

**FREE**  
**JANUARY 2017**

Andrea de Michaelis presents

# HORIZONS

Spiritual Solutions • Florida's Mind, Body, Spirit Magazine since 1992



*Our 25th Year*

**JANUARY 2017**  
**FREE**

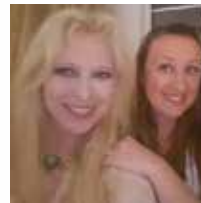
Our grand opening last month had a great turnout!

Thank you to all of Brevard county for your loving support.

*The Angels Oasis you'll find*



Morgana Starr  
Daena Deva



• Angel Themed Gifts, Books, and Framed Pics

• Archangel Essential Oils

• Readings (Mediumship, Spiritual Guidance, Meet Your Guardian, Psychic, Past Lives, Crystal, Tarot)

• Classes (Reiki, Spiritual Development, Angelic Arts)

### UPCOMING EVENTS • UPCOMING EVENTS

**Jan 6th Angel Gathering 7-9pm**  
Class on Angels, Messages for all (Love Donation)

**Jan 15th Angel Infusions**  
4-6pm Angelic Attunements (Special Price \$199)

**21 Day Wellness Class**  
Jan 22nd from 4-5pm with Nutritionalist Holistic Practitioner from Mrs Mango's (\$25 with an Angelic gift included)

**Spiritual Development**  
Classes every Thursday evening from 7-8 pm

Come join us in The Angelic Movement and visit us at Angels Oasis in the Threadneedle Mall 404 Brevard Avenue in Historic Cocoa Village. FL 32922

321-506-1143

[www.MorganaStarr.com](http://www.MorganaStarr.com)



Many PSYCHICS and HEALERS and VENDORS to choose from!

**MELBOURNE, FL  
MYSTIC FAIRE  
January 28-29, 2017**

\$5 for one day/\$8 for weekend

Saturday Jan. 28th 11am-6:30pm

Sunday Jan. 29th 11am-5:00pm

Melbourne Auditorium

625 Hibiscus Blvd • Melbourne, FL 32901

Massage • Tarot • Mediums • Angel Portraits • Feng Shui • Crystals • Candles • Incense • Beads • Spiritual Art • Jewelry • Mandalas • Angel Art • Reiki • Past Lives • Native American Art & Drums • Animal Communication

Email [canbria@aol.com](mailto:canbria@aol.com) [www.mysticfares.com](http://www.mysticfares.com)

For info, call Candyce 239-949-3387



**NEW LOCATION!**

*reatingEnergy*

*Enchanted Gifts for the Mind, Body and Soul*

*Wishing you and yours  
the Brightest of Blessings  
and Peace for 2017*

*Come join us and experience our Rebirth, Grand Opening  
& Celebration of 20 Years in Business!*



**At our new & much larger location:**

**780 West New Haven Ave  
Melbourne, FL 32901**

***(formerly Meredith's Bridal)  
Located just 1.7 miles west of  
Downtown Melbourne  
and 3/4 mile east of the mall.***

**We are so excited to share our new Sacred  
Space with all of you and we have faith  
"If we build it ~ you will come!"**



**An expanded  
selection  
of items to  
enhance your  
Spiritual  
Journey**

**Readings every  
Friday and Saturday  
321-952-6789**

**Additional space for  
Workshops, Classes,  
Psychic Readings  
and More!**



**Our Enchanted Gifts include: Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils, herbs, sage, divination tools, statuary, altar items, men & women's world clothing, belly dance accessories, henna, tapestries, peace-promoting items, faeries & much more!**



**Follow us on Facebook  
to get updated information  
<https://www.facebook.com/creativenergymelbourne/>**



To welcome  
all people and  
experience  
our oneness  
with God

Rev.  
Beth Head  
welcomes you



2401 N. Harbor City Blvd  
Melbourne, FL 32935  
321.254.0313

**SUNDAY Services**  
**9:30 and 11:00am**  
Sunday school at 11:00am  
Child care both services



**Sunday, January 1st 11:00am**

Join us for a burning bowl and white stone ceremony to start anew in 2017.

**Thursday, Jan 5, 2017 6:30-8:30pm**

Class: Bring Many Names, Facilitator: Valarie Parson. By the end of this session, we will have shared and been exposed to a variety of images for the Mystery which can never be fully comprehended. While many would agree that relationship with the Divine is the fundamental beginning of all faith paths, this transforming experience is often lost when we exchange our spiritual vitality for empty religious practices. Join me as we explore what it means to be transformed by an encounter with the Sacred, and rediscover loving God with heart, soul and mind. \$10 Suggested. Materials provided.

**Sunday, January 8th 9:30 and 11:00am**

Lesson: Life IS Consciousness  
Speaker: Rev Therese Lee

**Sunday, January 15th 9:30 and 11:00am**

Lesson: Building Relationships that Last, Speaker: Valarie Parson, 3rd year ministerial candidate. "When you meet anyone, it is a holy encounter. As you see him, you will see yourself. As you treat him, you will treat yourself. As you think of him, you will think of yourself. Never forget this, for in him you will find yourself or lose yourself." (ACIM) Join us as we explore being in relationship with another. It is a dance – a complex symphony, the work of the soul.

**Tuesday, January 17th 7:00pm**

Singles Group Discussion: The 5 Love Languages: Singles Edition, Facilitator: Jenny Battig. This is the beginning of a series of get-togethers to discuss the information in the book and how it can be applied in our lives. We will meet at least once a month, depending on what the group decides. Check the Unity website for updates.

**Thursday, January 19th 6:30-8:30pm**

Class: Beyond Belief Facilitator: Valarie Parson  
By the end of this session, we will feel permission and encouragement to dismiss what insults our souls and affirm our experiences of the Sacred as true, transformational and soul building. While many would agree that relationship with the Divine is the fundamental beginning of all faith paths, this transforming experience is often lost when we exchange our spiritual vitality for empty religious practices. Join me as we explore what it means to be transformed by an encounter with the Sacred, and rediscover loving God with heart, soul and mind. \$10 Suggested – Materials will be provided.

**Sunday, January 15th 2:00-4:00pm**

Eckhart Tolle's Movie: Milton's Secret, Facilitator: Dr. Lorraine Edey This is a film about peaceful, mindful ways to stop teasing and bullying. discussion will follow.

**Sunday, January 22nd 9:30 and 11:00am**

New Series: The Abundant Life Today's lesson: Understanding the Law of Attraction with Rev Beth Head

**Sunday, January 22nd 2:00-4:00pm**

Parenting Education on Bullying, Facilitator: Dr. Lorraine Edey. Learn about bullying in the schools, on the streets and cyber-bullying and ways to help your children cope with those that are mean and unkind.

**New Class: Tuesday January 31st (9:45-11:45am) or Wednesday February 1st (6:30-8:30pm)**

Cruising with the Cosmic Christ: Exploring the Christ in the Bible with Facilitator: Maggie Rosche. You may come to this class with ideas about Jesus and the Christ, but be willing to re-examine them. Using the Bible and other sacred literature, we will explore what the Christ idea is, the differences and similarities between the Christ idea and Jesus Christ, cite biblical evidence for the Christhood of all people, and use the example of Jesus as a basis for putting on the Christ and seeing the Christ in others. This qualifies as a Unity Basics class for Partner Membership. Suggested \$10.

**ONGOING EVENTS**

First Sunday of the Month - Reiki Healing Service after both Sunday Service

Second Friday Night – Game Night 6:30pm

Third Sunday of the Month – mini service at WAVECREST 2:30pm

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Thursdays – Meditation with Jenny 7:00pm

Join us in a Journey of Spiritual Discovery



Merritt  
Island  
Sunday  
Services  
10:00 am



MINISTER  
Rev. Rose M.  
Whitham

Listen to our Sunday talks online

[www.unitymerrittisland.org](http://www.unitymerrittisland.org)

4725 N. Courtenay Parkway  
Merritt Island, Florida 32953

321-452-2625

Email [info@unitymerrittisland.org](mailto:info@unitymerrittisland.org)



10:30AM  
SUNDAY  
MORNINGS



Rev. Mark  
Pasqualino

The New Way POD  
The Aquarian Building  
238 Peachtree St in Cocoa

[www.thenewway.us](http://www.thenewway.us)

[www.facebook.com/peopleofdiversity](http://www.facebook.com/peopleofdiversity)

321-543-0058

Come find what  
you're missing

**The greatest optical illusion is separation**

# HORIZONS

**Publisher/Editor/Creator**  
Andrea de Michaelis

**On the Cover (page 31)**  
Fairy Afloat by  
Jane Delaford Taylor

**Contributing Writers:**  
Michelle Whitedove  
Cecelia Aitable  
Margaret Lembo  
Abraham-Hicks  
Ma Yoga Shakti  
Karen Williams  
Wayne W. Dyer  
Doreen Virtue  
Mike Dooley  
Maya White  
Alan Cohen  
Tom Sannar  
Lori Spagna  
Amy Morin  
Hans King

<b>Our Advertising Rates • Low because we're in it for the outcome, not the income ..</b>	<b>6</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar .....</b>	<b>6</b>
<b>This Month's Thoughts About Things by Andrea de Michaelis .....</b>	<b>7</b>
<b>5 Archangels Who Can Help You Find Love by Doreen Virtue .....</b>	<b>8</b>
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
<b>Herb Corner with Cecelia Aitable .....</b>	<b>10</b>
<b>The Most Important Thing To Do To Help Our Animals by Lori Spagna ....</b>	<b>11</b>
<b>From The Heart by Alan Cohen .....</b>	<b>14</b>
<b>Ask Whitedove with Michelle Whitedove .....</b>	<b>15</b>
<b>Crystals and Oils with Margaret Lembo .....</b>	<b>16</b>
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>17</b>
<b>Our Calendar of Events .....</b>	<b>18</b>
<b>Dr. Wayne W. Dyer .....</b>	<b>19</b>
<b>Notes From The Universe by Mike Dooley .....</b>	<b>19</b>
<b>Introspection and Automatic Writing by Hans King .....</b>	<b>20</b>
<b>Our Phone Directory *Pick up Horizons at these stores and locations* ...</b>	<b>22</b>
<b>Archangel Oracle Cards by Doreen Virtue .....</b>	<b>27</b>
<b>5 Ways Mentally Strong People Deal With Rejection by Amy Morin ....</b>	<b>28</b>
<b>Monthly Horoscopes by Maya White .....</b>	<b>30</b>
<b>Cover Art .....</b>	<b>31</b>

**Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.**

"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.

**ARTICLE SUBMISSION:** You may submit articles of up to 900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com). 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.

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

**HORIZONS MAGAZINE**  
575 Escarole Street SE • Palm Bay, FL 32909-4802

cell/text 321.750-3375

**We accept all credit cards and Paypal**

Visit [www.horizonsmagazine.com](http://www.horizonsmagazine.com)  
Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com)

Calendar \$.50 per word. page 18  
 Phone Directory \$5 per line pages 22-25

## DISPLAY ADVERTISING RATES

Ad size	1 month	3 months	6 months	12 months
Small Strip Ad	\$ 50	\$120	\$180	\$300
Business card	\$ 75	\$210	\$390	
1/4 page	\$225	\$540	\$960	
1/3 page	\$240	\$600	\$1110	
1/2 page	\$350	\$900	\$1560	
Full page	\$485	\$1275	\$2250	
Back page	\$625	\$565	\$475	Unavailable
Inside back	\$525	\$1395	\$2400	
Inside front	\$550	\$1455	\$2550	
Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
Front cover	\$900 (Restrictions apply)			

As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

### \*You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid  
 Full page ad for 6 months is \$1,800 prepaid  
 Broken contracts receive full advertising credit

Since 1992, distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 22-25 to see where to pick up HORIZONS MAGAZINE.

For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.

Payment is due by the 10th with your ad

## DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall  
 1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide  
 1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide  
 1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide  
 Business card ad is 2" by 3.5"  
 Small strip ad is 1" x 3.5"

We accept all credit cards and PayPal online

Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com)

321-750-3375 cell/text

Mail ad with payment to  
**HORIZONS MAGAZINE**  
 575 Escarole Street SE  
 Palm Bay, FL 32909-4802

# 12 Steps of Spiritual Freedom

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto: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 in 2016

# 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

**Welcome to the January 2017 issue of Horizons Magazine.** Don't you love/hate it when you get a chance to practice faith and trust what you know about law of attraction? A friend and spiritual teacher writes: "Beyond frustrated. Everything current and future life---work & class files, all emails, passwords, new job sites, rental places... All wiped clean. Like they never existed. Not in a cloud. Not on a server. Poof like my life for the last 6 months never happened. The feeling of helplessness & frustration is real."

I know how she feels. My website and backup files were hacked several years ago and was down for months while my brother recreated it. At first I flipped out, but the fact was there were a lot of things on the old site that

were no longer current or even relevant. Computer tech friends told me my website could not be restored. My brother warned me he might not be successful. I understood their concern was based on their own past experience. But my past experience is that things always work out for me. My past experience is that I don't need to know the details of how something is going to work out. I just need to have faith that it will. And it somehow always miraculously does. Out of 3,977 pages I only had to redo 108 that dropped off.

When it happened, I was forced to rethink who I was and what I was doing. I received valuable insights and lessons I would not have learned otherwise. We've all had those situations in life that at first seemed to be negative or unpleasant but later turned out to be a gift or a blessing in disguise. It's hard to see -- when we're in the midst of upheaval -- the good and the fresh beginning that will come on the other side of it once the slate is wiped clean, whether by our choice or not. In the midst of crisis, it helps me to ask myself the question, Why is this happening FOR me? rather than why is this happening TO me?

It's not always easy to remember that whatever situation I'm in, I've gotten there by being a vibrational match to it. It's not always easy to see how that can be. The only way I can get out of it is to change my thoughts about what I'm living and what I'm seeing. You, too.

...continued on page 29...

Love? Money? Travel? Learn what 2017 holds in store for you.

## PSYCHIC FAIR

SATURDAY & SUNDAY  
JANUARY 21 AND 22  
MERRITT ISLAND, FL

\$12 for a 10 minute mini-reading:

Behind McDonald's north of 520

Saturday Fair January 21 11am-4pm

**Daena Croghan:** Psychic medium, Angel Readings

**Kathryn Flanagan:** Intuitive Channel, Tarot, Psychic Medium

**Maria Torano:** Psychic, Medium, Cross-Over Readings

**Robin Higgins:** Clairvoyant Medium, Channeling

**Carrie Raven Heart:** Native American Reader, Animal Spirit Reader

Tuning Fork Healings by **George Stankus** MA13729

**Leslie Marlar** Astrology **Saturday ONLY**

**Kim Danbert:** Psychic-Medium Tarologist

**Taylor Lewis:** Chair Massage MA82759

Sunday Fair January 22 11am- 4pm

**Daena Croghan:** Psychic medium, Angel Readings

**Kathryn Flanagan:** Intuitive Channel, Tarot, Psychic Medium

**Maria Torano:** Psychic, Medium, Cross-Over Readings

**Robin Higgins:** Clairvoyant Medium, Channeling

**Kim Danbert:** Psychic-Medium Tarologist

**Carrie Raven Heart:** Native American Reader, Animal Spirit Reader

Tuning Fork Healings by **George Stankus** MA13729

**Kay Simon** will offer Aura Photography **Sunday ONLY**

**Taylor Lewis:** Chair Massage MA82759



Our Next Fair is  
March 18-19



## BOOK AND BEAD OUTLET

Hundreds of Books, Beads, Tarot Decks, Gifts

950 N. Courtenay Pkwy  
Merritt Island, FL 32953

321-453-2665

Mon - Fri 10am-6pm

Saturday 10am-5pm

Sunday 11am-3pm



Visit [BookAndBeadOutlet.com](http://BookAndBeadOutlet.com) See coupon at website for day of fair



# 5 ARCHANGELS WHO CAN HELP YOU FIND LOVE ANGELIC GUIDANCE FOR ATTRACTING A LOVING PARTNER

Doreen Virtue is the author of over 50 books and 25 oracle card decks. She now creates online workshops. You can connect with on her website, [www.AngelTherapy.com](http://www.AngelTherapy.com) and on her Facebook page

**“Where’s my soul mate?” “When will I get married?” and “Is he/she the one for me?” are questions I’m often asked. I love giving angel readings on this topic, as I’m a true romantic myself.**



When I give a reading about love and relationships, I connect with the “Romance Angels,” a group of cherubic angels who are focused upon all things love related. Anyone can call upon these beings, and they’re able to help unlimited numbers of people simultaneously. Romance makes us feel youthful, energized, and alive! It combines playfulness and excitement with a sense of having our hearts fully awakened and open. It’s one of the greatest highs in the world!

## YOU CAN CALL UPON THESE 5 ARCHANGELS WHOSE SPECIALTIES ARE RELATED TO ROMANTIC LOVE:


- Archangel Michael, who provides guidance, protection, and clearing to ensure that we are in healthy partnerships
- Archangel Jophiel, who beautifies us inside and out
- Archangel Chamuel, who guides us to find whatever we’re seeking, including romance and partnership
- Archangel Raphael, who helps our hearts heal from the past and stay open to present and future love
- Archangel Raguel, who instills harmony within relationships, ensuring peaceful interactions and communication

Like a good friend, the **Romance Angels** tell you the truth: the best way to have more romance in your life is through attraction, rather than through strenuous effort. You are most attractive when you’re fully enjoying yourself in the present. Your joyful laughter, self-expression, and body language are beautiful!

In contrast, any stress you experience as you strain to find romance pushes against the stream of life. Strain comes from a place of fear, with an underlying worry: “Maybe I won’t receive this!” That fear then attracts the very thing you worry about. Stress creates wrinkles, bodily tension, a constricted voice, and other unattractive characteristics. So, go smell a rose and fully enjoy its fragrant beauty. Allow yourself simple pleasures that lead to great joy. Affirm frequently that you are loved and lovable. Visualize a wonderful romantic relationship with a great partner. Take excellent care of yourself and follow your inner guidance. Though the Law of Attraction, you’ll draw romantic love to you through your own attractive nature.

The **Romance Angels Oracle Cards** help you clearly connect with the angels to answer love-life questions for yourself and others. As with all oracle cards, you can’t make a mistake. The universal energy law of “magnetic resonance” ensures that the right card comes to you like a perfectly matched lock and key. The cards know what’s truly in your heart (or that of whomever you’re giving a reading to), and you’ll receive one that either answers the question perfectly . . . or at least comes close enough that you’ll know it’s true meaning for your situation.

Attracting love and giving oracle-card readings both go better if you keep an open mind and heart.



**ON-GOING PSYCHIC/MEDIUM SPIRITUAL DEVELOPMENT CLASSES**  
[www.ifsk.org](http://www.ifsk.org) for locations, times  
[dependablepc@earthlink.net](mailto:dependablepc@earthlink.net)

**New Series of Psychic / Mediumship Classes starting in January in Gainesville**

**Meets one Saturday per month from 2:00-4:30 PM at Unity of Gainesville**


**TOPICS TO BE COVERED INCLUDE:**

- Who actually is in class & your everyday world
- Difference between a Psychic and a Medium
- Intention Agreement with our Spirit Helpers
- Inspirational Writing and Speaking
- Mental vs. Physical Mediumship
- Spiritual / Energy Healing
- Understanding What Colors Are Telling Us
- Ethics of Mediumship
- The importance of Evidence in readings

*Check out the website or phone for more info.*


**407-247-7823**

[www.ifsk.org](http://www.ifsk.org)



IFSK Director  
Marilyn Jenquin

**Private Readings BY APPOINTMENT**





# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## What To Do When Others Disapprove of Your Actions

**Question:** What if you feel good when you think about a specific action, but when you consider what others think about your action, you don't feel good? What would you suggest?

**Abraham:** No other human really knows the intentions you held as you came forth from Non-Physical. They have not walked in your shoes through the thousands of interactions you have experienced, and they were not a part of the rockets of desire that you have launched as you have lived your life. They are not privy to the Vibrational Reality that you have created through the living of life, and they cannot feel the harmony or discord—the allowing or resisting—that you feel through your own emotions. Your question is an important one because through it you are trying to understand which of your emotions to trust or follow: the good-feeling emotion that came in response to your personal thoughts about your personal experience, or the bad-feeling emotion that came in response to your awareness of the disapproval of another.

Nothing could be more important than coming to recognize the existence of your **Emotional Guidance System** and how it works, for without it you have no consistent guidance. The emotions you feel, in any moment, are pointing out to you the agreement or disagreement between you and your Source regarding the thought that is active in you at the moment.

If you can understand that through life, before you entered this body and since, your Inner Being has become the Vibrational summation of all that you have lived and now stands as the Vibrational equivalent to all that is good—and if you can then understand that your emotions are giving you feedback about how your current thought blends with that all-knowing, Pure, Positive Energy viewpoint of Source—then and only then can you fully appreciate your emotions.

### THE SOURCE WITHIN YOU

So when you feel negative emotion, it always means that your currently active thought is out of alignment with the knowledge of Source. In other words, when you find fault with yourself, when you decide that you are inappropriate or unworthy, you will always feel negative emotion—because the Source within you only feels love toward you. When you disapprove of others, you will always feel negative emotion—because the Source within you only loves others.



**REV. APRIL RANE** 321-639-8738  
Psychic/Medium & Channel [www.aprilrane.com](http://www.aprilrane.com)  
Accurate Spiritual advice  
36 years in Brevard County



Rev. Andy Conyer



**UNITY LIFE ENRICHMENT CENTRE 863-471-1122**  
10417 S. Orange Blossom Blvd, Sebring, FL 33875  
Email [unity@vistanet.net](mailto:unity@vistanet.net) [www.unityofsebring.org](http://www.unityofsebring.org)



**Janice Scott-Reeder, AA, BA, Druid**

Licensed Psychic, Astrologer, Broward County, FL  
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact  
**954-698-6926 (Coconut Creek 33073)**  
Facebook: [CosmicSalamander](#) or [CosmicJanice](#)

*Tom Arcuti - Yachaq Shaman of Imbabura*  
initiated in the Tradition of the Yachaq of Imbabura from the Andes of Ecuador  
**Crystals, Minerals, Pendulums,**  
**Elixirs, Resins & Smudge Supplies**  
Online: <http://store.allipacha.com> or call for appointment  
[www.allipacha.com](http://www.allipacha.com) [tom@allipacha.com](mailto:tom@allipacha.com) 386-747-9294

If you will remember that whenever you feel negative emotion, it always means you are in disagreement with Source, then you can deliberately reframe your thoughts until you come into alignment. That is the way to effectively utilize your Guidance System.

When people replace this very personal guidance by attempting to modify their behavior to please other people, they very soon discover the inconsistency of that guidance and soon find themselves confused about what to do.

Many people have lost conscious Connection with their own Guidance Systems, and so instead of deliberately focusing their thoughts into harmony and alignment with their Source and their power—instead of making sure that they are steadily tuned to the Vibration of their clarity and love and power—they turn their attention to the results of what they and the people around them have been thinking.

In other words, they examine and catalog and pigeonhole and evaluate and judge the results of the Vibrational creating that is happening around them, putting those results into categories of good and bad, right and wrong. And in all of that data, they lose their way.

...continued on page 26...

**We Sell More Than Just Herbs!**



**Stocking Stuffers and Gift Ideas: Lip Balms, Headache Sticks, Bar & Liquid Soaps, Natural Organic Cosmetics, Salves, Essential Oils, Unique Tea Diffusers, Tea Pots & Oriental Mugs, Herbal Tumblers, Raw and Tumbled Gemstones, Gemstone Animals, Eggs & Spheres, Salt Lamps in various sizes and shapes, Sage, Candles, multi-colored LED lightboxes, Rings, Necklaces, Bracelets, Earrings, and much, much more!!!**

**Specializing In All Natural Products**

*We are a dedicated, caring shop helping you take control of your health with herbs!*

Herbal Teas, Tinctures, Capsules, and Salves/Creams

Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets).

**Surprise Customer Appreciation Discount coming in December! Ask for details!**

Not sure what to buy? Gift Certificates Are Available!

**Herbal Certification Course "Reclaiming Your Roots"**

An in-depth study of the healing properties of herbs  
January 2017-April 2017 on Alternate Saturdays or Sundays. \*

\*Pre-registration is required. Cost \$300 plus a materials fee of \$40 (non-refundable deposit) is required for your workbook and supplies - due by January 15th. The balance made in fourteen additional installments of \$20. Call for more information.

**THE HERB CORNER AND LEARNING CENTER**

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne \* 321-757-7522

**Ongoing Herb Classes! Call for Details!**

# Herb Corner

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

## Supporting Your Immune System with Anti-Viral

**Herbs play an important role in the prevention of viruses boosting the body's own ability to produce the natural killer cells that destroy viruses**, increasing the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, the spleen and your natural production of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus. Herbs have the advantage here because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system. **Echinacea** has had over 200 scientific studies done finding it to enhance the production of interferon plus it contains compounds that help to deactivate and destroy viruses making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill.

**Garlic** has been known as one of the top herbs in the fight against many strains of viruses and bacterias. It activates the immune system helping to prevent infections from taking hold especially within the respiratory system. **Garlic** contains sulfur compounds that are active against many viruses especially the influenza virus. It was the herb of choice long before the discovery of penicillin. I use garlic on a daily basis.

**Elderberry** has been used for respiratory infections, it contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recent studies found it to be effective for all forms of the influenza virus. **St. John's Wort** is typically thought of as an anti-depressant herb however it also has strong anti-viral activities. Glycyrrhizic acid in **Licorice** helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses. **Astragalus** contains polysaccharides that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong anti-viral compounds. **The anti-viral activities in Green tea are believed to come from catechins which inhibit the replication of influenza viruses. According to the PubMed publication (PMID16137775) it is believed to be equal to Tamiflu. Pau d' Arco** contains some 20 active compounds including lapacho, beta-carotene and beta-sitosterol that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of **Honeysuckle, Lemon Balm, Cloves, Olive Leaf, Peppermint, Skullcap, Cats Claw, Ginger, Turmeric, Usnea and Eucalyptus** in their effectiveness in fighting viruses.

**RECIPE:** I've put together a tea made with 1/2part licorice, 1part Boneset, 3parts Rosehips, 1part Astragalus, 1part Calendula and 1/2part Peppermint. It's tasty tea and it helps keep my immune system nice and strong.



# WHAT'S THE ONE, PERHAPS MOST IMPORTANT, SINGULAR THING WE CAN DO TO HELP OUR ANIMALS?

Lori Spagna is a Best Selling Author, Speaker and Visionary who practices and teaches Animal Communication, Intuition Development and Energy Healing and also provides Sacred

Energy Transmissions and Dormant DNA Activations for both humans and animals. Lori also teaches about Ascension and acts as a guide to other awakening Lightworkers, Starseeds and Wayshowers. Receive a FREE mp3 class to Learn Animal Communication and a FREE mp3 class to Develop Your Intuitive Abilities plus a Juicy Living ebook when you visit [www.LoriSpagna.com](http://www.LoriSpagna.com).

## A MEDITATION YOU CAN DO WITH YOUR PET

### DEAR LORI,

Can you tell us animal lovers what is the one, single, most important singular thing we can do to help our animals, both those in our homes and also those all over the planet that we don't even know personally? Yours in gratitude, **Shelley**

### DEAR SHELLEY,

What a 'one-derful' question! Thank you! Here is a simple process that my dog, Kiko, taught me to do and which I practice every day with her. Sit quietly with your animal companions every day for at least a few minutes, and for as long as you are able to, at least once or twice a day.

As you sit quietly, breath in deep belly breaths. As you breath in, let the breath that you breathe in, be the breath of love. As you exhale, exhale stress and worry and fear and doubt and imagine giving it to The Divine.

As soon as your body begins to relax, extend the breath out as energy of love that you share with your animal companion. As you do this simple relaxation process (and you can do it anywhere!) say out loud directly to your animal companion how much you love, honor, respect, appreciate, admire, adore, (etc) him or her and that you belong together and no matter what is going on, all is well right here, and right now.

Feel free to elaborate in short, simple sentences any affirmations of love and upliftment that you sincerely feel for your animal companion. Share some feelings of sincere gratitude for his/her presence in your life.

After you do that, take out a mirror, and repeat the same sentences to yourself while looking in the mirror. Allow yourself to receive those words and really let them in. Also share the sincere gratitude to and for yourself as well, while looking at yourself in the mirror.

Then, after a few moments, invite in the Consciousness of the entire animal kingdom, by simply saying just that: "*I invite in the Consciousness of the Animal Kingdom*".

Repeat the entire process you just did with your animal companion, now with the entire animal kingdom and all animals globally.

This process needs take no more than a few precious minutes of your time each and every day, and yet, the results for all involved will be truly profound...indeed, it is one of the best ways to stay healthy and happy and expand that energy to the entire world.

Let's not underestimate our inner power to make real, profound and lasting change for the betterment of ourselves and all animals. This is one simple thing that is entirely free, takes very little time and energy, and can be done anywhere, and feels fabulous too!

Thank you for all the good you do in this world to be of service to animals globally! I am sending you and all animals lots of love, light, gratitude 'n joy!

Visit Lori on You Tube:

<https://www.youtube.com/c/LoriSpagna>

Lori's best selling books at the Amazon Store:

<http://tinyurl.com/LoriSpagnaAmazon>

**Leaves & Roots**  
 9476 E. Colonial Drive  
 Orlando, FL 32817

Over 100 Top Quality  
 Essential & Fragrance Oils  
 Herbs & Herb Blends in capsules  
 Aromatherapy supplies  
 Herbal research  
 Herbal extracts  
 Incense, Soaps  
 Body Care  
 Books

**407-823-8840**  
 Email [leavesandroots@leavesandroots.com](mailto:leavesandroots@leavesandroots.com)

M-F 10-7  
 Sat 10-5  
 Sun 12-5

**Over 300 herbs & spices in stock**  
[www.leavesandroots.com](http://www.leavesandroots.com)

*An Angel Encounter*

Patricia channels the Archangels  
 Experience their wisdom and love with

Patricia Butler  
 Spiritual Healer,  
 Angel Intuitive

- Spiritual Healings
- Angel Readings
- Ask the Angels
- Dream Interpretations

Private Readings Group Sessions Long Distance  
 HEAVENLY HEALING 772-359-3843 [www.heavenlyhealingusa.com](http://www.heavenlyhealingusa.com) Port St. Lucie, FL

# Rev. Albert J. Bowes

**Readings:  
Personal or Business**

**By appointment  
386-228-3209  
11:30am-5pm  
Seven days a week  
In person or by phone**

**Intuitive Guidance:  
Personal or  
Business  
Career changes**

**Avoid Traffic, Beat  
The Heat! Phone  
readings are just  
as accurate as in  
person readings**

**Education  
Family issues  
Personal  
empowerment  
Increase emotional  
happiness  
Less stress  
More energy**



## Cassadaga

**Scientifically proven accuracy.**

He has taught Parapsychology 1 & 2 at the University of Florida

[www.psychicconsultant.org](http://www.psychicconsultant.org)

**See video**

Read credentials, testimonies and "Visions of Time", book written about Albert from a research program on his abilities, conducted in a four year study by Dr. David Jones.

**Intuitive Life Coach  
Psychic Detective**

Albert has successfully worked with law enforcement, archeologists, oil companies, etc.

Found lost boats, airplanes, persons, etc.

Was invited to Russia where he took part in research with psychics and scientists.



Friend him on Facebook

Albert was a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

Albert was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons, sunken ships.

# Nellie 386-228-0168

**Reading  
seven days  
a week**

**Call  
for  
Appts**

**8am-8pm**

**See video at**



**PsychicMedium**

**Go to my website to see  
what my clients say,  
click "Testimonies"**

**[www.aanelliecassadagatherealone.com](http://www.aanelliecassadagatherealone.com)**

**TESTIMONIAL:** I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. **Chris**

**TESTIMONIAL:** Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

**TESTIMONIAL:** Nellie, This is going to be short because I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in a 1/2 hour early today and then made time for a friend of mine - so appreciated! And you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write and explain more but just can't put it into words right now! **THANK YOU! Maggie**  
I will be back!!!

**TESTIMONIAL:** Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. **Klara**

**TESTIMONIAL:** Hi Nellie: You told me that my gr gr mo Gaetano S came from the Bari area I found a young relative named Roberta S from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Amodeo, and guess what the Fama family into whom my son Charlie, married! **Eileen**

**TESTIMONIAL:** Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings we ok but not too specific. This time was different. When I got my first reading I had been going through many health and issues in my life. Nellie gave very useful info that was specific including dates and outcomes. Most of her predictions have come true, even the ones that seemed unlikely. I am very grateful to her for both her reading and her compassion. If you are ever in Cassadaga and want an accurate reading set up an appt to meet with her.

# FROM THE HEART



Alan Cohen is the author the bestselling *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Become a certified professional through Alan's Life Coach Training. For more info about his books and videos, Visit [www.alancohen.com](http://www.alancohen.com), on FB Alan H. Cohen (author), and Twitter @alanhcohen

## HEALING ALLOWED

**While presenting a program at a spiritual retreat center, several participants and I were eating lunch at a picnic bench.** As we finished, one of the participants stood behind me and began to gently massage my neck and shoulders. I, of course, was delighted to receive this gift. I sat at the bench with my eyes closed, soaking it up.

Suddenly I was jarred by a deep voice booming, "*No healing allowed here!*" I was certain this was another student playing a joke, and I opened my eyes to see who it was. To my surprise, the retreat center security guard was standing behind us. He looked the part: burly, a close-shorn crew cut, and a well-substantiated gut brimming over his belt. His name badge said "**George.**" I looked at George in disbelief.

"*I'm sorry,*" George uttered authoritatively. "*No healing is allowed on the campus except in the healing temple. If you want to be healed, you have to go there.*"

I looked around at my friends and we cracked up. We thought this was a practical joke. After all, who would make a rule against someone being healed? We looked again at **George** and realized this was no joke. The student removed her hands from my shoulders and sat down.

After lunch I walked back to my room for a siesta. By that time I decided the situation was quite funny. Who, then, do you think I encountered along the way? You guessed it—**Officer George**. I decided I would have some fun with **George**. "*Sorry about that healing back there,*" I told him. "*I can't imagine what came over me.*"

**George** remained quite serious. "*I hope you understand. If I let you do healing there, before you know it, people will be healing all over the place!*"

I had to muster all the will power I could to keep a straight face. I told **George**, "*And that's the last thing we would want to see happen, isn't it?*"

"*That's right,*" he answered.

I dashed to my room, closed my door, and roared. This was too strange to be true. Then I remembered a **Bible** story that put my experience in perspective.

**Jesus** was admonished by the **Pharisees** for healing on the **Sabbath**. Now, if you value healing, you would love to see anyone who needed healing, receive it, right? If you were in pain and someone came along who could help you feel better, you would jump at the opportunity. But not the **Pharisees**; they had rules, you know. Later **Jesus** chastised them, "You pay more attention to the letter of the law than the spirit. . . You strain over a gnat, and miss the whole camel."

Now I'm sure that **George** was a very nice man, and he was just doing his job to the best of his ability. I took the experience as a lesson that I cannot afford to miss the Big Picture because I have gotten caught in the details.

And what about other ways that we push healing away? What about the various actions we believe are prerequisites for healing? Do you believe that you need to attain a certain level of spiritual purity before you can be healed? Or quit smoking? Or meet the right guru? Or master your sexual desires? Or be a vegetarian? Or have the right mate? Or earn enough money to have the right medical treatment? Or lose 10 pounds? Or? Or?

Healing can happen anywhere, in any way, under any circumstances, through any person or avenue. The Universe is always trying to deliver well-being to us. There are no obstacles outside of us. The only obstacle is our own resistance to it. No external condition whatsoever is required for healing. The only conditions are internal. What makes or breaks healing is our belief, our desire, our willingness, our openness, our readiness. One thing is or sure: the moment you are ready and willing, the healing must come.

**A Course in Miracles** tell us that all that is required for healing is "a little willingness," and that "the real doctor is the mind of the patient." We choose doctors or external agents who tell us what we want to hear. If you want to be healed, you will find a doctor who will tell you that you can get better. If you hold some investment in staying ill, there are plenty of doctors who will agree with you.

When my mother was seeing an oncologist, one day I accompanied her to his office and asked him about my mother's prognosis. He told me it was not good. When I asked him if there was anything he could do for her, he answered, "We are not the masters of biology."

Right then and there I knew he and I had nothing to talk about. He believed that cells are in charge of the universe, and I believed souls are in charge. End of conversation.

My mother, you see, was ready to leave. A few months later she passed away, but before she did, she told me that she was ready to go. She told me that she had led a good life, she was very proud of me, and she had done everything she had wanted to do. It was her choice to move on. Interesting, isn't it, that she picked a doctor who agreed with what she intended to do anyway?

There are many cancer patients who are not ready to go, and they find **Bernie Siegels** and **Andrew Weils** and others who say, "You have a choice. If you choose to be alive and well, I can help you to do that." These doctors would be the first to admit that they are not the source of healing; they are the agents chosen by the patients to assist them with their intentions. Patients who realize that spirit is the master of life, not biology. Healing is allowed here. Healing is allowed wherever it is chosen.

## Spiritual Services with Laura Beers

Change your Perspective  
Change your Life!

Psychic Medium,  
Motivational Speaker,  
Spiritual Certified Coach, Ordained Minister  
In Person, Phone, Skype, Groups, will travel

321-751-4766 By appointment  
[www.HealYourSpirit2.com](http://www.HealYourSpirit2.com)



# ASK WHITEDOVE



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle Whitedove is here to help. Lifetime TV named her "America's #1 Psychic" on "America's Psychic Challenge." Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • Ghost Stalker Two: A Psychic Medium Visits Europe's Most Haunted Castles • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends  
Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## Dear Michelle,

I feel so helpless and sad this time of year. I've considered suicide; I cannot help the way I feel. -- **Lonely in Los Angeles**

## Dear Lonely,

I know that you are strong enough to endure this sadness. If you persevere a little longer, your perspective on the situation would evolve. Have you ever noticed that people of greatness have overcome monumental obstacles and hardships? Out of tragedy we all have the potential to uncover life's biggest blessings. One of the greatest lessons that I learned from my Near Death Experience, is the TRUE importance of each soul. Every Soul is Greatly Important! Each soul comes to Earth with an individual contract to fulfill, and other souls that we must interact with. Through the course of a lifetime we come in contact with thousands of people. Through our actions we affect thousands of other people that we never meet. Because the people that we interact with -- our deeds good or bad influence them -- then they interact with thousands of people. Some souls influence generations of people. We are like pebbles cast into a pond, the ripple effect radiates from us and results in change. Every soul is needed, we each have a purpose. You are greatly needed here.

## Dear Michelle,

I have a situation, which I've been praying about and meditating to hear an answer. Now I'm asking God and his Angels for a sign as to guide me in the direction for my highest good.  
- Hearing crickets in Kansas

## Dear Crickets,

Logic and reason are an option to weigh your decisions although I prefer to always rely on my intuitive voice. If I draw a blank there, then I ask for a sign from above. People have different experiences after praying for a confirmation. The signs can be grand or they can be subtle as a fragrance, an unsolicited phone call from a friend with a message, a meaningful song that comes on the radio, a knocking sound when contemplating an option, seeing an animal totem, a book dropping and the page opens to a quote on the topic or just a feeling of being lead to the solution. Your angels and Spirit Guides don't want to scare you and manifest, so signs, answers during meditation, confirmations and conversations in the dream-time are methods of receiving specific guidance. Continue to call upon your unseen support team, invite them to help and watch for clues as to which direction that you are being guided. Everything is in Divine order.

Native American & Metaphysical Stuff Store  
Readings, Crystals, Jewelry, Incense, Smudge

## The Purple Rose Trading Co.

Rev. Tina, Owner  
P.O. Box 275 • 1079 Stevens St. Cassadaga, FL 32706  
[www.cassadaga-purplerose.com](http://www.cassadaga-purplerose.com) (386) 228-3315



1951 Stimson St.  
Jacksonville, FL 32210

(904) 389-3690

[www.earthgifts.com](http://www.earthgifts.com)

Open Wed - Sunday 10am - 6pm Closed Monday & Tuesday

ROCK SHOP,  
CANDLES,  
INCENSE,  
HERBS, OILS,  
BOOKS, TAROT,  
MORE

Join us on Facebook

## Spiritual Uplifts

*Metaphysical Store*



Gifts, Books, Cards,  
Crystals, Candles,  
Incense, jewelry,  
Salt Lamps, More

**Energy Healing  
Readings  
Classes**      **904-292-4555**

3491 Pall Mall Drive  
Jacksonville, Florida 32257  
<http://spiritualuplifts.com>

## KORNUCOPIA

**386-963-4898**

12093 CR 137 • Wellborn, FL 32094

Tues thru Fri 10am - 5pm, Saturdays 10am - 3pm

Antiques, Vintage Collectibles, Chime Candles,  
Sage, Incense, Tarot Cards, Jewelry, Books, More





**Leslie Hoffman**  
Angel Channel  
Spirit Medium  
Psychic Guidance  
Animal Intuitive

Melbourne Mystic Faire  
1/28-29/2017

[LeslieJHoffman@aol.com](mailto:LeslieJHoffman@aol.com)  
321-536-6914

Animal Intuitive with Friends  
For The Animals Sanctuary



Margaret Ann Lembo is the author of The Essential Guide to Aromatherapy and Vibrational Healing and The Essential Guide to Crystals, Minerals and Stones, Archangels and Gemstone Guardians Cards and Crystal Intentions Oracle . . . and more. Find out more about The Crystal Garden Brand medical grade essential oils and all of her books at [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com) and [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com)

# JANUARY 2017

## Tools for a Happy New Year

**It's a time for resolutions.** We think about weight loss, exercise, and making a commitment to do things differently. After a few weeks, many of us are back to the same patterns. Every day we have the ability to release, reset, and move forward. Each moment we have the opportunity to remind ourselves that the past is past and the only thing that is important is the present moment. To really implement a plan for change and happiness start by deciding you really do want inner peace. **Here are some tools to help you maintain focus on what you want instead of what you don't want or what is already in the past.**

- **Find a balance between your mind and your emotions.** Through self-observation you can notice feelings that have a strong emotional charge.
- **Make a clear choice to release old patterns.** Self-sabotage or supposed "blocks" keep you from happiness, health and prosperity. Cut the cords that bind you to your past.
- **Take time to meditate** to clear your mind and allow for new thoughts and realizations to flow through you.
- **Journaling is a powerful tool.** Sit down with a good old fashion pen and notebook and let yourself write freely without concern for punctuation, grammar, or sentence structure. Journaling is for your eyes only and it is a fantastic process for realizations.
- **Employ archangels, aromatherapy and gemstones** combined with vibrationally matching positive thoughts.

**Here are some essential oils, gemstones, and Archangels to help you along the way:**

**Abundance** - cinnamon essential oil, pyrite and Archangel Uriel

**Safety** -sweet marjoram essential oil, lapis lazuli, and Archangel Michael

**Love & Companionship** - rosewood essential oil, watermelon tourmaline, and Archangel Chamuel

**Good Health & Vitality** - lemongrass essential oil, ruby, and Archangel Ariel

**Happiness & Self-Confidence** - bergamot essential oil, citrine, and Archangel Zadkiel

Use your imagination and visualization. Take the action necessary to create your reality and have fun using all the tools available to enjoy the journey.



# THE CRYSTAL GARDEN

AROMATHERAPY SPRAYS & ESSENTIAL OILS

## TOOLS FOR A HAPPY NEW YEAR



**PROSPERITY MIST**  
Visualize good fortune, wealth and abundance in your life.



**PALO SANTO SPRAY**  
Spray to clear your space and invite protection, peace and clarity.



**CROWN CHAKRA SPRAY**  
Use to increase your connection with Divine Consciousness.



**ROOT CHAKRA SPRAY**  
Use to improve your focus, passion, motivation, health and vitality.

From the creator of Smudge in Spray



**2610 N. Federal Highway, Boynton Beach, FL 33435 • 1-877-444-5099 • [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com)**



# 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. Join "Abraham Fun" group on FB and like her FB page, "Soulsongs by Karen Money Williams." karen@karenmoneywilliams.com

## Soulsong #378 - Who Would've Thunk It?

I did not come into physical expression to fix an imperfect world.

I came to Planet Earth to observe plenty of things I like, many things I don't like, and to form preferences/desires for the likeable things.

When I have a desire, I pull life force to me from God/Source/All-That-Is. This causes a literal expansion of the Universe, for Source is having an experience, through me, that never before happened.

Heady stuff. Breath-taking.

Thus desires are good, and this is a desire-producing planet by its very nature.

By my very nature, I'm a desire-manifesting being. And manifestation is meant to be easy.

If connecting with my desires has seemed arduous, I've probably been trying to shape my ideal world through activity and action alone. That's akin to driving with the brakes on. Mental focus is my creative powerhouse. By consistently directing my attention to my preferences and away from my dislikes, I happily summon the life for which I yearn, for which I came.

Now I remember. Now I know. Now I can soar.



**Kim Danbert**  
 Spiritual Counseling • Phone Readings  
**PSYCHIC-MEDIUM TAROLOGIST**  
 35 years experience **321 752-4218**  
**Gypsyohara@gmail.com**

Discover...  
*The Artist's Law of Attraction*  
[www.SharonLRichards.com](http://www.SharonLRichards.com)



**Enchanted Spirit**  
 Angelically Inspired

- Spiritual Guidance
- Archangel Workshops
- Angel Oracle Card Readings
- Personalized ArchAngel Info
- Chakra Clearing and Balancing

**Angel Gathering House Parties.**  
**Call Enchanted Spirit for Details**

Gemstones • Crystals • Singing Bowls • Incense • Reiki Candles  
 Fairy Ornaments • Meditation CD's • Metaphysical and Spiritual  
 Books • Buddhas • Fountains • Angels

320 N. Atlantic Ave Cocoa Beach 32931 **321-784-2213**  
 enchantedspiritcb@gmail.com



**Crow's Crossroads Shoppe**  
**Aurora Collins**  
 Owner/Psychic Consultant

**READINGS, CLASSES** 3810 SE Lake Weir Ave, Ocala, FL 34480  
**352-235-0558** Email Avalon.biz@gmail.com

**Rev. Dawn Casseday**  
 Psychic, Clairvoyant, Medium  
 Reiki /Energy Healing, Tarot  
 Past Life Regression Specialist

*Phone readings available*

**386-478-0341**  
[www.revdawncasseday.com](http://www.revdawncasseday.com)  
**CASSADAGA**




**Fairy Dust**  
 Crystals & Such

11781 SE HWY 441, Belleview, FL 34420  
 (the Almeida Plaza) **352-693-4592**

**Crystals, books, tarot, jewelry, candles, essential oils**  
**Holiday sale throughout the month of December**

Find us on Facebook for details [www.fairydustcrystals.com](http://www.fairydustcrystals.com)

# CALENDAR OF EVENTS

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 321-750-3375 with credit card info. No calendar listings taken by phone.. \$10 extra for color or box around your listing

Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Wednesdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St 32796 321-543-3674

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

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

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

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) dbcuc.org

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Heaven Sent 4455 Pinewood Rd Melb 32934

**Experience This Peaceful Community Where Certified Mediums and Healers are Available Daily**

- Classes & Workshops
- Historic Tours
- Spirit Encounter Tours
- Special Events
- Readings by Certified Mediums
- Certified Spiritual Healers

Wednesday Message Service, Colby Temple 7p.m.  
 Sunday Adult Lyceum, Davis Building 9:30 - 10:15 a.m.  
 Sunday Church Service, Colby Temple 10:30 a.m.  
 Sunday Message Service, Davis Building 12:30 - 1:30 p.m.

**Cassadaga Spiritualist Camp Bookstore & Welcome Center**  
 Largest Selection of Books on Spiritualism, Metaphysics and Meditation.  
 CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts

Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm  
 Camp Bookstore 386-228-2880 • Camp Office 386-228-3171  
 1112 Stevens Street  
 Cassadaga FL 32706  
 www.cassadaga.org

10% Off with this ad

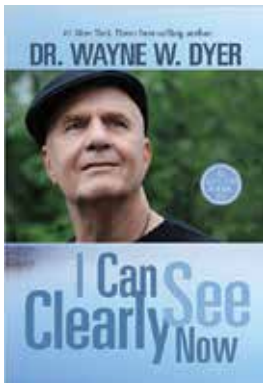
**OWL VISIONS**  
 501 Florida Ave  
 Cocoa Village  
 321-292-9292

**Gifts, jewelry, crystals, books, tarot, divination decks and tools, sage, altar items, music, readings, aromatherapy Gemstone mala beads, different stones and stone sizes, Crystal Journey candles, soy tealights, spell candles, new pendulums different stones, pashmina shawls, silk scarves, gold etched Reiki wands**

**REV. TERRI MCNEELY**  
 Spiritual Advisor  
 Medium  
 Reiki Master

Open Wed - Sat  
 2:00pm until ?  
 Call First

Ask about Mediumship classes  
 Email [OwlVisions@aol.com](mailto:OwlVisions@aol.com)  
<http://smile-village.com/OwlVisions/>



# WAYNE DYER

WAYNE W. DYER, internationally renowned author and speaker in the fields of self-development and spiritual growth, called the “father of motivation” by his fans. His main message: every person has the potential to live an extraordinary life. It’s possible for every person to manifest their deepest desires—if they honor their inner

divinity and choose to live from their Highest Self. waynedyer.com

**Years ago I watched Deepak Chopra and Wayne Dyer on the dias at a conference talking about the fact that we are all, indeed, one connected organism rather than individual, separate beings.**

“If that’s so,” asks Dyer with a twinkle in his eye, “why can I move the fingers on my hand and I cannot move the fingers on your hand?”

“Because,” Chopra said, “it’s because you think it’s MY hand.



# NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for “the Universe,” and one of the teachers for The Secret, Mike Dooley runs TUT’s Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

**I’m going to share a little secret with you. Actually, I should have shared it with you ages ago, but most “people” aren’t ready for this kind of secret.**

I’ve decided you’re different. It’s the secret to getting anything, absolutely anything you want. Okay? To magnetizing into your life the things, emotions, and circumstances you dream of. All right? It explains how masters become masters and adepts become adepts. And it’ll finally convince you that I am always there with you to lend a hand or perform a miracle. Cool?

Practice. Yeah, practice. Because just a little practice goes further than you could ever imagine. Now fight the temptation, andrea, to nod and shrug it off. Do something! Visualize just a little. Act with faith just a little. Explore your beliefs just a little. Manifest a little something; a phone call, a compliment, a flower, whatever. Expect a little miracle. Expect a little help. Expect it to be easy.

**Tallyho,  
The Universe**

## High Springs Emporium

**North Central Florida’s ONLY Rock Shop**  
The most unusual store in town.  
Rocks, Crystals, Gifts, Jewelry



**A New Beginning - Stay in the Light**  
Start off the new year right. Find the perfect crystal to light up your life.

- Polished quartz towers
- Labradorite spheres
- Pyrite suns in shale
- Shamanic Mongolian quartz with pyrite
- Elestial quartz crystals in all sizes
- Amethyst flowers
- Turkish agate
- Life-sized Lapis skulls



Celestine Geode, Madagascar

Connect with loved ones who have crossed over -  
Sessions with MaChandra, trance medium on Jan. 28

Stone of the month - Celestite. Helps us connect with the angels and our spirit guides. All celestite is 20% off in January!

Thank you for being a part of our Crystal Community. Happy New Year!

**OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm**  
660 N.W. Santa Fe Blvd • High Springs, FL 32643

**386-454-8657** <http://highspringemporium.net>

**SPIRITUALIST CHAPEL** of Melbourne  
We Welcome All To  
**Sunday 10 AM services**  
1924 Melody Lane, Melbourne, FL 32901  
Spirit Messages - Healing Service  
Guest Speakers • Private Readings  
\$15/15 minutes after Services  
321-419-6262  
[www.SpiritualistChapel.com](http://www.SpiritualistChapel.com)  
Friend us on Facebook: [Spiritualist Chapel of Melbourne](https://www.facebook.com/SpiritualistChapelofMelbourne)

**Spiritualism + Mediumship Classes**  
Thursdays 6:30-8:30 pm  
\$5 members  
\$10 others



# INTROSPECTION AND AUTOMATIC WRITING

For more information about Hans King, visit: <http://www.hansking.com/>. You can enhance and expand your practice of the topics in this article by visiting the “Guided” book website and downloading free resources: <http://www.guidedbook.com/>

**For most of us, the search for the truths of existence in general and ours in particular has been anything but clear and simple; rather, it is frequently blurred, confusing.**

The path to authentic living is much more profound than most of us have ever been taught. It can be a lifelong process to let go of the cultural myths we have inherited about who we should be, about what our lives should look like. It’s no wonder, then, that what clients most commonly seek is the relief that comes from the reassurance that the totality of their experiences both positive and negative are integral, vital contributors on their path to self-discovery, and to gaining the insight of their incredibly vast intuitive abilities.

## **Did you know that you apply intuition on a daily basis?**

In everyday language we call it a hunch, gut instinct, a vibe, an “I feel it inside” awareness. We are all made from the fabric of energy and therefore possess the ability to feel the energetic vibrations moving in and through ourselves, others, and environmental atmospheres. How many times have you said to yourself: “I’m not comfortable with that person’s energy,” or “Let’s get out of this place - I just don’t like the vibe in here.” Whether or not you were able to pinpoint the “why” of your feelings, “what” you picked up on your inner radar was worthy of your wise attention and action. That “what”, which emanates from your intuition, is speaking to you.

## **INTROSPECTION**

Plato asked, “Why should we not calmly and patiently review our own thoughts and thoroughly examine and see what these appearances in us really are?” I appreciate his use of the words “really are,” which is about going deeper within to become better self-acquainted with what is actually transpiring beneath the appearances in our lives. His is a classic definition of the practice of introspection.

In these postmodern times we might refer to introspection as a practice of self-reflection or self-contemplation, processes we consciously or unconsciously employ when we journal our inner thoughts, feelings, intentions, aspirations, and so on. It is the opposite of “extrospection,” which is the observation of what is outside oneself—like people watching, external entertainment, and so on. Introspection causes us to become more conscious and insightful in all aspects of our lives, offering us a deeper awareness as we develop this ability to observe ourselves in a more objective way.

From the application of introspection in my own spiritual practice, I have seen how it surpasses learning from trial and error. Introspection supports us in objectively identifying the intentions and motivations that underlie our actions, allowing us to choose more enlightened interactions with ourselves, others, and our world. As well, we can begin to identify and appreciate more those areas in which we are living up to our self-expectations of honesty, loving kindness, patience, compassion, creativity, generosity of heart, discernment. I recommend introspecting in the evening after your tasks have been accomplished, because it is quiet and therefore conducive to turning within. Of course, if your daily routine supports introspecting at another time of day, then go with that.

## **Here are some simple suggestions you may use to set an introspective atmosphere and begin your practice:**

-- Select a quiet location where you won’t be disturbed for at least twenty or thirty minutes.

-- Gather helpful materials such as your journal, a paper and pen, or a computer to capture what comes up for you.

-- Sit comfortably, relaxed, yet remaining open and alert. You may want to meditate for five or so minutes to center yourself and establish a harmonic balance in body, mind, and spirit, feeling and thought.

-- Begin to write. Do not let the ego judge, censor, or edit your content. Hold back nothing, being as raw and honest as your true feelings are. Simply allow a free flow, a stream of consciousness to express through you. Be sure to be balanced in the sense that in addition to those things that could be improved upon, you also include events wherein you lived your values, where you showed up at the right place at the right time and said the right things, where you were of service to others, where you changed a course of action by listening to guidance.

-- After you feel complete, appreciate and give thanks for the insights that came through to you and set your aspirations for the new day ahead.

Related to introspective journaling is the practice of automatic writing. While it takes more practice and is best learned through a qualified specialist in this field, I offer it here so that you may determine if you would like to learn more about it now or at a later time.

*...continued to page 13*



## INTROSPECTION, AUTOMATIC WRITING

...continued from page 12

### AUTOMATIC WRITING

Also referred to as "spirit writing," automatic writing is the process of producing writing without conscious thought about what is being written. It is a channeling technique that invites your spirit guides and/or higher self to step in and write through you. Either written on a computer or in a journal, the words are transferred energetically from your sixth sensory consciousness using your hands to transmit the information.

An art and science in itself, if automatic writing calls to you, I recommend studying it separately from this book as what is offered below is, so to speak, the tip of the iceberg. That being said, even if you have never tried it before, you may still benefit from the foregoing technique.

-- Whether you are sitting at your computer or at a table with pen and paper, select a time when you will not be interrupted by people, your phone, or other means of intrusion. Turn off the radio, etc., and give your full attention to the process.

-- Open your writing session with a prayerful evocation to your guides and higher self, inviting them to come forth and create an atmosphere of high vibrational energy. Affirm your openness, availability, and surrender to them and the process.

-- With your eyes closed, present one question at a time and patiently await a response. Without editing, interpreting, judging, or censoring what begins to come through, record it on the computer or on paper. Note that even if nothing comes through in the moment, it may pop in when you least expect it, so you may want to carry a pen and paper in your briefcase, pocket, or purse, or have your laptop within close reach.

-- When you feel complete, pause for another five to ten minutes to be sure no further guidance is coming through. In closing, express your gratitude for what has been transmitted to you by spirit, your guides, and higher self.

-- Gently open your eyes and feel yourself reentering your body and the room. Don't jump up to return to the tasks that await you or shock your senses by turning on the television or getting on the phone. Take a few deep breaths before you resume normal activity.

-- When you review your automatic writing, don't be concerned whether or not it makes immediate sense to you. Simply set it aside and read it again later.

# YOGA SHAKTI MISSION



Ma Yoga Shakti

Sunshine Lectures  
Sundays 9 - 10am

Yoga classes 7-8pm  
Monday thru Thursday

First Saturday at noon  
Vegetarian luncheon

**YOGA SHAKTI MISSION**  
**3895 Hield Rd NW Palm Bay**  
**yogashaktipalmbay@gmail.com**  
**321-725-4024**  
Visit [www.yogashakti.org](http://www.yogashakti.org)

## NEW YEARS' RETREAT December 30th 2016 - January 1st 2017

*"What are we going to do about old tapes playing in our background? We have to bring negative tapes out into the open, bring light to them, accept them and release them. We cannot un-program habits, addictions etc. We have to Meditate on the opposite and program in good things. You can never get rid of weeds, just encourage more flowers."*

**Ma Moksha Priya Shakti, Acharya of  
Ma Yogashakti International Mission in  
New York City will conduct this retreat on the  
topic of Self Mastery through Meditation and  
Creativity. She is a dynamic teacher with 40  
years of experience in teaching Yoga.  
Come listen to her wisdom**



Spend a weekend in the wooded seclusion of **Yogashakti Mission, Palm Bay, Florida**. This Ashram was created by **Ma Yogashakti** and is purified and energized by her. Learn meditation; take part in three Hatha Yoga classes; learn deep relaxation. Accommodation is shared or you may prefer to bring a tent, or sleep in the beautiful screened pavilion.

**REGISTRATION:** \$130 per person or \$190 for families

**WHEN:** 4 pm on the 30th December 2016 - 2 pm on Jan 1st 2017

**WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907.

**MEALS:** Delicious and wholesome home-cooked vegetarian meals

**IWHAT TO BRING:** Sleeping pad or blankets and sheets, towel,

loose comfortable clothes, yoga mat, pen and notebook

**E-MAIL:** [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) to register

**CALL:** 321-725-4024

Some reviews of sleeping in the "Screened pavilion" during the Memorial Day Retreat.

"At Yogashakti Mission there is a tremendous greenhouse like pagoda with carpets and a tall wooden pointed ceiling. It is like sleeping in a cathedral open to the breeze and swaying pines. Much cooler than I imagined, bug free, and I had plenty of restful slumber" - Laura

"The Pavilion is very large, screen-enclosed with large carpets. The high ceiling makes the whole area very breezy and cool, even in the summer. Lights go out at 9pm and everything is quiet and peaceful." - Barbara

# ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line  
Payment due 10th of the month before • Email and Paypal to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com)

## OUR PHONE DIRECTORY... 321-750-3375

### ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

#### A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657  
660 NW Santa Fe Blvd (441) Gemstone Jewelry

#### BOOKS & GIFTS

WILD IRIS [www.wildirisbooks.com](http://www.wildirisbooks.com) 352- 375-7477

#### CHURCHES

UNITY OF GAINESVILLE 352-373-1030  
8801 NW 39th Ave 32606 [www.unitygainesville.org](http://www.unitygainesville.org)

#### HEALTH FOODS

EARTH ORIGINS MARKET 352-331-5224  
EARTH ORIGINS MARKET 352-372-1741

### BREVARD (321)

#### BOOKKEEPING

ACCOUNTING BY CATHI BRENNAN 321-266-1660

#### ACUPUNCTURE AND LASER LIGHT THERAPY

David Rindge, LAc, DOM, RN 321-751-7001  
1601 Airport Blvd, Suite 1 Melbourne, FL 32901  
[CooperativeMedicine.com](http://CooperativeMedicine.com) [HealingLightSeminars.com](http://HealingLightSeminars.com)

#### AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

#### ASTROLOGER

LESLIE MARLAR 779-0604  
[VLMarlar@aol.com](mailto:VLMarlar@aol.com) [www.lesliemarlar.com](http://www.lesliemarlar.com)

#### ASTROLOGY REPORTS

ANDREA de MICHAELIS \$22  
3 month Future Prediction Reports  
Email [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com)

#### AUTOMOTIVE REPAIR

MELLOR'S AUTOMOTIVE 321-956-1997  
Visit [www.mellorsautomotive.com](http://www.mellorsautomotive.com)

#### BOOKS & GIFTS

AQUARIAN DREAMS AIA Indialantic 729-9495

BOOKANDBEADOUTLET.COM 950 N. Courtenay  
Pkwy Merritt Island 321.453.2665 50% off bks

CREATIVE ENERGY 952-6789  
Crystals, Jewelry, Drums, Singing Bowls, Books  
780 West New Haven Avenue Melbourne, FL  
32901 (formerly Meredith's Bridal) Located just  
1.7 miles west of Downtown Melbourne

ENCHANTED SPIRIT 320 N. AIA CB 784-2213

OWL VISIONS Rev. Terri McNeely 292-9292  
501 Florida Ave Cocoa Village 2-6pm call 1st

RAIN TREE GIFTS 321-345-4970  
826 E. New Haven Avenue, Melbourne FL 32901

#### BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465  
4490 Aurora Road Melbourne [www.watpun.org](http://www.watpun.org)

#### CAFE GLUTEN FREE

THE BALD STRAWBERRY 321-458-5529  
1248 Sarno Rd 32935 [thebaldstrawberry.com](http://thebaldstrawberry.com)

#### CHIROPRACTIC

DOCKSIDE CHIROPRACTIC 321-775-3734  
Dr. Kevin Poulston BS,DC 1300 Pinetree Drive  
Suite #7 IHB 32937 [docksidechiropractic.com](http://docksidechiropractic.com)

VICKI M. MERRICK, DC 321-952-7004  
2060 Palm Bay Rd NE #2, Palm Bay, FL 32905

#### CHURCHES

CENTER FOR SPIRITUAL LIVING SPACE COAST  
A Science of Mind Church Cocoa Vlg 474.2030

THE NEW WAY [www.TheNewWay.us](http://www.TheNewWay.us) 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 419-6262  
UU Church OF BREVARD [www.uubrevard.us](http://www.uubrevard.us)

UNITY OF MELBOURNE 10am Sundays 254-0313  
2401 N. Harbor City Blvd Melbourne 32935  
[www.unityofmelbourne.com](http://www.unityofmelbourne.com)

UNITY OF MERRITT ISLAND 452-2625  
4725 N Courtenay 32953 [unitymerrittisland.org](http://unitymerrittisland.org)

UNITY CHURCH ON THE SPACE COAST  
2000 South St in Titusville 383-0195

#### CRYSTALS, GEMS ROCKS

YOUR CRYSTAL SHOP 321-615-8927  
[www.yourcrystalshop.com](http://www.yourcrystalshop.com) Cultural gifts  
2137 N. Courtenay Pkwy Merritt Is, FL 32953

#### HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444  
NATURE'S MARKET & CAFÉ 254-8688  
ORGANIC FOOD CTR Indialantic 724-2383  
PINETREE HEALTH 777-4677  
SUNSEED CO\*OP Cape Can AIA 784-0930  
SUNSHINE HEALTH FOODS Titusville 269-4848

#### HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock Melb 757-7522

MAMA JO'S SUNSHINE HERBALS

1300 Pine Tree Dr. IHB 321-779-4647

#### HOME BIRTH SERVICES

PAM PEACH L.M. [www.Birthingpath.com](http://www.Birthingpath.com)

#### MASSAGE THERAPY

EILEEN A JACOBS, L.M.T. 321-773-0409  
Reiki Master/Teacher • MM9571 • MA 8698

#### NATURAL PET SUPPLIES

NATURAL PET SPECIALTY SHOP 321-259-3005

#### PSYCHIC READERS

ANDREA de MICHAELIS 321-750-3375  
Clairvoyant, honest, accurate, illuminating

REV. APRIL RANE 321-639-8738  
Psychic/Medium, Channel [www.aprilrane.com](http://www.aprilrane.com)  
Accurate Spiritual advice -36 years in Brevard

REV. KATHRYN FLANAGAN 321-458-7956  
Spiritual Advisor \* Teacher\* Tarot  
Reiki \* Weddings\* Public Notary

REV. TERRI MCNEELY 321-292-9292  
Spiritual Advisor/Medium. Classes in  
Mediumship at Owl Visions Cocoa Village. Also  
crystals, jewelry, essential oils and blends.

MORGANA STARR 321-506-1143

Please email feedback about readers  
to [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com)

#### SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100  
Working thru it [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com)

## **YOGA**

SUNDARI YOGA STUDIO 321-613-5999  
46 North Brevard Ave Cocoa Beach, FL  
<http://sundariyogastudio.com/>

THEE HOUSE OF YOGA Classes 321-726-9642  
412 5th Ave, Indialantic, FL 32903

## **YOGA, MEDITATION**

YOGA SHAKTI MISSION 321-725-4024  
3895 Hield Rd in Palm Bay yogashakti.org

## **ZEN MEDITATION**

OPEN MIND ZEN [openmindzen.com](http://openmindzen.com) 427-3511  
Al Rapaport / Sensei • Breathwork • Zen Dialogue

## **BROWARD (954) FT. LAUDERDALE**

### **BOOKS & GIFTS**

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050  
Hollywood, FL [www.divineloveinstitute.org](http://www.divineloveinstitute.org)  
Gifts, Free Reiki Circle, Life Coaching, Akashic  
Record Certification, Angel Workshops, Magni-  
fied Healing and IET Certification

NATURE'S EMPORIUM 755-2223

NEW AGE BOOKS & THINGS 771-0026  
4401 N. Federal Hwy Fort Lauderdale

SPIRITUAL JOURNEY 954-752-2329  
7420 Wiles Road Coral Springs, FL 33067  
<http://spiritualjourneyweb.com>

### **CHURCHES**

CENTER FOR SPIRITUAL LIVING 954-566-2868  
UNITY GATEWAY CHURCH 954-938-5222  
UNITY CHURCH OF HOLLYWOOD 954-548-9320

### **HEALTH FOODS**

HEALTH FOODS PLUS 989-3313  
3341 Hollywood Blvd in Hollywood

WHOLE FOODS MARKET  
810 University Drive Coral Springs 753-8000  
7220 Peters Road in Plantation 236-0600  
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333  
2501 East Sunrise Blvd in Ft. Laud

### **PSYCHIC READERS**

JANICE SCOTT-REEDER 954-698-6926  
Tarotist and Astrologer, e/snail mail readings.  
In person readings at the Cosmic Salamander  
<http://cosmicsalamander.com>

## **COLLIER COUNTY (239) NAPLES**

### **BOOKS & GIFTS**

SACRED SPACE 239-390-2522

### **CHURCHES**

UNITY OF NAPLES Books, gifts 775-3009

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET 239-434-7221

FOR GOODNESS' SAKE 353-7778

FOOD & THOUGHT MKT CAFE 213-2222

NATURE'S GARDEN 643-4959

SUN SPLASH Market & Cafe 434-7721

SUNSHINE Discount Vitamin 941-598-5393

## **DUVAL (904) JACKSONVILLE**

### **BOOKS & GIFTS**

EARTH GIFTS [www.earthgifts.com](http://www.earthgifts.com) 389-3690  
Wed - Sunday 10am - 6pm Closed Mon & Tues

SPIRITUAL UPLIFTS 904-571-2586  
3491 Pall Mall Dr Jax 32257 [spiritualuplifts.com](http://spiritualuplifts.com)

### **CHURCHES**

COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax  
[www.unityinjax.com/](http://www.unityinjax.com/) 904-287-1505

### **RECONNECTIVE HEALING**

[www.healingenergybyted.com](http://www.healingenergybyted.com) 904-613-7608

## **ESCAMBIA (850) PENSACOLA**

### **CHURCHES**

UNITY OF PENSACOLA 850-438-2277  
716 N. 9th Ave. [www.unitypns.com](http://www.unitypns.com)

## **HIGHLANDS (863) SEBRING**

### **CHURCH, CLASSES**

UNITY LIFE ENRICHMENT CENTRE 863-471-1122  
10417 S. Orange Blossom Blvd, Sebring 33875  
<http://www.unityofsebring.org>

## **HILLSBOROUGH**

## **(813) TAMPA, LUTZ**

### **BOOKS, GIFTS, READINGS**

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666  
26300 Wesley Chapel Blvd, Lutz Florida 33559  
<http://www.gaiaspiritualdoorways.com/>

## **INDIAN RIVER (772) VERO, SEBASTIAN**

### **ACUPUNCTURE**

COMPLEMENTARY MEDICINE 772-766-4418  
ACUPUNCTUREVEROBEACH.COM 772-770-6184

### **BOOKS & GIFTS**

INSPIRED HEART Old Dixie Hwy 772-696-1910  
SPARK OF DIVINE 772-257-6499

### **CHURCHES**

UNITY OF VERO BEACH 772-562-1133  
950 43rd Ave 32960 [www.unityofvero.org](http://www.unityofvero.org)

## **LAKE COUNTY**

### **BOOKS & GIFTS**

CRYSTAL CLOSET (407) 878-2700  
121 N Highland St Mount Dora, FL  
[www.thecrystalcloset.com](http://www.thecrystalcloset.com)

## **LEE COUNTY (239) FT. MYERS**

### **BOOKS & GIFTS**

SO MOTE IT BE 239-689-3728  
2267 1st St in Fort Myers, Florida 33901

THE MYSTICAL MOON 239-939-3339  
8890 Salrose Lane in Fort Myers 33912  
[www.themysticalmoon.com](http://www.themysticalmoon.com)

THE MYSTICAL MOON 239-301-0655  
8951 SE Bonita Beach Rd Bonita Springs 34135

THE LABYRINTH 239-939-2769  
12995 S. Cleveland Avenue #108

### **CHURCHES**

UNITY OF FT. MYERS 239-278-1511  
[www.unityoffortmyers.org](http://www.unityoffortmyers.org)

## **LEON CTY (850) TALLAHASSEE**

### **BOOKS & GIFTS**

CRYSTAL CONNECTION 878-8500  
1233 Apalachee Parkway in Tallahassee

STONE AGE Tallahassee Mall 383-0233

### **HEALTH FOOD STORES**

HONEYTREE 1616 N. Monroe St 681-2000  
NEW LEAF MARKET 942-2557

## **MARION COUNTY (352) OCALA**

### **BOOKS & GIFTS**

BAREFOOT ZEN 1703 NE 8th Rd 34470 207-0281

SOUL ESSENTIALS Ocala 352-236-7000  
Crystals, rocks, gems, unique gifts, healing gifts  
828 E Fort King St jensoul@embarqmail.com  
<http://soulessentialsofocala.com/>

CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592  
11781 SE HWY 441, Belleview, FL 34420  
Crystals, books, tarot, jewelry, candles, oils  
[www.fairydustcrystals.com](http://www.fairydustcrystals.com)

### **CHURCHES**

UNITY OF OCALA 101 Cedar Road 352-687-2113

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET 352-351-5224

### **OCALA GHOST WALKS**

[www.ocalaghostwalks.com](http://www.ocalaghostwalks.com) 352-690-7933

## **MARTIN COUNTY (772) STUART**

### **HEALTH FOODS/CAFE**

PEGGY'S 5839 SE Federal Hwy 286-1401

### **SPIRITUAL CENTERS**

UNITY OF FORT PIERCE 461-2272  
3414 Sunrise oneness@unityoffortpierce.com

## **MONROE (305) KEYS, KEY WEST**

### **AROMATHERAPY & HERBS**

BLUE MOON HERBALS, AROMATICS 305-587-8303  
[www.bluemoonherbals.com](http://www.bluemoonherbals.com)  
30150 Overseas Hwy Big Pine Key, FL 33043

### **HEALTHFOOD/JUICE BAR**

GOOD FOOD CONSPIRACY 305-872-3945  
US 1, Mile Marker 30 on Big Pine Key  
<http://www.goodfoodconspiracy.com/>

HELP YOURSELF FOODS 305-296-7766  
829 Fleming Street in Key West, FL 33040  
<http://www.helpyourselffoods.com/>

### **NEW AGE BOOKS, GIFTS**

BLUE MOON TRADER 872-8864

## **OKALOOSA (850) FT. WALTON BCH**

### **CHURCHES**

UNITY CHURCH FWB 864-1232

### **HEALTH FOOD STORES**

FEELIN' GOOD! Hwy 98 Destin 654-1005  
GOLDEN ALMOND FWB 863-5811

## **ORANGE COUNTY (407) ORLANDO**

### **APOTHECARY**

GYPSY APOTHECARY HERB SHOPPE 407-745-5805  
3540 South Orange Ave, Orlando, FL, 32806  
[www.herbsorlando.com/](http://www.herbsorlando.com/)

### **BOOKS & GIFTS**

AVALON Hillcrest St in Orlando 895-7439  
CRYSTAL CLOSET Mount Dora 878-2700  
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

### **BUDDHIST CENTER**

VAJRAPANI KADAMPA CENTER 407-896-3998  
813 Montana 32803 meditationinorlando.org

### **HERBS, GIFTS**

LEAVES & ROOTS 407- 823-8840  
9476 E. Colonial Drive in Orlando

### **MEDITATION CLASSES**

BRAHMA KUMARI MEDITATION CENTER  
FREE Meditation Classes [www.bkwsu.org](http://www.bkwsu.org)  
407-228-0026 Call 407-493-1931

### **SPIRITUAL COUNSEL**

PSYCHIC MEDIUM TORRE' 321-439-3073  
Teacher, Healer [www.venusinvelvet.com](http://www.venusinvelvet.com)

## **PALM BEACH (561)**

### **BOOKS & GIFTS**

EXPEDITO ENLIGHTENMENT CTR 561-682-0955  
CRYSTAL CREATIONS 649-9909  
SHINING THROUGH 276-8559  
DREAM ANGELS 561-745-9355  
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255  
CRYSTAL GARDEN 369-2836  
2610 N. Federal Hwy Boynton Beach

### **COFFEE & GIFTS**

MOTHER EARTH COFFEE & GIFTS 561-460-8647  
410 2nd Avenue North in Lake Worth, FL 33460

### **CHURCH / CLASSES**

UNITY OF THE PALM BEACHES 561-833-6483

### **HEALTH FOOD/CAFES**

NUTRITION S'MART 561-694-0644  
4155 Northlake Blvd PBG [nutritionismart.com](http://nutritionismart.com)

### **HEALTH INSTITUTE**

HIPPOCRATES HEALTH 561-471-8876  
<http://hippocratesinstitute.org> WPB 33411

## **PINELLAS (727)**

## **ST PETE, CLRWATER**

### **BOOKS & GIFTS**

MYSTIC GODDESS Largo 727-530-9994

### **CHURCHES**

UNITY OF CLEARWATER 727-531-5259  
PEOPLE'S SPIRITUALIST CH 727-823-5506

THE TEMPLE OF SPIRITUAL AWARENESS 709-3909  
[www.templeofspirituala.wix.com/spiritual-awareness](http://www.templeofspirituala.wix.com/spiritual-awareness)  
Find us on Facebook

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET St.Pete 727-347-5682  
EARTH ORIGINS MKT Palm Harbor 352-786-1231

## **ST LUCIE (772)**

### **BOOKS, GIFTS, EVENTS**

THE OWL BUTTERFLY 772-242-8166  
US-1, Port St Lucie 34952 theowlbutterfly.com

### **SPIRITUAL CENTERS**

CRYSTAL CENTER OF ILLUMINATION 465-9327  
Course In Miracles, TM, Tai Chi & Yoga

## **SARASOTA (941)**

### **BOOKS & GIFTS**

ELYSIAN FIELDS Midtown Plaza 941-361-3006

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET 365-3700 and 924-4754



## **SEMINOLE (407)**

### **SANFORD, LAKE MARY**

#### **CHURCH, BOOKS, GIFTS**

UNITY CHURCH OF CHRISTIANITY  
4801 Clarcona Ocoee Rd ORL 407-294-7171

#### **GIFTS, CONSULATIONS**

LUNASOL ESOTERICA Sanford 321-363-4883

#### **SPIRITUAL COUNSEL**

PSYCHIC MEDIUM TORRE' 321-439-3073  
Teacher, Healer www.venusinvelvet.com

## **SUWANNEE (386)**

### **LIVE OAK, WELLBORN**

#### **BOOKS AND GIFTS**

KORNUCOPIA 386-963-4898  
12093 CR 137 in Wellborn, FL 32094  
Tues thru Fri 10am - 5pm, Sat 10am - 3pm  
Antiques Candles Sage Incense Tarot Jewelry

## **VOLUSIA (386)**

### **DAYTONA, DELAND, NSB**

#### **BOOKS AND GIFTS**

CASSADAGA CAMP BOOKSTORE 386-228-2880  
MY CAULDRON 386-624-7000

#### **CHURCHES**

CASSADAGA SPIRITUALIST CHURCH 386-228-3171  
COMMUNITY UNITARIAN UNIVERSALIST dbcuc.org  
UNITY COMMUNITY CHURCH NSB 386-481-0890

#### **CRYSTALS AND GEMS**

TIMELESS TREASURES 386 252-3733  
Daytona Flea Market • Corner Shops CS 75&76

#### **PSYCHICS GEMS ROCKS**

PURPLE ROSE in Cassadaga 386-228-3315

#### **SPIRITUAL COUNSEL**

PSYCHIC MEDIUM TORRE' 321-439-3073  
Teacher, Healer www.venusinvelvet.com

## **PSYCHIC READERS IN CASSADAGA, FL**

ALBERT BOWES 386-228-3209  
NELLIE EDWARDS 386-228-0168

TRACI DICAPRIO 386-337-0536  
Psychic Medium Also booking parties  
Email Sororfla@yahoo.com

Rev. Dr. JAMES THOMAS 386-451-7214  
Cassadaga Medium, Healer IAM1981@aol.com

## **UNITY CHURCHES IN FLA**

Bonita Springs	239-941-3100
Bradenton	941-758-6489
Brandon	813-727-4431
Clearwater	727-531-0992
UnityNow	727-524-0600
Daytona Beach	386-253-4201
Delray Beach	561-276-5796
Dunedin	727-734-0635
Fort Myers	239-278-1511
Fort Pierce	772-461-2272
Gainesville	352-373-1030
Gulf Breeze	850-932-3076
Hollywood	954-922-5521
Jacksonville	904-287-1505
Jacksonville	904-355-5100
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburgn	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483

## **We Help People Get Well And Stay Well!**

**Our goal: rapid, effective,  
affordable treatment**

- Acupuncture
- Laser Needle Acupuncture
- Laser Therapy
- Pulsed Electromagnetic Field Therapy (PEMF)



**David Rindge,  
LAc, DOM, RN**

We specialize in modern, cutting edge therapies shown to heal a broad range of health conditions because of the science supporting them and because of the clinical results and lack of problems we have seen over many years.

Pain  
Sports Medicine  
Urology / Prostate  
Digestive Disorders  
Hair Loss - Alopecia  
Respiratory Disorders  
Cardiovascular Disease  
Neuropathy / Nerve Pain  
Bone Healing - Osteoporosis  
Female / Gynecology / Fertility  
Skin -- Acne, Dermatitis, Psoriasis  
Hearing Loss, Meniere's, Tinnitus  
CNS Disorders - MS, Parkinson's, Spinal Cord Injury



**If you have been told that you or a loved one will just have to live with pain or that your health or that a specific condition cannot be improved, think again!**

**David Rindge, LAc, DOM, RN**  
**Center for Cooperative Medicine**  
**Healing Light Seminars**  
1601 Airport Blvd, Suite 1  
Melbourne, FL 32901  
**321-751-7001**  
**www.CooperativeMedicine.com**  
**www.HealingLightSeminars.com**





# ABRAHAM-HICKS

*...continued from page 9*

When people have forgotten that this is an inclusion-based Universe, and that the Law of Attraction is the manager who is arranging every detail of every rendezvous that occurs, they fear something that can never be: they fear that unwanted things can assert themselves into their experience.

But when you remember that nothing uninvited ever comes into your experience, and that every invitation of both wanted and unwanted comes because you have given considerable thought to the essence of it, then you can begin to utilize your own powerful Emotional Guidance System with the assurance that you do create your own reality.

If people would simply pay attention to the harmony or disharmony within themselves—which is offered to them in the form of positive or negative emotion—they would be able to eliminate the arduous and impossible task of trying to control the behavior of others.

By deliberately focusing your thoughts in the direction of your Broader understanding, and no longer wasting time and money on things you cannot control, you will not only come into alignment with Source and feel the relief of that in your emotions—but all things wanted can then come to you.

## Build Up Your Self Confidence Get Into The Vortex

**JERRY:** Well, I guess I usually talk about my own experiences because they are the ones where I'm surest about what happened and how I felt. I remember that, as a little child, I had such self-confidence. I didn't know a stranger. I felt capable of accomplishing just about anything. But then, as the years went by, I began to accept the criticism of others, I began to feel criticism toward myself, and I lost that self-confidence. I became almost introverted.

Today, when I see little children coming in with that bravado and high self-confidence, I remember feeling that way. But then, little by little, I see them get what I call "chopped down" as their self-confidence diminishes. Would you clarify why we experience this erosion of self-appreciation and how we can prevent it? And how can we uplift others to a higher degree of self-appreciation?

**ABRAHAM:** You are right—it is really only through your own experiences that you can understand anything, for this reason: Your life has caused you to expand, to launch rockets into your Vibrational Vortex of Creation; but true knowledge, or understanding, is experienced only when you allow yourself to

catch up with and merge with those rockets. No knowledge is ever experienced by your trying to catch up with rockets that have been launched by others. That is why words do not teach. It is only your own life experience that teaches.

That is why you are so fiercely independent in the beginning: not wanting to take other people's word for things, wanting your own experience, wanting to make your own decisions, wanting your own freedom to choose. None of that wanting ever recedes or becomes less. In fact, it becomes more! The reason why the bravado that you are born with usually fades is because you allow yourself to become distracted from your Vortex. In other words, you allow others to convince you that it is more important to you to pay attention to how they feel than how you feel.

Every emotion that you feel is an indication of your relationship with your Vortex. When you feel confident, that means that your current thought is a perfect match to the way the Source within you, from inside your Vortex of Creation, is feeling about you.

When you feel embarrassed, that means that your current thought does not match the way the Source within you is feeling about you. So, when parents or teachers or friends project an attitude of disapproval toward you (in an effort to evoke a more-pleasing-to-them behavior from you), if you respond to their disapproval by modifying your thoughts, words, or behavior to please them, you have distracted yourself from your own true Guidance and from your own true Source of confidence.

And so, it is not that your self-confidence erodes, but rather that you are disallowing the continual replenishment of it. As you seek approval from them, you are distracted from your fountain of Source Energy renewal. Again, "looking for love in all the wrong places."

For you to uplift others, you must direct them to their own fountain of replenishment. You do not help them by asking them to respond to your approval or disapproval.

Many people think that the way to uplift others is by showering them with your own approval. But if they are looking to you for the refreshment of their being and you have other things to which you want to give your attention, they will be in trouble. Or if they are looking to you and you yourself are not connected to your own Stream of replenishment, so you have nothing to give them, they are again in trouble.

But if you help them understand that they have a Source of refreshment that is independent of all other humans, and that they have only to understand the nature of their own Vortex of Creation and align with it often, now you have offered them true upliftment that will serve them, independently, all of the days of their lives.

**Publisher's Note:** To help you get into the Vortex, try using Abraham-Hicks' new *Getting Into The Vortex Cards*.



# DOREEN VIRTUE'S ANGEL ORACLE CARDS



**Co-incident is meaningful. If you find yourself reading these words, there is a message for you.**

Doreen Virtue is a doctor of psychology who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. [www.angeltherapy.com](http://www.angeltherapy.com)

**The Golden Rule asks us to treat others as we would like to be treated ourselves. When you show kindness and respect to those around you, they are drawn to you as a pillar of strength. Having the courage of your convictions will get you through any challenge—great or small.**

You are a very sensitive and caring soul. This is a strength, not a weakness! Don't be afraid to show your empathy for others, while also standing up for yourself should you need to say no. Our fairy stands with the lion and the lamb, symbolizing that there's strength within gentleness.

Additional meanings of this card: The power of kindness. Forgiving yourself and others. Overcoming challenges through grace and willpower. Having patience with those around you. Believing in yourself.



**If you appreciate what Horizons has each month, show your support by subscribing, even if your local store carries us.**

Reading gives us someplace to go when we have to stay where we are.

## SUBSCRIBE TODAY

We'll give you 12 monthly issues of Horizons Magazine for just \$24 (\$48 overseas.) Charge it to any credit card or PayPal. **FILL OUT THIS FORM OR CALL 321-750-3375** and the next issue of Horizons Magazine will be at your door each month. Paypal and email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or mail to 575 Escarole St SE Palm Bay, FL 32909-4802.

YES, PLEASE SEND ME \_\_\_ subscription(s) at \$24 each. I enclose my check or money order \_\_\_\_\_ OR

Charge \$\_\_\_\_\_ to my credit card. The number is \_\_\_\_\_

The expiration date is : \_\_\_\_\_ Email address: \_\_\_\_\_

Mail my subscription to: Name \_\_\_\_\_ Phone \_\_\_\_\_

Address : \_\_\_\_\_ Apt No. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_



# 5 WAYS MENTALLY STRONG PEOPLE DEAL WITH REJECTION

Amy Morin is author of "13 Things Mentally Strong People Don't Do" visit her at <http://amymorinlcsw.com/>

## REJECTION HURTS, BUT IT DOESN'T HAVE TO HOLD YOU BACK

**Ever notice how being turned down stops some people from trying again, while others bounce back from rejection stronger than before?** Everyone experiences the sting of rejection, but mentally strong people use that pain to grow stronger and become better. Whether you were excluded from a social engagement, or you were passed up for a promotion, rejection hurts. The way you choose to respond to rejection, however, could determine the entire course of your future. Here are five ways mentally strong people overcome rejection:

### 1. They Acknowledge Their Emotions

Rather than suppress, ignore, or deny the pain, mentally strong people acknowledge their emotions. They admit when they're embarrassed, sad, disappointed, or discouraged. They have confidence in their ability to deal with uncomfortable emotions head-on, which is essential to coping with their discomfort in a healthy manner.

Whether you've been stood up by a date or turned down for a promotion, rejection stings. Trying to minimize the pain by convincing yourself--or someone else--it was "no big deal" will only prolong your pain. The best way to deal with uncomfortable emotions is to face them head-on.

### 2. They View Rejection as Evidence They're Pushing the Limits

Mentally strong people know that rejection serves as proof that they're living life to the fullest. They expect to be rejected sometimes, and they're not afraid to go for it, even when they suspect it may be a long shot.

If you never get rejected, you may be living too far inside your comfort zone. You can't be sure you're pushing yourself to your limits until you get turned down every now and then. When you get rejected for a project, passed up for a job, or turned down by a friend, you'll know you're putting yourself out there.

### 3. They Treat Themselves With Compassion

Rather than think, "You're so stupid for thinking you could do that," mentally strong people treat themselves with compassion. They respond to negative self-talk with a kinder, more affirming message.

### 4. They Refuse to Let Rejection Define Them

Mentally strong people don't make sweeping generalizations when they're rejected. If one company turns them down for a job, they don't declare themselves incompetent. Or, if they get rejected by a single love interest, they don't conclude they're unlovable. They keep rejection in proper perspective.

One person's opinion, or one single incident, should never define who you are. Don't let your self-worth depend upon other people's opinions of you. Just because someone else thinks something about you, doesn't mean it's true.

### 5. They Learn From Rejection

Mentally strong people ask themselves, "What did I gain from this?" so they can learn from rejection. Rather than simply tolerate the pain, they turn it into an opportunity for self-growth. With each rejection, they grow stronger and become better.

Whether you learn about areas in your life that need improvement, or you simply recognize that being turned down isn't awful as you imagined, rejection can be a good teacher. Use rejection as an opportunity to move forward with more wisdom.

Guest speakers and videos on exciting metaphysical topics!

**Explore the Psychic and Spiritual Universe with us!**

**Spiritual teachers, mediums, healers, and psychics scheduled regularly.**

**321-543-3915**

**\$3 fee SUNDAYS 7 - 8:45pm**

**Heaven Sent Wellness  
4455 Pinewood Rd  
Melbourne, FL 32934**



## This month's thoughts about things...

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

I've made up a list to read when I begin to doubt. I read this whenever I am having continuing thoughts that I want to replace with better feeling thoughts. This is one set of replacement thoughts I use. I read it over to myself until I realize that what it says is true.

### MY SELF TALK SCRIPT OF REPLACEMENT THOUGHTS

*I know I am in charge of my own wellbeing.*

*I know that what comes to me is a result of how I think about life and how I react to it.*

*It helps me stay focused on the good that is happening in my Now if I do not watch the news or listen to other's people's complaints and worries and theories and opinions.*

*I know that I do not need to attract more good into my life, I merely need to release my resistance to the good that is already available to me.*

*I know that I release resistance whenever I do something that is purely fun and enjoyable to me, when I do something that makes me be in the Now, that lets me be happy and lose time in the doing of it. For me that can be gardening, sewing, sketching, painting, woodworking. Something that requires my complete and focused attention yet is fun and fulfilling.*

*I know that anytime I look for the positive aspects in any situation, I find them.*

*I know anytime I sit and make a list of the people I love and the things I appreciate, something in me switches on and I feel better.*

*I know when I feel better, I suddenly see all sorts of opportunity around me that I didn't notice before.*

*When I see more opportunity available to me, I feel excited about the possibilities.*

*When I feel excited about the possibilities, Life expands around me and good things begin happening. When I feel happy and excited, I know that's the time for effective creative visualization, and I begin running the best case scenario "what ifs" through my imagination.*

When you use self-talk to remind yourself that you have access to inner guidance that can lead you in the right direction for all decisions, you become very powerful. When you tell yourself that, your mind starts looking for evidence of it and attracting guidance and inspiration to you. And unless you drown out that inner guidance by having your attention on say tv or radio or news reports, you'll be inspired to action that can change your world -- right now, right where you are -- for the better.

### BEGIN A SNOWBALL OF THOUGHTS TODAY TO HAVE A BETTER TOMORROW

If you spend 51% of your time looking at everything that is going wrong with the world, and everyone that is pissing you off, you can't be attracting anything else. Just for one day cut the criticism and pessimism and think of all the happy things that ever happened to you, you'll spend a few minutes vibing in a higher and happier place. And those minutes will lead to more minutes of happier thoughts and you'll attract even more happier thoughts. Let THAT begin your snowball of thoughts for the morning and your world can change by tomorrow. Trust that you have the power to make it even in challenging times. The state of the economy does not determine your experience. Your conscious thought, expectation and belief does. Trust that you can attract helpful thoughts that inspire you to action. Soon enough you'll have evidence and your belief will change.

"I imagine Trump won't affect me one way or another." A FB friend asked, "Don't you feel him stopping EPA laws affects everyone? We all live on a planet that is being affected by global warming and he doesn't believe in it." What I meant was I do my best to live my life making the most of every moment I encounter no matter what is in that moment. And so far it's been my experience that when I do that I'm led to happier and more peaceful and more abundant circumstances than I would have otherwise found myself in had I been focused on a lot of details of the world.

I saw a headline about the Trump/KKK connection and laughed out loud. Laughed? Everyone hating on him is giving him power. I find myself laughing at it because it shocks me into the \*BAM\* awareness that \*everything\* is an illusion and that soon enough I'll be awake and aware in a new incarnation elsewhere before this one becomes unbearable. In the meantime I'm empowered knowing that EVERYthing I see is an illusion since I also know I'M the one who determines the tone of the people and situations I come in contact with. I determine who and what comes to me by virtue of where I place my thoughts on a daily, hourly, moment by moment basis. Since the collective consciousness was so focused on Trump -- for better AND worst -- it gave him the power -- the fuel supplied by OUR emotional reaction to him -- to be where he is now. But where he is now is pliable, mind you, and there's still time to reroute what's on the way. To do that we have to defuse the anger we feel each time we see ignorance in action. We have to find humor in it at least long enough to lift our emotions up off the anger to a higher place, a place that feels better, so we can attract a different experience. Because until we can look at stuff like the KKK and Trump and feel better, we are going to keep giving him power. And like gravity, it is working whether you believe in it or not. So, for the sake of mankind, lighten up. You are always just one decision away from a completely different life.

Enjoy our offering this month. Hari Om.

Andrea



Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro\*Carto\*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. [www.MayaWhite.com](http://www.MayaWhite.com)

# HOROSCOPES JANUARY 2017

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2016.

**Aries - (March 20 - April 18)** You have a dynamic role in the world now, Aries. As Mars and Chiron join forces, you are called to activate planetary healing. Heed the call of your part of global evolution as a sacred warrior. Saturn sets the tone of your mission; remember to ask for help when you need it. It may feel serious, but really, you can take this part in the Divine play with joy and passion.

**Taurus - (April 19 - May 19)** Tune into your longings and desires, Taurus. You need time to dream and just feel into what you want for the year ahead. Art and music feed your soul now; love and intimacy keeps you sane. There is a peculiar fated quality to your life so, although you like to be in the driver's seat, this year emphasizes your partnership with Spirit. There will be times when it's best to let go, let God.

**Gemini - (May 20 - June 19)** There will be many opportunities presented to you this year; some better than others. Look for investment opportunities and other ways to maximize your earning potential. Discernment is one of your key words for 2017; keep your options open, but be ready to take decisive action at a moment's notice. Be cognizant when certain people try to suck the life blood out of you; time is precious.

**Cancer - (June 20 - July 21)** The Full Moon of January is in your sign, and it shines a clear Light on your year ahead. Your theme for the days to come is 'Personal and Planetary Healing'. To successfully fulfill this high frequency role be sure to guard your own health and energy. You are being called to play a dynamic role as a mentor and guide for others, and a catalyst within your community.

**Leo - (July 22 - August 21)** Listen carefully to what people say, Leo. There are great insights available, and even a simple off-handed comment can hold a kernel of life changing wisdom for you. Take the nuggets and hammer them into a golden platter. Your life is enriched by rituals and ceremonies. The world longs for your gift of unconditional love at this time; and what you share of your time and energy will be returned tenfold.

**Virgo - (August 22 - September 21)** It's time to claim your exquisite freedom, but you must face Pluto, the fearsome ruler of the Underworld. Pluto demands an all or nothing decision - there is really no halfway position here. Put your hat in the ring, Virgo. Jupiter in your second house of earned income will stabilize your efforts. Yes, it's frightening, and there will be some compromises required, but this is a great time to make your move.

**Libra - (September 22 - October 21)** The Full Moon of January 12th ripens a vital point of activation for you, Libra. However, time is on your side. You're in a bit of a perfect situation because actions taken by others will fulfill the changes you want to make in your own life. It's likely that you'll be dealing with beneficial modifications in your home or living situation. There will be some comings and goings over the next few months; take your cue from others.

**Scorpio - (October 22 - November 20)** The New Year grants you a fresh start. Your work now comes through adapting to the transformation that has come. This is your time to name and define what you want for this year. Your intentions set forth a command to the Universe and words are your Divine manifestation tools. This is a special and protected time to apply everything you know, set the tone for an amazing 2017.

**Sagittarius - (November 21 - December 19)** Saturn in your sign has a way of making things SO serious; however, simple joy is a force to be reckoned with. Let it seep into the edges of your consciousness until pure happiness becomes your daily companion. Spirit and matter are merging. Allow this love to strengthen your relationship with the Divine Feminine. Your life is enriched as you deepen your connection to the earth.

**Capricorn - (December 20 - January 18)** With Pluto in your sign, and Jupiter and Uranus dynamically engaged there is simply no other alternative than to step up and take on a leadership role. You want it done right, and you have the skills to give wise counsel plus expertise. Plus, things can get messy if you don't take immediate action. The Light is shining on YOU. Energetically, you're on a roll, keep going, shoot for the stars.

**Aquarius - (January 19 - February 17)** Venus engages your second house of earned income after the 3rd, and Mercury stations direct on January 8th. So, by mid-month, your financial picture is looking good. The secret to your money situation, dear Aquarius, is that you must honor the scientific part of your brain, plus activate the artistic part. Movement, color and sound all contribute to your earning capacity. Dance in some cash!

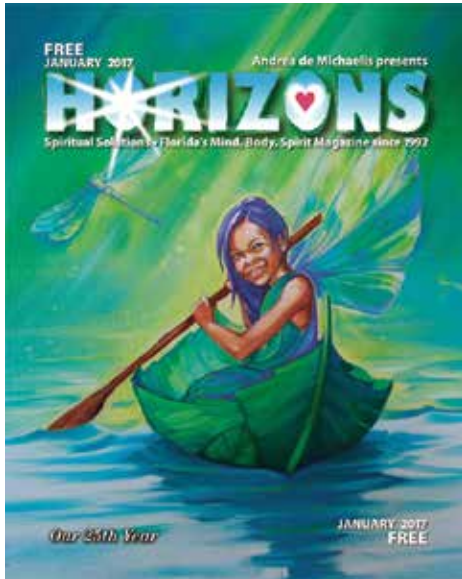
**Pisces - (February 18 - March 19)** There are two very different planetary combinations in your sign this month. Venus conjunct Neptune activates your soul mate connection, and Mars joined with Chiron ignites the protection of the Divine Feminine. This is a powerful way to begin the New Year. Thank you for your role of service. As a compassionate earth healer, you are called to hold high frequency energy for all of the people.



# COVER ART

## JANE DELAFORD TAYLOR

### FAIRY AFLOAT



*This little fairy is thoroughly enjoying her trip down the stream of life, although we get no hints from the painting as to her destination, and perhaps it's all about the journey anyway! I think this painting, for me, is about enjoying the thrills (and perhaps the spills too) of life afloat on these waters of wonder - here's an invitation to climb aboard the present moment and live life to the full!*

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!) - and 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 [www.janedelafordtaylor.com](http://www.janedelafordtaylor.com) or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)

# 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*

HORIZONS MAGAZINE  
575 Escarole Street S.E.  
Palm Bay, FL 32909-4802



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

When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.  
Ma Yoga Shakti

## WEST PALM BEACH

# MEDITATION SEMINAR

### Effective Meditation Techniques and Helpful Spiritual Practices

How to plan a daily schedule of superconscious meditation and practice it. Meditation techniques that will be taught include prayerful meditation, affirmative meditation, mantra, pranayama, analytical contemplation, and transcendence.

### PRESENTED BY ROY EUGENE DAVIS

A direct disciple of Paramahansa Yogananda

*All Welcome*

*Donation Basis*

**Sunday, January 22**

**2 p.m. – 5 p.m.**

### EMBASSY SUITES HOTEL

1601 Belvedere Road

(Near the airport)

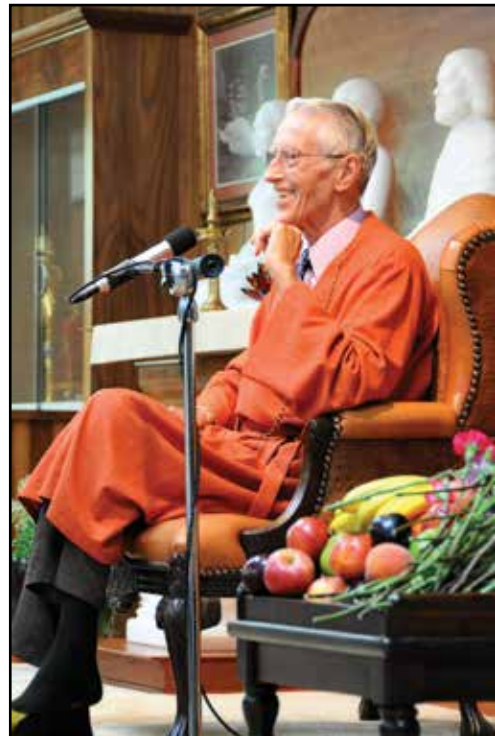
Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.

**Center for Spiritual Awareness,  
PO Box 7**

**Lakemont, Georgia 30552-0001**

**Tel: 706-782-4723 weekdays.**

**[info@csa-davis.org](mailto:info@csa-davis.org)**



**You are cordially invited to request a free sample copy of our *Truth Journal* magazine and a catalog of Mr. Davis' books. Visit our web site to read *Truth Journal* and articles in several languages.**

**Also video and audio talks. [www.csa-davis.org](http://www.csa-davis.org)**