave up paintings in progress, I'm more likely to take a few moments and work on them. Otherwise years can go by with them untouched because they're packed neatly away in the closet. As I meditated on the idea of room placement, I reasoned that the dining area is the best place in the house to be. It's near the sink and water, it's got the best indoor and outdoor lighting, it's in the middle of the action, so the chi is constantly flowing. Plus I don't have to give up my back office!



I knew I'd need several table surfaces and I'd need drawers or storage space so the supplies didn't get out of hand. I placed two tables side by side next to the beverage bar. That gave me plenty of surface space, plus storage underneath. I moved in a bar stool and straight backed chair. I set up 4 different size easels. I spread out my supplies in genres: current sketch books here, all the watercolors here, the acrylics here, the oils and pastels don't need to stay out. I set up my brushes and applauded my brush cleaning discipline.

I always have several projects going at the same time, some related to the magazine, some related to writing and editing, and always a few personal projects, sewing, handyman stuff. Sometimes 30 minutes a day is all the time I can spend on something, so I am used to working in jumps and starts. The first day, I set up the watercolor station. I inherited my husband's paint supplies in the 90's. He painted in oils and

watercolor. I was always an acrylic painter, so that opened new doors to me. He was a real neat freak, so his paint supplies were kept immaculate. It was good training for me to keep them clean and well cared for. As I set up the watercolor station, I noticed I had a relatively new set of paints and a half dozen paint brushes — new, unopened brushes — score! I taped a few sheets of watercolor paper to pieces of cardboard and set them on the easels, ready to go. I laid out the brushes and paints, the mason jars I use for water, and several paint cloths to wipe brushes on.



I took the opportunity to clean the floors, so everything looks and smells and feels new again. *I've never had the art studio in the dining room, so that's very exciting.* When I get into painting mode, it makes me begin to look at objects differently, to take note of how the light plays on it, how many colors are really involved in that dab of "white." One main thing painting does for me is it trains my eye to peel away a layer of the mundane world to reveal the enchantment underneath. When that happens, I can be in bliss painting the half eaten acorn or, for that matter, simply contemplating how the light plays on the half eaten acorn.

I now spend more time looking at the things around me, looking at them with an eye to paint them, noticing the details of line and curve, watching the shadows formed by movement in the light. *It's incredible, really, how alive everything is or rather, how everything comes to life when you pour attention onto it.* It happens with people around us as well. Pour some attention onto the next person you see and then watch them come alive.

HOW I FOCUS ATTENTION TO STAY MOTIVATED

It always have many irons in the fire, and each is maintained by a little attention on a regular basis. My work is not hard, it just requires sustained focus while in the right state of consciousness. Getting in the right state of mind is like foreplay. It begins waaaaay in advance. To entrain myself into that state of consciousness, I do several things.

- (1) At end of each work day, I make a **To Do List** for the next day. On the left, I write everything I have to do that day. On the right, I list everything else I have to do.
- (2) Before I go to bed, I read over the things I have to do the next day. I spend a few moments seeing myself breeze through getting it done.
- (3) When I wake up, I bring to mind the day's tasks and again run it through my head for a few minutes.

By doing these three things, I am not only psyching myself up for the work, I'm pre-paving a fast and easy job. Keeping myself in work mode is half of my job. Cheerleading myself on to getting my jobs done and my goals accomplished is half the job.

...continued on page 28...

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There's no such thing as "no" in this Vibrational Universe. Everything is "yes". So when you look at something wanted and you shout yes at it, you are including something wanted in your vibration. But when you look at something not wanted and you shout no at it, you are including something not wanted in your vibration. And that, right there, is the basis of all resistance. Looking at unwanted things and saying, "No, no, no, no, I want not that," is the very thing that holds you in vibrational discord with that which you do want.

So, are you getting the sense that your emotions hold the key to all of this? It is our desire to assist you in recognizing -- by paying attention to the way you feel -- how closely you are vibrationally matching your desires, or how far apart from matching your desires you are in this moment.

"In this now moment where all my power is, am I allowing that which I've been telling the Universe in many ways every single day what I want, or not?" When you feel passion, it means you have a strong focused desire. There's lots of summoning power. There's lots of asking. And it's probably been happening over quite a period of time and you've honed it to quite a sharp edge. Passion means pointed, powerful summoning of Creative Life Force. Passion means Creative Life Force coming at your request to satisfy your desire. In the feeling of passion, you are in a state of utter allowance. There is no resistance within you. There are no contradictory beliefs that are not letting the Energy pass through you.

...continued on page 20...



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AnnMarie Roschilla is proud Long Island, New York native. She is a spiritual enthusiast with a desire to make meaning out of life's struggles and share them with the world. With a B.S. in communications, AnnMarie has a love for writing and regularly updates her blog. www.ClumsyBuddha.com

I'VE HAD MANY MOMENTS IN MY LIFE WHERE I HAVE LOOKED UP AT THE SKY AND YELLED, "HELLO, ARE YOU SEEING THIS? STOP BEING BUSY AND FIX THIS MESS."

My life has been a beautiful chaotic mess for the passed few years to say the least. I guess I wanted to put blame on something or someone for all the misfortunes that had occurred. So, I dubbed the universe the culprit.

I am thankful that the universe and the spiritual world are patient because my stubbornness usually gets the best of me. I had to build better conversations with the universe and myself. It was the only way to transform my life and turn things around. I knew in my heart that I was being guided to a more spiritual way of life. I slowly began doing my homework, learning about spiritual and personal growth because the problems I was having had nothing to do with the universe and everything to do with myself. Do the work and I promise you will reap the rewards.

I believe the most heightened and spiritual people are the ones who are tested the most in their lives. Without struggle there is no growth. Trust the process. If you want a beautiful garden, the first thing you have to do is pull the weeds, next, lay the fertilizer, then plant the seeds and water it. Lastly, you have to wait for your garden to blossom. This goes the same for your life. Put effort and positivity into everything you want to achieve and it will blossom, too.

I am not here to preach or to tell anyone what to believe in. Quite honestly you can tell me the tree in your backyard is your god and I would be cool with it. The point is spirituality has more to do with finding yourself than finding the almighty. At least that is what I have come to find through my colorful journey thus far.

Sitting alone with your thoughts can be a scary place for most of us. I find when I am trying to go to sleep is when my brain decides to create the most horrific and obscene scenarios possible. Needless to say, sleep and I don't know each other that well.

I have made a conscious effort to just sit with myself. It's been a frustrating battle. If anyone has tried meditating you know what I am talking about. I sit and I sit and then I sit some more. Suddenly, my to do list for the day pops in my head; did you put the clothes in the dryer? Did you feed the dog? Where is the remote? Ever happen to you? Yes that's my brain on a daily.

...continued on page 26

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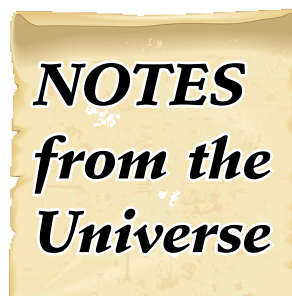
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THERE ARE ONLY MIRACLES, AND TO ONE DEGREE OR ANOTHER THEY ALL SOOTHE, PAMPER, AND ENRICH. However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung.

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

Duck!

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Lesson III -- Life[©]

LIFE'S HIGH TIDES AND STORMS MAKE US FEEL BEATEN. WE MAY FACE DEATH, LOSS OF HEALTH, LOSS OF WEALTH, FEEL PAIN OR ANGER, OR BOTH. WHEN WE EXPERIENCE ANY OF THESE TESTS, WE OFTEN FEEL DESPAIR.

In this lesson we encounter our third level of awareness... Life itself! As we encounter Life's many tests, we get closer to discovering our Spirit, our true self that lives in our Invisible World. When we awaken to know our Spirit, then the trials, storms, and tests of Life will not crush us. Our Spirit is Eternal and nothing can destroy it.

The tide represents the back and forth swing of emotions that we are constantly experiencing in our lives. Sometimes we find ourselves up, and sometimes we are down. The times that we are down represent an opportunity to move up again.

The ocean is Life and movement. The salt water of the sea is contained in our tears; it is the water of the maternal womb.

Take a moment to reflect. Breathe . . . reflect on the painting of Life. What do you see?

The sky reflects the forces of Light, Faith, Joy, and Hope.

This Light is ignited within us. As we recognize it, we glean the knowledge that Life is worth living.

The wind blows slowly, caressing the water that moves with the flow of Life. The sun nourishes and gives Life to everything, including the ocean. The water comes and goes; the vast sea of Life rocks us with its flow. Emotions swirl, seconds pass, spring and winter, Life and Death. All endings represent a new beginning.

There is calmness, but suddenly chaos enters our lives, and we are not always prepared. The wind blows stronger and the waves begin to roar with force and rise with the invisible energy that drives them. A storm has been created. Its force destroys everything in its path. Life at that moment is testing us. Powerful, unconscious feelings arise and uncertainty or painful situations begin. The trials have started.

In this lesson we are receiving the "anchors" to avoid the drifting of "our boat" and our lives. A storm is often necessary to unmask the ego, to destroy the masks that we have unconsciously created by our need to protect ourselves.

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HERB CORNER

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

HEALTH BENEFITS OF GINGER

FOUND IN THE PRODUCE SECTION OF YOUR GROCERY STORE GINGER ORIGINATED IN ASIA AND NOW GROWS IN MOST AREAS OF THE WORLD. This spicy flavored herb has been used as a food more than 4000 years and has been used as a medicine dating back 2000 years.

As a food, it is edible raw or cooked. It can be made into syrup, grated, chopped, powdered, diced or sliced and added to many types of foods. I like to cook some slices and add it to sugar to make crystalized ginger. You can also pickle it in vinegar or infuse it in honey.

Centuries ago people used **Ginger** to treat pain today researchers at **Georgia State University** have found this to still be true based on the anti-inflammatory compound paradol, which inhibits the production of cytokines. These are chemicals that promote inflammation making **Ginger** useful for the pain associated with arthritis, tendonitis, rheumatism, muscle soreness, and even menstrual cramps.

It has been used throughout history to treat stomach ailments. The gingerols and shogals in **Ginger** are antispasmodic and soothing to the whole digestive system making it the herb of choice for easing digestive complaints such as IBS, gas, constipation, indigestion, diarrhea, abdominal cramps (this is when I like crystalized Ginger). It also relieves motion sickness, nausea, vomiting and chemo-induced nausea. The gingerols also inhibit *helicobacter pylori* a bacteria that can cause ulcers. And because **Ginger** stimulates saliva and digestive fluids it aids digestion in the breakdown of proteins. Another compound zingibain in **Ginger** is known to kill parasites; this may be why sliced Ginger is served with foods like sushi.

When it comes to cold and flu season, a nice cup of Ginger tea can ease coughs, congestion and the chills. I like to add ginger to soups or to baths for these also. The terpenes and oleo-resin in ginger help support the immune system by encouraging lymphatic system to rid itself of toxins.

Finally, in the circulatory system **Ginger** helps relax the muscles within the blood vessels improving blood flow throughout the body, this can help lower blood pressure. It also benefits people with cardiovascular disease, reducing LDL's; the bad cholesterol, triglycerides. And because it prevents platelets from sticking together it reduces blood clots. Just be careful if you are taking blood thinners, beta-blockers or you are planning to go for surgery since it may increase bleeding.



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ABRAHAM *FUN*



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

Not-So-Popular People

I MAY ENCOUNTER ANY NUMBER OF SEEMINGLY DYSFUNCTIONAL, FRUSTRATING, MESSED-UP PEOPLE IN MY DAILY EXPERIENCE: people who act

without thinking, those who play fast and loose with the rules, those who insist on making the same mistake repeatedly, those who abuse their power over others, those who bite the hand that feeds them.

These people keep showing up because I invite them. I invite them by focusing on their flaws and allowing myself to get upset. These people will either change their maddening ways or scam from my life when I stop dwelling on them with displeasure.

Today I choose to think detached, neutral thoughts about the challenging people I encounter. If possible, I don't think about them at all. I turn my attention to all that's right with my world: an unexpected blessing, perhaps, or an upcoming festive event, a much-anticipated purchase, a loving relationship, or my loyal pet.

When I stop giving thought and emotion to Mr. and Ms. Frustrating, they must either transform or go on their not-so-merry way. Ahhh....

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AS I LAY WIDE AWAKE AT 3:00AM, WITH A SURGE OF ENERGY THAT I'D NOT FELT IN NEARLY A YEAR, I WAS AT PEACE. I'd felt a serene wave of hope and

expectation wash over me that I can not articulately explain. Sure, it could have had something to do with the fact that I was now on my second day of a spiritual fast and I was just a little hungry and perhaps bonkers. But as I eagerly embraced this "lifted fog" state I felt quite powerful. I felt ready to climb Mount Everest. I was prepared to kayak the mighty Mississippi, I was ready to....go after my dreams!

You see, in the course of a month, I'd watched as the love of my life painted a portrait based on a subject that he was extremely passionate about, present that painting to an upscale gallery who upon seeing it anxiously placed it in their storefront window and then sold it for much more than my husband anticipated only one week later. Brilliant! I share this with you because, such a scene wasn't always the case.

There was a time when my hubby was struggling with alcoholism and depression. Our drawn curtain life mirrored that of **Dr. Jekyll and Mr. Hyde**. Because of personal demons that he endured, our time line often read as a love hate story. That all changed a little over three years ago when he decided to join AA. Being sober and lucid reintroduced that guy that I adored, the hands on dad that our kids grew up showing off to their friends, my very best friend. Now instead of picking up a bottle of beer, he was picking up a paint brush or a pencil. I guess you can tell that I'm simply in awe of this man.

Now struggling with my own forced delusions of contentment, I realize through him that there is so much more in life that I crave. That I need. That I deserve. After working more 70 hour work schedules than I can count and surrounding myself with folks that are pushing against me rather than for me, I'm actively preparing my exit strategy. Somewhere along the line, my ego pushed past my common sense and allowed me to believe that the dollar and the title that I was chasing would equate respite and achievement and therefore foster peace, happiness and sanity. It does not.

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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. 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 .

The Path

It is a great challenge for us to let go of what we think is some great enlightenment and descend again into the depths of doubt.

MY FIRST EXPERIENCES WITH MEDITATION BEGAN WHEN I WAS 17 AND STILL A JUNIOR IN HIGH SCHOOL.

Through a few yoga books at the library, I began experimenting with yoga and yoga-inspired meditation. I immediately started having very powerful and vivid experiences while meditating that served to confirm that somehow I was on the right path. Many thoughts and experiences from my youth seemed to be clarified and confirmed as I practiced the techniques from those library books. It was my first taste of the benefits that regular sitting practice could bring.

Several years later I met **Kozan Kimura Roshi** on a trip to **Los Angeles**, during a time when I was not consciously looking for a teacher. My friend Shinzen Young, a Buddhist priest who is now a well known teacher himself, asked if I wanted to meet the Zen teacher he was studying with. Feeling in an open mood, I went with him to a small house in **West Central Los Angeles** where **Kozan Roshi** taught a select group of students in meditation. He spoke very little English, and so most of our communication was done through a **Japanese** student of his named **Masako**, who served as his attendant and translator. **Kozan** (which means **Tiger Mountain**) **Roshi** had an amazingly powerful presence, and everything about him convinced me that I had found a teacher. It was exactly as **Sogyal Rinpoche** said, like falling in love in a sense.

Not long after, I moved back to the **Los Angeles** area to study with **Kozan Roshi**, and did numerous week-long meditation retreats, or sesshins, with him and his small group. I'll never forget my first sesshin! By the second day I was in the most excruciating pain I had ever experienced, but I persevered, determined not to fail. The next day, I was gazing at a flower outside during a break period and for an instant my consciousness merged with the plant. This took me totally by surprise, and I got very excited, but the experience didn't last, and doubt soon returned. Driving home at the end of the seventh day, I was amazed at how relaxed and clear I felt - I knew I'd found the practice for me.

...continued on page 27...



Janice Scott-Reeder, AA, BA, Druid

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From the Heart

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



Intelligent Programming

WHILE IN JAPAN I MET AN AMERICAN WOMAN WHO HAD BEEN LIVING IN THAT COUNTRY FOR TWENTY YEARS. I asked her how long it had taken her to learn the

Japanese language. "A couple of years," she answered. "But I still don't understand everything. Just the things that interest me. For example, I can watch documentaries on television and understand every word. When the game shows come on I have no idea what they are talking about."

Her selective learning demonstrated to me that we each have the capacity to tune our minds to things of value and to screen out everything irrelevant. The world is filled with all manner of subject matter and intention. You have the power to understand what is of value to you and screen out everything that doesn't match your intention. A significant part of personal growth is finding the confidence to let in what belongs to you and release all else.

My dog Munchie was an excellent teacher of selective sifting. When I took him to the beach he would wander off in search of interesting smells and people. I would call him many times, but he would just stay on his mission. I thought he was hard of hearing, so I would go and fetch him. Then one day I opened a snack in a cellophane wrapper, the sound of which resembled what Munchie heard when I opened the treats I gave him. At a distance of twenty yards, amid the sound of waves and people on the beach, he heard the tiniest crumpling of cellophane and he came running back. He heard what was important to him and responded instantly. "A man hears what he wants to hear and disregards the rest." Likewise, dogs.

You can use the principle of selective sifting to generate intelligent programming with your children and friends. When your children misbehave or your friends act unkindly or want to go places you prefer not to go, do not engage with their negative behavior. If you resist it, you will only reinforce it. Pay no attention to "silly game shows." Consider foolishness or banality a foreign language that does not register with you.

When your children, spouse, or friends show up with positive behavior or activities that stimulate you, reinforce that behavior with the kind of attention you would pay to a brilliant

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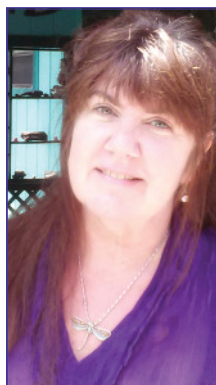
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DEAR WHITEDOVE, IF ONE OF THE KEY ASPECTS IN LIFE IS TO LOVE AND TO BE LOVED, WHY IS TRUE LOVE SO HARD TO FIND? I FEEL VERY LONELY. -FRISKY IN FORT MYERS

Dear Frisky, Real love abounds! It surrounds you in every day opportunities. Give love and you will receive love. Are you showing love to the person that's telephoning you? Do you love the animals that cross your path? Are you showing unconditional love to your family? Love everyone and you will be loved. Romantic Love is out there, don't look for it...be it ^i^

DEAR WHITEDOVE: I JUST FOUND OUT THAT MY COUSIN IS GAY. MY RELIGIOUS FAMILY IS VERY UPSET AND THEY ARE SAYING AWFUL THINGS. DO YOU THINK THAT HE'LL MISS OUT ON HEAVEN BECAUSE HE'S GAY? - It's a Drag in Dallas

Dear Drag, That's what I love about God, it's equal opportunity in Heaven! So don't worry, God loves all of his children regardless of their race, religion, or sexual preferences. Discrimination, prejudice, and intolerance only exist on Earth. Why do so many "religious" people discount what Jesus said, "Judge not lest ye be judged" and "Love thy brother with all thy heart"? I would ask you to be an example of God's love. Be kind towards your cousin, in your words, and your interactions. Truly act in a Christian manner and lead your family by example.

DEAR WHITEDOVE, THE GHOST INVESTIGATING TV SHOWS ON RIGHT NOW ARE COOL, BUT THEY NEVER SEEM TO CAPTURE ANY PHENOMENA. THESE PROGRAMS SEEM A BIT CONTRIVED ALTHOUGH I ENJOY THEM. OBVIOUSLY THE HAUNTINGS CONTINUE AFTER THE GHOST HUNTERS LEAVE. BUT WOULDN'T IT BE MORE HELPFUL TO STOP THE HAUNTING INSTEAD OF JUST TRYING TO WITNESS IT? -Ghost Believer in Billings

Dear Believer, I have been brought in to remove many a Ghost. For me, it's about bringing closure to the wayward soul so that it will move into the Heaven's. As a Medium, first I must find the specific motive that the soul decided to stay. I've found many reasons: attachment to their home, fear of judgment, confusion, to stay with a loved one, or to seek justice. Once I know their issue, only then I can usually convince them to move forward in their journey. When this happens, then there is newfound peace for the family that has been sharing their space with the Earth-bound spirit. It's always my goal to get the soul to cross over to Heaven.

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DEAR WHITEDOVE, MY MOM WENT TO ONE OF YOUR EVENTS AND TOLD ME OF YOUR X-RAY VISION AND ABILITY TO SEE HER MEDICAL ISSUES. I'M STUDYING TO BE A NURSE AND I'D LIKE TO HAVE AN UNDERSTANDING OF HOW THIS GIFT WORKS. -LPN in Lauderhill

Dear LPN, The gift of intuition is one that we all have. Through the years, many people have come to seek explanations for their medical mysteries. I've been able to fine tune my ability to psychically see into the body, scanning it for issues. I can see tumors, cancers, blood deficiencies, spinal ailments, neurological issues, nerve damage and hormonal imbalances too. As a health intuitive, I successfully use this God given ability of medical intuition to direct people to see the correct medical specialists based on their needs, but I am not a Doctor. For you, as a nurse I'd highly recommend developing your intuition. When you utilize medical science with your innate guidance system/intuition then you can help your patients on a new level. You'll gain great satisfaction from this.

THE ENERGY OF CANDLES

Ann Moura was raised in a family oral tradition of the Craft, learning folk magic and energy concepts. She has written the Green Witchcraft series of books for Llewellyn Worldwide, translated and sold internationally. She opened the metaphysical store, Luna Sol Esoterica, in Sanford's historic district and operates it with her daughter, where Ann is available for Tarot readings Friday through Sunday. Visit www.lunasolesoterica.com



IN MANY RELIGIOUS TRADITIONS, VOTIVE CANDLES ARE USED TO OFFER PETITIONS TO THE DIVINE. The act of focusing on a request, making that important connection to the **Divine** in whatever way perceived, then lighting the candle is an act of union with the **Universal Light**. In the **Craft**, candles are used for "pro-active" prayer, also called magical work. The energy intention of the Practitioner is directed into the candle, and it is lit to send that request into the Universe, to be manifested.

One need not work a candle prior to lighting, but ritualized steps to aid with focus and to empower the request with greater energy can be used. Most Practitioners will have an altar area or small space that is used for magical works. This space is regularly cleansed by smudging with white sage, and

is where one uses the tools of the Craft -- wand, athame (ritual knife), paten with a star in a circle, a working candle (usually white or red), salt, spring water, and incense.

The votive candle for the petition is selected by color according to one's customary correlations: green for money, pink for well-being, light blue for health, gold for health, red for energy, yellow for mental clarity, orange for business, black for warding negativity, white for cleansing.

If the candle requires, it can be cleaned of any crumbs or grit with rubbing alcohol. The wick may be trimmed to a quarter inch if desired. Then the candle is consecrated by holding up and calling upon the **Divine**, or with the **Craft**, upon the **Goddess** and the **God**, to aid in the work.

I call upon the Goddess and the God to aid me in my work. The candle is then passed through the symbols of the Elemental powers of **Earth, Air, Fire, and Water** to add their energy as well.

I call upon **Earth** to bring my work into manifestation (sprinkle the candle with salt).

I call upon **Air** to carry my work to fruition (pass the candle through incense smoke).

I call upon **Fire** to energize my work (pass the candle quickly through the flame of the working candle).

I call upon **Water** to bring satisfaction from my work (sprinkle the candle with spring water).



The candle is held in the hands and the intention is focused into the candle. It is set on the paten and the Practitioner will draw up Earth energy from the feet to the head, and Cosmic White Light energy from the head to the feet, then cycle the energies back to the heart and out into the hands, and into the candle, all the while, focused on the intention. This action affirms the manifesting of that desire in through the candle. Now the candle can be placed in an appropriate container -- one that will hold melting wax -- and lit.

This simple candle working can be more involved if one wishes to rub a candle first with an essential oil according to a traditional correspondence: **lavender** for drawing positive energy, **patchouli** for drawing money or stability, **ginger** for health and energy, and so on. Correlations exist for herbs and stones as well, and a bit of selected herbs or a stone may be dropped onto the burning candle with intention stated. If the candle has herbs added, it will burn down quickly, so be sure the container will hold the wax. Always be sure the candle is in a safe place as sometimes the flame will get tall, and have something handy to snuff the candle when done. If using an oil to anoint the candle, apply it in strokes around the candle top to bottom to draw, bottom to top to repel. Most Practitioners have their own methods for anointing candles, so it is a matter of personal preference.

The votive can be allowed to burn down, or it can be extinguished after an hour. Usually the **Waxing to Full Moon** is the time for drawing and manifesting a desire, while the **Waning Moon** is the time for removing unwanted burdens or negativity. **The Dark Moon** is customarily a time for meditation, communion with the Divine and Spirits, and divination. One may choose a particular lunar phase for the candle ritual, or simply word the intention for the phase, such as "I get a job." for **Waxing to Full Moon**, or "I banish my lack of a job." for the **Waning Moon**. What really matters is the intention put into the candle and all else is adding energy.

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Jacksonville ~ Sept. 20th Workshop - Self Mastery Within Mediumship

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Gainesville ~ Sept. 26th Psychic Art Demonstration

Sept. 27th Workshop - The Mastery of Mediumship


Orlando ~ Sept. 28th Workshop - The Power of Spirit Communication

The Villages ~ Sept. 29th Psychic Art Demonstration

Sept. 30th Workshop - The Mind, Body and Spirit of The Medium

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Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

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

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

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 Love offering www.yogashakti.org

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy. www.unityoffortmyers.org

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium (321) 961-5390

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169 orlandoreligiousscience.com

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

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

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

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

Sat. August 2 MELBOURNE - Learn To Read Angel Cards 11Am - 1PM With Anthony Profeta (Personally Certified By Doreen Virtue). Sacred Gardens House Of Healing, 916 Columbus Ave 888-233-1123 - \$30 www.Sacred-Gardens.Org

SAT. Aug 9 CASSADAGA Join us for "IN TOUCH WITH SPIRIT GALA DAY," taking place at The Cassadaga Spiritualist Camp, Saturday, Aug. 9, from 10 a.m. to 4 p.m. We are celebrating our 120th year. Mini-Readings by Camp Certified and Student Mediums from 10:30 a.m. to 2:30 p.m., at Colby Memorial Temple, 1250 Marion St., Cassadaga, Fla., 32706. 15-min reading, \$20. (We encourage you to arrive early as Mini's are fast sellers. Certified Camp Mediums will be available throughout the day for full readings.) Mini-Seminars from 11 a.m. to 2 p.m., in which speakers will talk about areas of expertise at the Slater House, 1188 Chauncey Street Cassadaga, Fla. 32706. A suggested \$5 donation is appreciated.

11:00 - "The Role of Women in the Spiritualist Movement" - Rev. Maeda Jones

11:30 - "The Power of Prayer: Your Words and Thoughts Have Meaning" - Claire Van Cott L.M.

12:00 - "How to Train Your Dragon or How to Know God" - Rev. Don Zanghi

12:30 - "How to Interpret your Dreams" - Rev. Sandra Helton

1:00 - "The ABC's of Life Changes" - Pauline Gold

1:30 - "The Intuitive Mind" - Rev. Diane Davis

From 10 a.m. to 4 p.m., various healing modalities throughout the Camp including Andrew Jackson Davis Educational Building, 1112 Stevens St., Cassadaga, FL 32706. OTHER HAPPENINGS: Vendors include jewelry, crystals, face painting, arts and crafts, food and more will line the streets of the historical community and also in the Andrew Jackson Davis Educational Building, 1112 Stevens St., Cassadaga, Fla., 32706. A 50/50 raffle will culminate with a drawing at 4:30 p.m. on Aug. 9, 2014. Tickets are 1 for \$5 and 3 for \$10. You do not have to be present to win. The Bookstore, 1112 Stevens St., Cassadaga, Fla. 32706, will be open until 6 p.m. Historic Tours are at 3 p.m. and cost \$15 per adult; Orb Tour from 7:30 p.m. \$25 per adult. All tours are half price for children 6-12. JOIN US FOR A DAY OF FAMILY FUN AND CELEBRATION! If you need further information for an article, call the office at 386-228-3171. Or go to our website, cassadaga.org. Experience this peaceful community where Certified Mediums and Healers are available daily.

August 15 VERO BEACH Handwriting Analysis with Laura DeLeon R.N. 1:30 to 6:00PM, Spark of the Divine, 1789 Old Dixie Hwy, Vero Beach. 30 minute analysis and personal consultation \$30. 203-233-0946

Saturdays MELBOURNE September 6, 13, 20 (11am - 1pm) & Sun 28 (3-5pm) RECONNECTING WITH SPIRIT WORKSHOP with ANTHONY PROFETA. 4-week inner journey of self-discovery in which we'll learn how to deepen our relationship with Spirit so that we can stay more fully connected. Sacred Gardens House of Healing, 916 Columbus Avenue (888) 233-1123. \$15 at door or only \$40 prepaid for series

September 13, 2014, FORT PIERCE Treasure Coast Pagan Pride Day, 10 am to 6 pm, at The Savannas, 34982 FL. Vendors and workshop presenters are wanted. Please contact vendors@tcppd.org or workshops@tcppd.org. Please also visit our Facebook page, Treasure Coast Pagan Pride Day.

SOLAR AND LUNAR CELEBRATIONS



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



SUMMER MARCHES ON! ON AUGUST 1, LAMMAS OR FIRST HARVEST IS CELEBRATED BY MANY. We stand now preparing to harvest what we've worked so hard on all year and reflect on the sacrifices we made to get there. Share these experiences, as you would a harvest feast.

This is the time of year where children are preparing to return to school and you can build on that theme by teaching what you have learned to others. Gather with your friends and have a home workshop featuring a favorite hobby or share it at larger venue. The social experience can be the greatest reward.

We'll see the Full Moon Grain Moon on August 10th. The moon will be in Aquarius and this sign is well known for being visionary and unique. Use this time to launch something artistic, a creation of your deepest ambitions.

Surpass your fear of doing something bold and new by using the strength of Leo, as the Sun continues in this sign until August 22nd. This full moon is followed quickly by the Perseids meteor showers that will peak between the 10th and the 13th. Go outside at night to enjoy the beauty and reflect on the connection between the earth and sky. The New Moon arrives on August 25th, in the Sign of Virgo.

The new moon is the classic time to start a new endeavor, so the highly organized sign of Virgo will work to your benefit, whether you're sending children off to school or deciding lead a class yourself.

Best of Luck in your new ventures and Blessed Be!

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THE ART OF HEALINGART



*...continued from
page 10*



We try to pretend that we are perfect as we cover up our fears of being judged or talked about by others. Our low self-esteem covers itself with a million masks. We disguise the greed, egoism, anger, rage, pain or hate that we may feel. A storm is needed to help cleanse all of this energy from our lives and unburden us. The destruction caused by the storm unmask the world of illusions we have created and leads to the construction of a new Life.

Growth requires forgiveness as we reconstruct our lives. First, we must forgive ourselves, knowing that we are doing the best we know how, accepting that we are the creators of our lives. Our “mistakes” are but guidelines leading us onto the right track. As we confront ourselves with humility, we must understand that all experiences also help exalt our lives.

Beauty is in the eyes of the beholder. We see Life in the Present moment through the different experiences we have had in our lives. It is important to recognize that we are doing the best that we can within the realm of what we know. We can only overcome a problem from the level of Consciousness we have at the Present moment. But Consciousness continues to grow. One step takes us to the next, and one level of Consciousness will trigger the next one in a never-ending process.

As we grow, we awaken to new realities of our own Being. We become more responsible for our own actions, and this sense of responsibility enables us to respond in better ways when a storm hits. Darkness gives us the opportunity to understand that what we are really aiming for is Light, a Life of Peace, Empathy, Compassion, and Love. Drifting from the Present moment can cause us to lose focus in the real world; the world of illusion traps us again and again. Our lives can be symbolized by a boat. Often we are afraid of the vast ocean of Life, afraid of facing the storm and its destruction. How many times have we felt that there was nothing more we could do, that we were drowning in weariness and pain? When we lose hope and faith we have lost our survival tools.

After we experience pain, tragedy, loss, and setbacks, we become more alive and often without realizing it, we take a step upwards toward the Light. In the painting of Life in this lesson, we see the Boat of Life destroyed. Its fragments float and the pieces drift apart, reminding us of the fragility of Life. We feel destroyed, empty, drifting in pieces. We doubt we can move forward. When we view the painting under the Invisible Light, then we see that the boat is still there, complete. We awaken to the Truth within us.

We know we are safe, our Spirit is complete...we Survive. No test can really destroy us. The Soul, our Spirit, is Eternal.

ABRAHAM-HICKS



...continued from page 8

RELATIONSHIP OF DESIRE TO PASSION OR RAGE

Whether you feel rage, or any strong negative emotion, it means almost the same thing. The desire is equal. It means you have been moving through contrast; it means you've been calculating; it means you've been fulfilling your purpose; it means you've been looking at variety; it means you've been honing the Energy; it means you've been coming to conclusions; it means you have come to an important conclusion.

Whether it is passion or rage that you are feeling in the moment, they both mean strong focused desire through you. It means you are being a powerful creator -- but in passion, you're letting it in. And in rage, depression or fear, those strong negative emotions are saying you're not letting it in. Why? Because you are choosing to focus upon something that is opposite of that which you desire. That which you are focusing upon is dominating your Vibration so that you have set up an Energy field that disallows the very thing that you are asking for. In short, you're not a match to what you want.

Becoming A Conscious Vibrational Match to Desire

If there are things in your life that you don't want, it's because you are a vibrational match to them. If there are things not in your life that you do want, it means you're not a match to them.

This workshop is about matching up with what I want. It's about talking about what I want and why I want it. It's about pretending it, visualizing it, playing with it until, little by little, I become a vibrational match to the thing that I want. It's about not letting your now reality dominate your vibrational sphere any longer. It's about no longer allowing what-is to be the big hairy deal that I've been making it. It's about no longer letting what-is be such a powerful point of my attention, that I cannot move from this spot. It's about finally bouncing on the trampoline and catapulting into the new idea and becoming the passionate, powerful, forward moving creator that I am.

...continued on page 21



ABRAHAM-HICKS

...continued from page 19

WELL-BEING IS YOUR NATURAL BIRTHRIGHT

As you stand in your now and you feel pretty good -- that means that you are pretty much allowing the things you've been saying you want. As you stand in your now and you are aggravated or fearful or embarrassed or feeling unworthy, if you are frightened, if you are frustrated, if you are angry, if you are blameful, if you are guilty, then, in this moment, you are hindering the Universe, who adores you, your Inner Being who assists you, and all of the Well-being that is your birthright. You're pinching it off. To the degree of the intensity of your negative emotion, that is the degree of the intensity of your pinching off your Well-being.

Our favorite analogy is the cork that bobs on the surface of the water. And when you hold it under the water, it is unnatural. It is natural for you to let go of it, and it is natural for it to bob. But when you take hold of a thought that does not feel good, and the negative emotion sweeps over you, you remain in an unnatural state for as long as you hold your attention upon it.

You talk about a teacher you call Jesus who expressed it as clearly as we've ever heard it when he said, turn the other cheek or look the other way, or resist not this thing you fear. Because when you take your attention from whatever it is that is drowning your cork, your cork will bob right back to the surface.

Upliftment is natural to you. This gathering is more about distracting you from the things that you have come to believe that are important that you are using as your excuse to hold yourself in an unnatural vibration.

Now, we have to say to you that if you could effectively hold yourself in an unnatural vibration, and keep yourself from wanting anything, that your physical body would not take such a beating. Every illness that you know of is because you are holding natural desires that are summoning Energy -- but you are holding beliefs that you've picked up along your physical trail that are not allowing the Energy that you're summoning to flow through.

...continued on page 29



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CLUMSY BUDDHA

...continued from page 9

I recommend lighting some candles or incense to set the tone of your environment. You want a calm and inviting space when you are meditating. Just be present in whatever you are doing and you are halfway there.

Our spiritual journey really begins when we are able to let go of the things that are weighing us down. Self-doubt, regret, and negativity are like wearing cement shoes. If you walk around your daily life with them on your feet you are bound to sink. All you can do is try. Try and rewire your ego driven mind. Whenever a negative thought comes creeping in, slam the door and say no! Let your internal compass guide you. It is your gut, intuition and heart that will always steer you in the right direction.

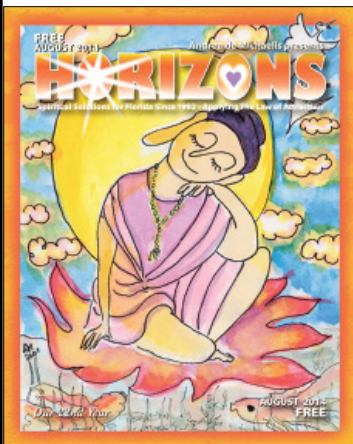
We all have a story that we carry with us everywhere we go. For some people their luggage might look like a matching set of Louis Vuitton, while others might carry a beat up back pack. Whatever your story is, own it. Through the process of being a clumsy Buddha I have been able to let some baggage go. I hope through my journey I am only left with what I came into this world with; an open heart and an open mind.

I call myself a clumsy Buddha not just because I am an uncoordinated individual who is in search of herself, but also because life lessons used me as a dart board, picking at random the level and intensity of what I was going to learn.

We are all clumsy Buddha's in our own right. We are constantly tripping, falling and feeling as though we are going backwards. It's all-apart of the journey and everyday should be viewed as an adventure and a privilege. So join me on mine! Read on as I trip, fall, and try to do an interpretive dance to hide my clumsiness!

COVER ART BUDDHA KOI

By Andrea de Michaelis



I'm Andrea and since 1992, I publish Horizons Magazine. I also enjoy dabbling in art, painting in watercolors and acrylics. While studying Buddhism years ago, I painted a series of images like this as I meditated daily at the koi pond at the front of the temple. You can read my daily blog at horizonsmagazine.com/blog/



Alan Cohen

...continued from page 14...

movie. When they behave amiss, withdraw your attention. Soon they will learn that if they want your presence and support, they will need to walk on the brighter side of the street.

The most powerful currency you have at your disposal is your attention. The concept of "paying attention" reveals the key to its wise use. When you pay attention to something, you are investing in the stock of that commodity. You are saying, "This is important to me. I want more of it."

The concept of "interest" also bears crossover between the realms of finance and consciousness. When you are interested in something, you earn interest on it. What you put in comes back to you increased. Take care what you pay attention to and what you are interested in. You will get more of the same.

The Internet is a great metaphor for how we make choices. The Internet reflects the entire gamut of human consciousness. Everything that anyone has ever thought of is posted on some website somewhere, from the sublime to the ridiculous, the uplifting to the sordid. You get to choose which realm you will participate in by way of the URL you type in. It's all there. Visiting a website is like visiting a realm of consciousness. You decide what aspect of totality that you receive. If you have your own website, people must know your URL to visit it. They must have the key that enters your consciousness. Choose your URL wisely, metaphorically speaking. It makes all the difference in the people with whom you engage.

Groucho Marx said, "I find television very educating. Every time somebody turns on the set, I go into the other room and read a book." He also said, "Television is where you let people into your living room that you would not otherwise let near your house." When you watch a TV show or movie, read a book, or have a conversation, you are participating in a level of consciousness. If that consciousness is rewarding to you, dive in. If not, dive out.

I haven't watched television in over five years. I watched it every day and night when I was a kid. I could recite the schedule of every evening show on every channel. Five years ago the local TV stations switched from analog to digital broadcasting. Oddly, the digital signal does not reach the rural side of the island where I live. We never bothered to sign up for cable or satellite broadcasting. We don't miss TV in the least. Now Dee and I watch inspirational and educational videos in the evening. We have more to talk about and we sleep better.

There are fabulous shows being broadcast and meaningless shows being broadcast. You will watch the ones you understand. As a spiritual being, you understand brilliance. Invite people into your living room by choice, not default.



OPEN MIND ZEN

...continued from page 13

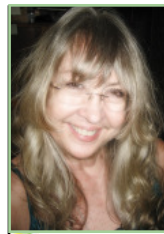
Kozan Roshionly remained in Los Angeles about six months longer, and when he finally left I felt a tremendous sense of loss in my life. Shinzen came to the rescue again, suggesting that I visit the Zen Center of Los Angeles, led by MaezumiRoshi. I subsequently moved to ZCLA and spent five years living and studying with Roshi and several of his assistant teachers, including Genpo Sensei(now Genpo Merzel Roshi).

I continued working with Genpo Sensei on the koan 'Mu', which I had begun with Kozan Roshi. For several years I went through the gut-wrenching experience of repeatedly coming before the teacher not knowing how to answer. After many week-long retreats, I finally reached a point where 'Mu' was before me at all times. My entire life, both awake and asleep, had Mu at its center, and I was determined not to let up for a moment until I solved the riddle.

Then, on the fifth day of a retreat, more than two years after I began work on Mu, while waiting in line for an interview with Sensei, something within me broke open and the separation between my self and the koan disappeared. I cried intensely for what seemed like hours, knowing that my life would never be the same. Sensei confirmed the experience, and I spent the next few days soaring high, reveling in my new found openness and bliss, all doubt about my Buddha nature gone.

Those who have had the experience I've just described know that doubt inevitably does return, and the incompleteness of my realization eventually became apparent, regardless of my efforts to cling to it. As the Buddha taught, we must release our attachments to everything, especially our enlightenments! This is a hard lesson to learn, and it took me many more years and a lot of suffering to truly understand the wisdom of this teaching.

Zen teaching emphasizes that it is essential not to get stuck anywhere, no matter how profound of an awakening we believe we have had. It is a great challenge for us to let go of what we think is some great enlightenment and descend again into the depths of doubt. I was no exception to this rule. In 1993, I started traveling to Salt Lake City, where Genpo Sensei had moved, to continue my studies with him. I did several retreats, including 2 month-long ones, and began to feel that if I really wanted to re-immers myself in Zen studies I would have to move close to my teacher. It was an extremely difficult decision to leave the Northampton Zen Group I had founded, as I had many good friends there, and they depended upon me for support. But doubt in the clarity of my understanding was drawing me back to my teacher, and I couldn't let my comfortable life stand in the way.



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with ANDREA de MICHAELIS \$25

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SOME KIND TESTIMONIALS:

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

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

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

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

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

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

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

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



This month's thoughts about things...

... from page 7 ...

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

I ENVISIONED PARADISE AND THEY BUILT IT AROUND ME

When my Uncle Jimmy built my house in 1984, it was in the boonies. The Malabar Road exit off 1-95 was just another two lane road. Since then, Malabar Road has become an eight lane highway with every franchise grocery and big box store, fast food restaurant, banks, post office, and now Eastern Florida State College. It feels like they built it all around me, and just for me. I like to stick close to home because I enjoy my time here. Now within walking distance are my groceries, my gas stations, post office, salt, water, restaurants, home improvement stores, banks, the college, even the vet. All I had to do was daydream about how I'd like to have all those amenities yet still live in my little cottage in the woods. What I attracted by the power of my thoughts was them building an entire business community around me. I couldn't have planned it better myself. I live in Paradise. And by the power of my continued focused attention, may it ever be so.

IF ONE INCOME STREAM SLOWS DOWN, BE ON THE LOOKOUT FOR OPPORTUNITY

If one door, whether it be relationship or a stream of dollars, is beginning to close and momentum seems to be slowing down, that's your signal to look around because another is staring you in the face, waiting to be discovered. Trust me, the Universe is waiting to delight you. You've just got to get into the vibe of allowing it. *How do you get into the vibe? By looking for it.* Look for something to interest and excite you. By expecting it. Expect that any moment you may have opportunity staring you in the face, possibly disguised as the most unimportant, mundane nothingness ever. Look at everything around you as though you expect it to whisper the answer to you, and it will begin to. *How do you allow it? You allow it by dropping all resistance; resistance to anything, since it's all related.* You clear up the past and forgive anything you've left unforgiven. Then stand back and watch the floodgates open in ways you never thought possible.

It won't matter if one stream of income is slowing down because something else will come along to replace it. The only reason it hasn't so far is because your belief and expectation are not there yet. If you're not noticing opportunity, you're simply focusing more than half the time on observing how things are not going so well. That's hard to ignore since it's all over the news and your friends want to tell their tales of woe. By changing your focus, you talk yourself into a new way of thinking. A new way of showing up in the world each day, expecting to find good, expecting to experience synchronicities,

expecting to encounter opportunity. It's about training your self talk to direct you, to keep you focused on where you want to go. Then to spend time in stress free situations, having as much fun as possible.

I used to have specific goals: I want to be a paralegal, I want to be a writer and publisher. Now, my goal is: I want to spend my time doing things I enjoy doing, and I want income to come to me in any form it wants. I never set out to be a website designer, but since I do my own website, I began offering to do it for friends. I never planned that source of income. It just occurred to me in the course of my daily activity, that I had something to offer that I'd not considered offering before, something that could be income producing.

If I suddenly couldn't sell ads in Horizons Magazine, or my cds and mp3s, or astrology charts, or psychic readings or I couldn't rent my real estate, something else would come along. I'd develop an intense interest in something, and I would keep my eyes open for opportunity at every step along the way. I don't need to be attached to how income opportunities show up. I just need to begin to expect it and believe it and it will.

WHAT IF??

What if today turned out to be the best day ever? What if all the best possible things happened to you today? What if you found lucky coincidences everywhere, what if you discovered you have more dollars than you thought you had, what if the kids and coworkers behaved all day, what if you got a raise, what if you found the love of your life, what if a stranger bought you a new car, what if all your aches and pains were healed, what if you found your niche in life and what if by the end of the day you realized everything had meaning and purpose and everything was going along fine, just as it is? What if you woke up today with only the things you were thankful for yesterday?



TODAY MY ONLY GOAL IS TO TAKE A STROLL DOWN FEEL GOOD LANE

Today my only goal is to take a stroll down **Feel Good Lane**. Nothing feels as good as having my thoughts focused intently on something enjoyable. Nothing. It's empowering to know I am in control of

where to focus my thoughts. And I can change the direction of my focus in this very moment if I choose to.

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

Enjoy our offering this month.
Hari Om.

Andrea





LIFE IMITATES ART

...continued from page 12

That's not to say that I've submitted my two weeks resignation and will be collecting unemployment while writing my book on the beach. However, I do now have a comprehensive action plan of how to make my dreams a reality. This whole thing of "fake it to you make it" is bull\$ (excuse my French). Why fake it? Be who you are! Do what you Love! Accept your weaknesses, learn and grow from them. If you spend your entire time "faking it" how will you recognize when what is real, what is pure, when you need it? And when you need to follow it?

My husband is now my mentor. Just to watch his eyes light up in a childlike way, as he excitedly creates his next artistic expression ignites fire in my corporate numbed soul. To see others view his talent with the vigor that I've always felt is fantastic. He's doing what he's always loved doing, how he's always loved doing it and getting paid nicely for it. Thus, not "working" but simply doing what brings him Joy! How Awesome is that?!

My personal Mantra is to "live my life in Passion and Joy". I encourage you to do the same. Don't get to that point in your life where you're saying to yourself, "I wish I could've, I should've, I would've". By then its just too late. Don't postpone your dreams because of spouses, or children or zip code or heritage, get out there and Live now!

Finally taking my own advice, I'm writing my book. I'm posting my blogs. I'm ghost writing for publications and I'm excited as heck! It's now 4:30am and no, I'm not tired. In fact, I believe I'll continue with chapter six. Coming soon to a **Barnes & Noble** near you!

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ABRAHAM-HICKS

...continued from page 21

YOU EAGERLY ANTICIPATED NEW THOUGHT

You are the holder to the keys. You have come forth as genius Deliberate Creators, knowing that you hold in your hands the ability to create anything that this time/space reality can cause you to imagine. You said, "I am so eager to go forth into this magnificent variety to give birth to a new thought. And once it is born within me, I will turn my attention to it, and I will achieve vibrational harmony with it -- and I will become one with it, and the universal forces will yield it to me.

"And once that happens I will stand in a new, clear place with a new set of contrasting experiences that will give birth to yet another desire, which I will then turn my full attention to, using my powers of imagination and concentration. Until, by paying attention to the way I feel, I have honed this new desire into a blended Energy so that it resonates through every fiber of my being, until the desire that I say with my mouth, I feel with my being.

"When I hold a desire and it thrills me, I am a match to my desire. When I hold a desire and it tortures me, I am far from a vibrational match. When I hold a desire and love pours through me whenever I think about it, my desire and I are one. And manifestation is around the corner.

"When I hold a desire that frightens me or threatens me, when I feel unworthy of it, or blameful of others who have achieved it, when I feel jealousy, yearning, or fear, then I am holding myself in vibrational disallowance. No one, not God, not Mother, not my sister, not my mate, not my friend -- no one is holding me apart from this thing that I want but me and my choice of thought.

Am I letting it in? Letting what in? What might that be?" Well-being, clarity, vitality, enthusiasm, abundance, stamina, the ability to articulate, understanding, broader view, Inner Being, God, all that you consider to be good.

There is not anything that you want that you will not be in a place of letting in once you understand how important it is to ask yourself in this moment, "Well, how am I feeling? Am I letting it in?"



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 2014

ARIES: MAY 20 TO APRIL 19 "I AM." This month you may suddenly desire to go on a lavish vacation. Before you book your hotel be sure the money you are expecting is in the bank. Your lesson this month is flexibility and be open to change. Unexpected events, erratic emotions and a fairly reckless attitude will be common now. Put your seat belt on and enjoy the ride.

TAURUS: APRIL 19 TO MAY 20 "I HAVE." Your career is at a crossroads this month; your realization has been nagging at you for some time now; if you really want to be happy, choose an avenue of service that fulfills you and helps others as well. Plan an exotic vacation to daydream about what you would enjoy doing as a career, and then take the steps to make it happen.

GEMINI: MAY 20 TO JUNE 21 "I THINK." Marriage of all kinds are up for review this month, health conversations and missed communications all lead to clarity of mind. your focus now is on your emotional depth relative to your ancestry. You realize where you've been and where you are going and if you actually want to get there you must trust yourself.

CANCER: JUNE 21 TO JULY 22 "I FEEL." This month the Universe is here to bless you with abundance. A good time to avoid conflict of any kind, Be on your best behavior this month, you never know who is watching you. It looks as though the investments that you have been making will finally pay off in a big way.

LEO: JULY 22 TO AUGUST 22 "I WILL." Your passionate nature tops the charts this month on every level. Have you booked your educational and fun loving vacation yet? Your solar return month is sure to please your body mind and spirit. Just follow your heart and the details will fill in the blanks. You are sure to be at the top of your class.

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

You have made it to the top, and on the top is where you will stay. Just know that now the worst is over and what your heart has wanted all along has always been destined to be a reality! With your increased insight and inspirational trust in your higher path, you will very much enjoy the benefits of refined success.

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

This month it appears that you will be spending more time than normal with your friends and meeting new ones. As you enjoy the local art walks, allow yourself to be indulged by the beauty and creativity that mankind is able to create. You have worked hard so far this year, you deserve to have some play time.

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

Serve or suffer is the over riding lesson this month. Spirit says to leave the past in the past. The key for you now is to stop blaming others for what went wrong, find your own way from the inner darkness and torment to the light. Looking for answers within yourself is when you can come to a place of love and forgiveness for yourself and others.

SAGITTARIUS: NOVEMBER 22 TO DEC 21 "I PERCEIVE."

Be thankful that your body is strong and healthy because you will need the stamina to accomplish your goals this month. You are faced with some very important decisions in the area of spirituality verses materiality. If whatever you are doing does not have meaning, you walk the other way.

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

This month centers around your day to day neighborhood comings and goings. You may help with a neighborhood yard sale and find that you become really good friends with several people that live within less than a mile from you. Issues with siblings may also come to the surface for healing.

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

The inner changes that you began in the early part of July are in full motion this month, and everyone you know will comment on how happy and radiant you look. Everything that you have wanted for the past 17 years is coming true now. You have done the work and your patience has paid off.

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

This month is the time to take a trip to the ocean for some rest, relaxation and rejuvenation. You will be spending more time with children and making time for fun and games. Any unresolved emotional trauma from the past will surface and be resolved. This August will be a life changing experience!



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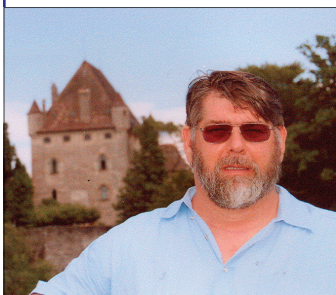
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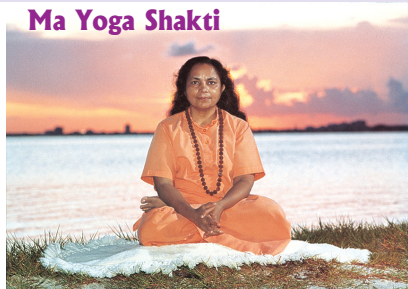
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