

**FREE**  
**NOVEMBER 2016**

Andrea de Michaelis presents

# HORIZONS

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

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Ed  
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cover**

*Our 24th Year*

**NOVEMBER 2016**  
**FREE**

# 11:11 FLORIDA STYLE

*Understanding your Multi-dimensional selves*



**Saturday**  
**November 12, 2016**  
**10:30-1:30 pm / Cost \$22**

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our oneness  
with God

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



### Annual Memorial Service 6:30 pm November 2nd

We come together to remember the losses we have had in 2016. This will be a time of prayer, reflection and sharing memories. You are invited to bring pictures to share.

### Thanksgiving Eve Service November 23rd 6:30pm

Join us as we pause to give thanks for all of our blessings. Service will include communion. Love offerings accepted.

### Spiritual Economics Thursdays 6:30-8:30

Facilitator Paul Esche  
This class explains in a straightforward, non-theological language that we have the power and the means within us to live life abundantly. We will learn to work with the flows of life, develop a prosperous attitude about money, health, love and how to release our success power. Suggested love offering \$10.

### Course In Miracles Tuesdays at 6:30

Facilitator Tricia Gregg. This class is open to people with all levels of experience with The Course. Suggested love offering \$10.00

### Community Circle Song Wednesday

Nov 9th Facilitator Jannine Chimera. Join us as we build community through music. Bring your voice and or musical instrument as we forge new friends and fellowship. Come to the circle and share your favorite songs or just relax and enjoy listening. Suggested love offering \$5.00.

### Game Night November 12th 6:30 pm

Board games, playing cards, old fashioned fun

### ONGOING EVENTS • PLEASE CALL TO CONFIRM

First Sunday of the Month Reiki Healing Service 12:00pm  
Third Sunday of the Month Mini service at WAVECREST 2:30pm  
Tuesdays Noon Prayer Service  
Tuesdays – Course In Miracles 6:30pm  
Thursdays Noon Prayer Service  
Thursdays – Meditation with Jenny 7pm  
Second Friday Night – Craft Night 6:30pm – bring your unfinished projects to work on

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Island  
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10:00 am



MINISTER  
Rev. Rose M.  
Whitham

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**Come find what  
you're missing**

Rev. Mark  
Pasqualino



**The greatest  
optical illusion is  
separation**

# HORIZONS

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**On the Cover (page 31)**  
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**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.

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Classifieds \$2.00 per word      page 17  
 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

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# 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



ing no wi-fi, no internet access, no running water, by water and gas not being readily available -- and not knowing when we'd get it restored -- we are forced to look at who we are without the overlays we've grown comfortable with. If we take these as the soul lessons they are and contemplate the thoughts that arise in the silence, we will be guided to thoughts and ideas that will allow us to lead happier lives and answer all our internal questions.

### Welcome to the November 2016 issue of Horizons Magazine **HURRICANE MATTHEW REBOOTED OUR CONSCIOUSNESS**

It's hard sometimes to recognize when your prayers are being answered, isn't it? That's because we're being answered in ways we didn't expect. Lotsa folks saying they want to shake up their life, they want a new beginning, to just wake up and have it be a new day, to be able to start fresh. They seek a new perspective or a spiritual reboot. It seems Hurricane Matthew has been a great catalyst for both this week for some of us. Shaken out of our habitual routine by having no power, by hav-

**HURRICANE MATTHEW** came in at lower winds than predicted so our area got off easy. An oak came down in my east garden and a young pine branch snapped, falling on my power line and pulling the meter box off the wall. It would be 4 days before power was restored. During that time I chose to rough it at home with no power rather than hang at the home of a friend a block away who had power. While power was down for 4 days, I ran a 100 feet orange extension cord run from my neighbor's home to mine. It was attached to a power strip where I hooked up a fan, a lamp, a phone charger. When I was in the living room, I had the cord in there. When I went into my bedroom, I unhooked the fan and the lamp and hauled the giant cord with me to the other end of the house. When I woke up and went into my office, I picked the big cord up and I carried it all in there.

**Our Next Fair is January 21 and 22**

*...continued on page 28...*

**Love? Money? Travel? Learn what 2016 holds in store for you.**

## PSYCHIC FAIR

**\$12 for a 10 minute mini-reading:**

**Saturday Fair Nov 19th 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  
**Leslie Marlar:** Astrology **Saturday ONLY**  
**Kim Danbert:** Psychic-Medium Tarologist  
Tuning Fork Healings by **George Stankus** MA13729  
**Sunday Fair Nov 20th 11am- 4pm**

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## High Springs Emporium



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## 2 STEP MEDITATION FOR INNER CALM



New York Times best-selling author Gregg Braden is internationally known as a pioneer in bridging science, spirituality and the real world. Visit <http://greggbraden.com>

**This is a powerful technique  
that will allow you to shift  
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The technique cultivates heart-brain coherence — what athletes call being in “the zone” — and is appropriately called the **Quick Coherence® Technique** and has been refined into two simple steps that you can do right now — wherever you are. Independently, each of the following steps sends a signal to your body that a specific shift to peace and calm has been put into motion. Combined, the steps create an experience that takes us back to a natural inner harmony that existed in our bodies earlier in life, before we began to separate our heart-brain network through our conditioning.

### Steps for Quick Coherence®

#### Step 1: Heart Focus & Steady Breath

**Heart Focus.** Shift your focus into the area of your heart, and begin to breathe a little more slowly than usual, as if your breath is coming from your heart. This step is a powerful technique unto itself and can be used when you're feeling overwhelmed by the day's events or when you simply desire to be more connected with yourself. As you slow your breathing, you are sending a signal to your body in general, and your heart specifically, that you are in a place that is safe and it's okay to turn your attention inward.

#### Step 2: Activate a Positive Feeling

**Activate a Positive Feeling.** Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. The easiest way to do this is to think of a beautiful place you have been or to think of a very close friend or loved one. The key in this step is to first create the feeling, to the best of your ability, and then to embrace the feeling, again to the best of your ability. Your ability to sustain the feeling is what maintains the optimal conversation between your heart and your brain. As with any skill, you'll find, I think, that the more you practice creating coherence between your heart and your brain, the easier it becomes to do so and find that inner balance. The more you consciously practice this 2-step meditation, the more natural the experience of achieving coherence begins to feel to you. With the growing level of ease in achieving heart-brain coherence, you'll also discover your ability to sustain the connection between your heart and your brain for longer periods of time. Finding inner peace and balance will be something you can begin to cultivate at will, allowing you to be more resilient when conditions in your life become more challenging and stressful. You can practice this technique anywhere, any time.



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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).

## MAKE PEACE WITH WHERE YOU ARE

**As you begin to recognize that you get to decide all of it, everything, and as you begin to appreciate the contrast that makes deciding or concluding, or preferring, more obvious, then you begin to sincerely enjoy the contrast you see around you.** We always begin by asking: Those manifestations that have not yet come about are still pleasing to you, yes? And some lie and say yes, others say no, but we want you to come to the place where you say yes and really mean it. "Yes, there are things that I want that have not come into manifestation yet. There are things I want that I can't even see any way of them happening—but they are still refreshing and delightful to me. I still feel anticipation. I still feel encouraged. They still feel fresh and good to me." And we want that for you.

We want your unfulfilled desires to feel good to you, because, well, there are two reasons: If you cannot make peace with where you are, then the unfulfilled desires are very slow in becoming fulfilled because that angst you feel about things not yet happening, is an indication of a vibration that's literally holding it apart, from you.

So, when you're sick and you want to be well, and you've been sick for a long time and it doesn't seem like you're getting better, or when you have one of those diagnoses that says you're probably not going to get better, and so, instead of feeling hopeful, you feel fearful—improvement is very hard to come. In fact, it cannot come under those conditions.

The vibrational difference between feeling hopeful and feeling fearful is the difference between getting well and not getting well. It's the difference between holding this condition on and on and on, or letting it go.

So, in the same way, we say, your current financial affairs could be not good. You could have more bills than you have income. You could have people hounding you on the telephone or beating on your door every day... And we say, so that's what is; that's the action journey that you are upon. But you could have that financial condition percolating along and you could feel hopeful, or, you could have that condition percolating along and you could feel fearful. And the difference between fearful and hopeful is the difference between things improving for you.

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



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  
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American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) 321-757-7522

## Spikenard (*Aralia racemosa*)

Common Spikenard (*Nardostachys jatamansi*) has also been  
called "American Sarsaparilla", "Indian Spikenard" or "Life  
of Man". It can be found in the rich wood-lands of the U.S.  
Spikenard has been used by early American settlers as well as  
Cherokee and Shawnee Indian tribes. Spikenard is native to the  
Himalayas where merchants transported it to Central India,  
there it appeared in medicinal literature dating 1000BC. But  
Ayurvedic medicine has been using Spikenard over 4000 years.  
Spikenards ancient Egyptian reputation is as a scared incense,  
as a temple perfume and as a fragrance for the king, with vials  
being found in Tutankhamun's tomb.

Scientific studies have shown Spikenard to contain many  
components that help to relax the body working much  
like Valerian as a relaxant to the nervous, digestive and  
respiratory system. For instance, one of the constituents in  
Spikenard, jatmansone has been shown to be anti-arrhythmia,  
anticonvulsant, anti-emetic, anti-epileptic, hypotensive and  
sedative. And another constituent, valeranone has been shown  
to be sedative and helps with insomnia. When absorbed  
through the skin the volatile oil of Spikenard act on the  
nervous system relaxing both the body and the mind. These  
same constituents in Spikenards also help to ease digestive  
weakness, and relieve gas and indigestion.

In the respiratory system just 4oz of a tea made with 1/4oz.  
of this herb infused in 1cup of boiling water may help to  
ease whooping cough, or other coughs, asthma, hay-fever or  
bronchitis.

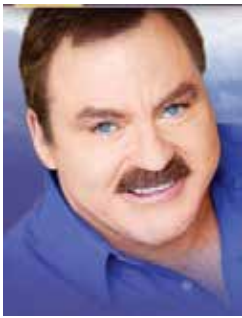
In the nervous system Spikenard helps the body make and  
hold onto GABA, which causes the body to be relaxed. This  
can help to enhance the body's natural sleep mechanisms, and  
induce a calm state of mind reducing stress, headaches, and  
agitation. For the reproductive system the actions of Spikenard  
can be useful for PMS and other menstrual pains.

In the circulatory system it appears that our ancestors  
were right to use Spikenard to reduce blood pressure.  
This is because science has researched Spikenard and the  
constituent jatamasone; and it is now a component of a high  
blood pressure medication. This may be because it helps to  
reduce the constriction of the blood vessels, and because it  
has the ability to relax the spasms of the muscles within the  
circulatory system.

For nervous, respiratory, reproductive, digestive or  
circulatory system problems there are a few ways to use  
Spikenard. Internally the dried root can be made into a tea,  
made with ¼ oz. herb steeped in 8oz. water, drinking 4oz of  
the tea, 2-3 times per day. A syrup can also be used it can be  
made by made mixing a strong tea with honey. Or it can be  
taken as a tincture.

Externally salves or ointments can be applied to soothe  
irritations, reduces acne, and eases bruises, rashes, burns and  
eczema. I like to use Spikenard on my skin; it rejuvenates,  
and rehydrates and it smooths out mature wrinkled skin.





# 4 WAYS TO BOOST PSYCHIC POWER

## How To Give Your Intuition A Boost

Internationally renowned #1 New York Times bestselling author of *Talking to Heaven*, *Reaching to Heaven*, *Healing Grief*, *Heaven and Earth*, *Looking Beyond*, *Meditations*, *Ghosts Among Us*, *Unfinished Business*, *Growing Up In Heaven*, *Adventures of the Soul*, *How to Heal a Grieving Heart* (co-authored with Doreen Virtue) and the soon to be released *Power of Love*; James Van Praagh is hailed throughout the world as a pioneer of the mediumship movement, and recognized as one of the most accurate spiritual mediums working today. <http://vanpraagh.com>

### What's the benefit of developing your sixth sense?

Tuning in to the voice of your own soul and becoming more receptive to guidance from the spirit world will improve your ability to make decisions about just about everything—finding your soul mate, determining your true path in life, even managing your finances! Not only that, but you will feel more at peace with yourself and better connected with loved ones, living and dead.

I recommend trying these 4 simple steps to develop your natural psychic ability. I've used them for years to expand my own gifts—and I still practice them today:

#### 1) BE OPEN TO SIGNS OF PSYCHIC INTUITION.

Everyone is born with natural psychic abilities, but you may not recognize them for what they are. Have you ever thought of a friend who you hadn't seen in years, only to run into them that very day! How often do you predict who is calling, without even glancing at your caller ID? Do you have a second sense about your loved ones—knowing when they are sick or unhappy, even when they are miles from home?

These are common signs that your psychic ability is working. Be sure to take note of them—with a little attention, your intuitive spark can grow into a flame!

#### 2) EXPAND YOUR CONSCIOUSNESS THROUGH MEDITATION.

To improve your psychic ability, you must get accustomed to seeing with your inner eye and listening with your inner ear. With the distractions of modern day life, it's no wonder that quiet voice can go unheeded!

A regular practice of meditation is the best way I know to train your mind to filter out the chatter, both internal and external, so that you can access the knowing that is inside you.

#### 3) BE MINDFUL OF YOUR FIVE SENSES.

To strengthen your sixth sense, first become extra mindful of the sensory skills you already use. Directing your focus toward these senses will allow you to access and understand yourself on a deeper level, so you can open up and utilize your intuition in new ways.

#### 4) EXERCISE YOUR SIXTH SENSE.

Like any part of you, your psychic ability gets stronger with practice. Try these exercises to develop your "psychic muscle."

- When the phone rings, try to guess who is calling and what they want to discuss.
- If you receive an invoice, try to intuit the amount before you look at it.
- If you are going out for dinner, try to predict what the experience will be like. Picture where you will be seated, what kind of specials the restaurant will have, what the waiter will be like, and how much the bill will be.
- If you have a business meeting with a lot of people, use your psychic ability to guess where you will be sitting in the meeting, what people around you will be wearing, and exactly what time the meeting will end.
- When reading a newspaper headline, try to intuit the main characters and how the story will develop.

Have fun exploring your sixth sense! Even if you have no intention of hanging out a shingle and spending your days reading palms and gazing into a crystal ball, making the effort to uncover, understand and strengthen your own psychic ability can change your life—just like it changed mine.

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**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.**

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.



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**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, 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:** 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:** Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings were 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 life coach though Alan's transformational Life Coach Training beginning January 4. For more info about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), on FB Alan H. Cohen (author), and Twitter @alanhcohen

## HOW TO GET PAID BIG TIME FOR YOUR CREATIONS

**Meryl Streep is considered by many to be the world's greatest living actress.** To date she has garnered 306 Best or Supporting Actress nominations and 158 wins, including three **Academy Awards** and eight **Golden Globes**. Her first **Oscar** came in 1979 for her Best Supporting Actress role in **Kramer vs. Kramer**. During the awards ceremony **Streep** went to the ladies' room and forgetfully left the coveted gold statue on the toilet seat. For her, acting was the real gold. The trophy it led to was an afterthought.

Truly creative people are more interested in the process of creating than its side effects. They do not create in order to get something else. The joy of creating is reward enough in itself. Awards and accolades are not the goal; they are the byproducts of the goal. To dwell in the sacred state of creation is heaven; trying to manage the results is hell. Never deny or withhold your creative gifts. They will pay off first in spirit, and then in the world.

When you know you deserve to be paid for your creative gifts and service, you will be. **Karen Drucker** is a talented career musician who grew weary of playing for corporate conferences, weddings, and bar mitzvahs. After many years of performing pop tunes, she longed to launch out on her own, write original songs on uplifting themes, and perform for people who were actually listening. So **Karen** decided to take a leap of faith and establish a career as a recording and concert artist for audiences attracted to music that nourishes the spirit.

Initially **Karen's** venture was shaky. It wasn't easy to establish a new career in a field less popular than mass music. She got a few gigs, but there was more space between them than she had hoped, and the income was meager. One day **Karen** found a musician's magazine she wanted to subscribe to. On the subscription page she found two rates offered: (1) **Regular**, and; (2) a **discounted rate called Starving Artist**. **Karen** started to check the **Starving Artist** box, but then caught herself. *Wait a minute, she thought. Do I really want to affirm that I am a starving artist?* **Karen's** training in new thought had taught her that she would become whatever she thought about herself, and especially how she described herself. She did not want to identify herself as a starving artist who could not afford the regular subscription rate. So she took another leap of faith, checked the **Regular** box, and paid the higher fee.

Within a few days **Karen** received a wealth of invitations to perform, checks in the mail. Her affirmation of herself as a successful artist became a reality. When she purposely checked the box that represented her ideal self rather than her feared self, that is the person she became. **Karen** went on to become an extremely successful performer for new thought audiences, traveling around the world, earning excellent income, receiving awards for her original music. Now she is a well-fed artist.

It is very common for artists of all kinds to think and speak of themselves as starving artists. They do not realize the great disservice they do to themselves and their peers by affirming this lackful condition. Belief systems are reinforced by the spoken word and by agreement. What you call yourself, you become. Take care—great care—to never define yourself or your condition as less than you would like it to be. Always speak of yourself and your work in terms of the ideal conditions you wish to create, and they will follow.

There are many ways you can and will be paid for your creativity, some that go far beyond money. At age 61, **Andy Mackie** had gone through nine heart surgeries and was taking 15 medications. He was tired of the surgeries, medications, and side effects. So he decided to just enjoy his life even if his time was short. He quit taking the medications, took the \$600 per month he was spending on the pills, bought 300 harmonicas, went into schools to teach children how to play them, and waited to die. When he didn't die, he did the same thing the next month, and the next. He forgot about dying and started to live.

**Andy** went on like this for years, using his social security checks to purchase more and more musical instruments, including guitars and drumsticks. Ten years later **Mackie** was still alive and had used his money previously devoted to medicine to purchase over 20,000 harmonicas and 5,500 music sticks. When he finally left this world, even though his physical heart was worn out, his spiritual heart was fully alive.

Creativity brings life and rewards you on all levels. You can assess your mental and emotional health by the degree of creativity in which you are engaged. Are you expanding and growing? Are you launching into uncharted territory? Do you welcome challenge and change as opportunities to advance? Be true to your creativity, and life will take care of you in wondrous and miraculous ways.

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**Dear Michelle,** Here in Mexico we have a beautiful tradition called **Day of the Dead**. Because of the skeleton decorations some people think it's sacrilegious, but it's not. I wish people could be a little more open minded when it comes to cultural differences! ~**Getting ready to celebrate in Mexico**

**Dear Ready,**

You are so right, cultural differences makes the world an interesting place to explore. **November** has several fascinating religious holidays. November 1st is All Saints Day - a day to pray and to pay honor to the Saints in Heaven. November 2nd is All Souls Day - a day to pray for All Souls that died within the year (the Catholic Church believes that these souls are in purgatory). As a Spiritual Medium, I know that most souls go straight to heaven but I still light a candle, pray and send my love to them.

Day of the Dead is an elaborate celebration that takes months to prepare. Two days are set aside to honor the dearly departed and to invite them to come to the festivities created in their honor. On November 1st Dide los Inocente is the day to remember all children that died during the year. Grieving parents and families gather to feast and pay homage with toys and flowers for the children. November 2nd is Dia de los Muertos, the day to honor all others that passed. During these two days, many families hold beautiful grave-side vigils of candle lighting and prayer. This includes music and stories of remembrance paying homage to their beloved relatives. Others create elaborate alters in their homes and invite family and friends to come feast and honor the dead. These are all such beautiful ways to interact and honor our ancestors and the saints. You needn't be of a traditional religion to participate. All prayers are heard!

**Dear Michelle,**

Growing up with traditional religion, our church didn't teach much about angels. Lately, I've felt the need to call upon angels for my wellbeing. Should I call upon the Archangels?  
~ **In Need, from Nebraska**

**Dear Nebraska,**

There is one thread of truth that runs through all religions of light - the belief in Angels! The Archangels have been assigned major tasks to help humanity; without them darkness would overtake this sphere called Earth. You can call upon anyone of them for a specific need.

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~**Archangel Michael** (One who is like God) is a warrior that has legions of Angels to protect all humanity, not only our physical bodies but our souls from danger and darkness.

~**Archangel Gabriel** (God is my strength) is a messenger Angel in charge of all Divine truth, important communications, news and conveys spiritual messages to humanity.

~**Archangel Raphael** (God Heals) is a great angel in charge of all healings; physical, mental, emotional and spiritual healing too. Raphael is also in charge of healing our planet Earth.

~**Archangel Uriel** (God's Light) is the Angel of light - God's essence. Uriel imparts God's wisdom as divine inspiration and the internal fire within that drives spiritual truths and understanding.

It's important to note that every soul has two guardian angels that were assigned prior to your birth, call on your unseen support team and always give thanks for their unconditional love and care. It's their job to guide and protect you on a daily basis - so open those lines of communication. Daily communication is what I recommend.

**Dear Whitedove,**

In trying to understand all the principals of the law of attraction, there is an aspect that I have difficulty with. I was always taught to be kind, generous and hospitable; take less so that others have more. So if I selfishly take more from the Universe, won't there be less for others? ~**Unselfish in Yosemite**

**Dear Unselfish,**

Playing small does not serve you. Yes, be kind, be generous, be hospitable and be selfless but also know that there is enough for everyone. Many times we limit our own abundance. God wants us to have it all - joy, perfect health and fulfillment. It's our belief system that creates lack, fear, boundaries and limitations. There is enough of everything because the Universe expands as it is called to do so. You are not depriving anyone of anything. Aligning your energy and opening up to unlimited potential is how we each raise our vibration and come to understand who we really are - multidimensional beings of light. Your spiritual growth and abundance will only enhance this realm. In this way be selfish and align your spirit with the vibrational energy of unconditional love, gratitude and love of self.



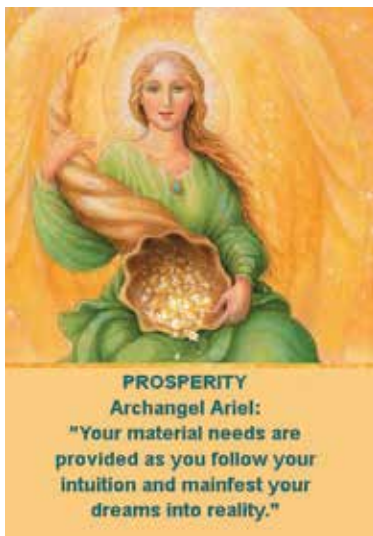
# DOREEN VIRTUE'S ANGEL ORACLE CARDS



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Doreen Virtue is a doctor of psychology and 4th-generation metaphysician 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)

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# ABRAHAM FUN



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

## Soulson #331 - The Ultimate Game of Life

**The most valuable goal I could pursue is to stay as peaceful, happy, and content as possible.**

When I'm in that "space," I'm in the flow of receiving my deepest desires with ease. Prosperity, health, fulfilling relationships, and meaningful work opportunities come to me to the degree that I am happy and relaxed. Thanks to the universal Law of Attraction, my mental focus and resulting emotional state attract circumstances that match up with themselves. Always. Then along comes everyday reality with its malfunctions, let-downs, hassles, pressures, and fear-inducing messages. If my commitment to inner peace and joy doesn't prevail, I'll succumb to feelings of stress and upset when things go wrong - even though I know all the reasons not to go there. It can help to view this earthly experience as a game and life as my friendly opponent. My objective is to stay in an imagined golden circle of feeling emotionally good. Life's objective, I pretend, is to knock me out of my golden circle into a stress zone.

Every time that I start to waver and go into the stress zone and yet pull myself back into inner peace, I give myself a point. I have won that round. I can even carry a thought counter with me throughout the day and keep a record of my points. The more effort I put into this game, the less effort I'll put into dealing with the malfunctions, let-downs, hassles, pressures, and bad surprises, for they will gradually lessen. In fact, countless wonders and "miracles" will become my reward as I develop proficiency at this game. In due time, that adversary known as life will cease its fierce opposition, and we'll become teammates and pals.

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# 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) dbcuuc.org

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

November 12 & 13, 2016 OSTEEN, FL Fairy And Earth Festival; 415 S. SR 415; SunShine Ranch; \$10/Adult & \$5/Child (5-15); 10 AM-4 PM; Vendors, Storytellers, Performers, Musicians, Crafts; Just Follow The Rabbit; 407-704-2320

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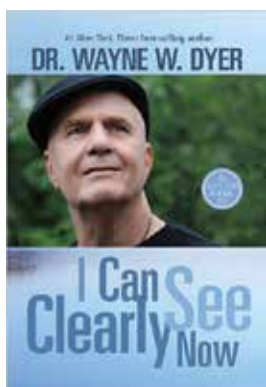
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## BEND WITH THE WIND RESIST BEING BROKEN BY BENDING

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](http://waynedyer.com)

**Having lived by the ocean for many years, I've observed the strength and beauty of the tall palm trees that grow at water's edge.** These stately giants are able to withstand the hurricane-force winds that uproot and destroy many larger, older, and more majestic trees. What is the palm trees' secret to staying in one piece through huge, devastating storms?

They bend almost down to the ground at times, and it's that ability that allows them to survive. The Tao invites us, too, to be resilient, elastic, and pliant when we face the powerful winds that are part of life. When destructive energy comes along, allow yourself to resist brokenness by bending.

Look for times when you can make the choice to weather a storm by allowing it to blow through without resistance. How does this work? Be willing to adapt to whatever may come your way by initially allowing yourself to experience that potentially destructive energy, much like the bending tree in the hurricane. When criticism comes, listen. When powerful forces push you in any direction, bow rather than fight, lean rather than break, and allow yourself to be free from a rigid set of rules—in doing so, you'll be preserved and unbroken. Keep an inner vision of the wind symbolizing difficult situations as you affirm: *I have no rigidity within me. I can bend to any wind and remain unbroken. I will use the strength of the wind to make me even stronger and better preserved.*



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## 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 has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

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*The newest oracle card deck from the desk of Margaret Ann Lembo, Crystal Intentions Oracle (Llewellyn) truly captures the essence of vibrational matching using the power of intention, guidance, affirmations, and beautiful gemstones. This collection of 42 two-sided cards is beautiful and helps you create positive change in your life. It's all about focus, designing and aligning your reality with your intention. The color-coded side of the card aligns you with the intention and the other side of the card features an affirmation and a photos of a gorgeous gemstone. Be inspired!* Andrea de Michaelis, Publisher, Horizons Magazine

## Five Questions for the Crystal Intention Oracle: Guidance and Affirmations

**1. WHY THE CRYSTAL INTENTION ORACLE?** I was inspired to create this deck because I know that we create our reality with our thoughts, beliefs and feelings. The only way to change reality is to realign our thoughtforms and then take the matching action necessary to create the desired reality. I created this deck to draw attention to how crystals can be used as a form of guidance and as an oracle. As a form of guidance it provides a focus for contemplative practice and mindfulness. It is a perfect addition to any type of spiritual counseling or card reading. Add it to a tarot card reading or an angel reading to add more meaning, confirmation, and symbols to deepen the experience. Many people are working with the **Law of Attraction** and vibrational matching. Use this deck to increase the vibrational match with the corresponding attracting thoughtforms and live the life of your dreams. Establishing clear intention along with visualization is key to creating reality.

**2. WHAT IS AN INTENTION?** An intention is simply a plan, a goal, or a focus. It is the starting point to anything and everything. Everything we do, from the simple or mundane to the extraordinary, starts with an intention. Here is a simple example: If I want to get myself a glass of water, first I must realize that I am thirsty or that I have the desire to drink water. Next, I must make the intention to take the action to get the water. Then, I visualize getting up, walking to where the water is, imagine which glass I will use, and then I actually stand up and get the water. Now, I know I do this series of intending and visualizing quite quickly but it happens nonetheless. Therefore, applying this similar example with all that we do, especially with the more complex tasks or goals, makes the end result more easily attainable.

**3. WHAT IS THE DIFFERENCE BETWEEN A GEMSTONE, A CRYSTAL, A MINERAL, A ROCK AND A STONE?** I use these terms interchangeably though there is a difference. Here is a short geology lesson which is an excerpt from *The Essential Guide to Crystals, Minerals and Stones*: **Rocks** are mineral aggregates containing one or more minerals. Minerals are naturally occurring inorganic materials with generally consistent chemical, physical, and optical compositions. **Crystals** refer to the smooth, angular forms assumed by minerals when they solidify. **Gemstone** is a broad term that encompasses both organic materials and synthetically created inorganic gemlike materials cut or polished by man. **Fossils** are the preserved remains of animals, animal parts, plants, and other living organisms from the past. Generally, fossils are composed of rocks that contain limestone. **Quartz** is silicon dioxide that crystallizes and is also found in masses.

### 4. HOW DO YOU USE THIS DECK?

#### **SIMPLE METHOD:**

Pick a card, any card. Look at and read both sides of the card. Every time you look at the card or read the card you will find that your thoughts will return to your intention or why you pulled the card. This establishes focus. The more we focus on the intention or goal, the easier it is to create and manifest it. This is my personal favorite way to use the cards.

#### **AS AN ORACLE, ONE CARD AT A TIME.**

These cards can be used as a stand-alone tool for positive thought or as an oracle for divination when you ask a specific question about a life situation. The card can offer guidance on what action is necessary or beneficial as the next step.

#### **THREE CARD SPREAD.**

There is also the Three Card Spread for past, present, and the potential for the future. The future depends on your thoughts, words, actions and beliefs. Use the future card to help manifest the reality you desire.

### 5. I HAVE OBSERVED THAT MOST PEOPLE WANT HELP WITH HEALTH, LOVE, AND MONEY. HOW WOULD YOU RECOMMEND THIS DECK BE USED TO MANIFEST THESE THREE THINGS?

This deckworks with the principles of the Law of Attraction, awakening one's awareness regarding the belief systems within one's heart and mind to help you have the realizations needed to transform your life.

For purpose of improving in the specific categories of health, love, and money, you can start by pulling one card from the each of the categories - blue, pink, and green - every day. Then use these three cards for the day for maintain a clear intention.

Another way to pull three cards, pausing before each one to ask the question, "*How can I improve my health?*" for the health category, "*What can I do to attract my soul mate?*" for love category, "*Where should I maintain my focus to make more money and have financial success?*" for the money category.

Then interpret each card as it applies to your life and use the positive thoughts on the affirmation side of the cards to integrate the information



Bio: Margaret Ann Lembo is the owner of The Crystal Garden, [www.thecrystalgarden.com](http://www.thecrystalgarden.com) Margaret Ann is highly renowned for her dedication to helping people focus on mindfulness and positive thought. Her newest publication is the Crystal Intentions Oracle: Affirmations and Guidance. Visit her online at [MargaretAnnLembo.com](http://MargaretAnnLembo.com).

## CRYSTALS, INTENTIONS, AND GROUNDED GRATITUDE

**November brings the energy of gratitude. The opportunity to amplify blessings and abundance increases this time of year. Giving thanks is a daily practice. It's powerful to intend gratitude in all that you do, say, think, and feel. The more gratitude you have for people, places, and situations, both big and small, the more boundless blessings show up in your life.**



Green Tourmaline

Green tourmaline is a perfect stone to turn to when you need a little help focusing on all the blessings already evident, as well as when you have made it your intention to increase all-that-is-good in your world. An intention is simply a plan, a goal, or a focus. It is the starting point to anything and everything. Everything we do, from the simple or mundane to the extraordinary, starts with an intention.

In the **Crystal Intentions Oracle**, the **Green Tourmaline** card provides you with this intention: "Believe in unlimited wealth and success for all. Activate philanthropic actions. Realize the infinite supply available. Magnetize ethical, heart-centered business associates." The perfect matching affirmation to say or think repetitively is: "Abundance and prosperity are in infinite supply and I am grateful for the blessings in my life."



Use patchouli to help you concentrate and be disciplined with your thoughts. Maintain the intention to be grateful, feel inner peace, increase financial success, or have a better meditation practice. It is up to you to maintain an awareness of the things you think about and talk about. Patchouli essential oil, derived from a large hairy herb, is a vibrational match to attract both love and money. Inhale the aroma of this essential oil as you prepare for meditation or contemplation. The vibration of patchouli raises your confidence. Step forward in life with a strong sense of self and accomplish great things.



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# ABRAHAM-HICKS

*...continued from page 9*

This is a Vibrational Universe and you are Vibrational Beings. You don't set your radio dial on 630 AM and expect to hear what's being broadcast on 98.6 FM. You understand you've got to line those frequencies up, and so you do. You don't stubbornly set it on the station that you don't want to hear and then demand that the laws of physics change so that you can hear it anyway, without you doing anything about it... You can't be beating the drum of things gone wrong—and offering a vibration about things going wrong—and be in the vibrational place of receiving what you are wanting.

**Make peace with wherever you stand. And here's the most important part: When you feel despair, or anything that doesn't feel good, and you reach for a thought that feels better, what comes right along with that is a conscious awareness that you do have some control of your experience. And we cannot emphasize enough the importance of that conscious awareness that you can do something about the way you feel.**

When you choose a thought that feels better than the thought that you were choosing before, and you consciously acknowledge that you had the power to choose it, and that you did choose it, and that it did change your vibrational frequency—now, there's no place you cannot go. Now, that cloud of despair, that cloud of not being able to control your own experience goes away.

There is not anything that any of you want — whether it's a material object, a state of being, a relationship, a circumstance or event... there's nothing that you have ever wanted or anybody you've ever known has ever wanted — that is for any other reason than you think you will feel better in the having of it... And **when you show yourself that you can feel better just because you've decided that you want to feel better, and that you have the power to choose a thought that feels better, now, you're on your way. And there's nowhere that you cannot go** along this Emotional Scale. And when you make it up there into the consistent range of feeling pretty darn wonderful, then wonderful things become the basis of your experience.

Sometimes well-meaning people will encourage you to get happy faster than you can. And the reason that we say that is because, as we said earlier, you cannot put your radio dial on 630 AM and hear what's being broadcast on 98.6 FM; the frequencies have to match up. And if you are in despair, or fear, or anger, you can't jump all the way into bliss; you can't even get a whiff of bliss. It's a different vibrational frequency.

So, what we have noticed as we've been watching you, we notice that when you try to jump from anger or despair all the way to bliss, you don't make the jump; you can't possibly do it. And it's not because you're not good; it's because Law

of Attraction is not going to give you access to thoughts or memories or experiences, or other people, that's very far from where you are offering your vibration.

It is so important that you decide today (well, you can decide tomorrow; you can decide any time you want to, but it will be important to you when you make this decision) that you're not going to try to jump frequencies... It doesn't matter where you are; you can move gradually into increasingly better places.

**The thing that is so important is that you, now, once and for all, make a decision that the relativity you're going to be aware of is only going to be the relationship between how I am feeling, and how I want to feel. In other words, My dominant intent is to find the best-feeling thoughts that I can find from where I am. Not the best-feeling thought I've ever thought, or not the best-feeling thought that anybody has ever thought, but just the best-feeling thought that I have access to, right now.**

Decide, really soon, that you are not going to compare your emotional state with anybody else's, because their emotional state is only about their emotional state; it doesn't have anything to do with you. Your friend that says, "Cheer up; be happy; come with me," say to your friend, "I was depressed yesterday, and today I'm really, really angry. And it's the best I can do. So, don't ask me to jump up there in your bright, fluffy, sunshine, lollipop and roses vibration; it's not possible. It's a quantum leap I cannot make. Go away, unless you like to be around an angry person."

Decide that you're going to be aware of how you feel, and that how you feel really matters, and feel exhilaration when your vibration shifts. When you move from despair or fear into anger, we want you to have a triumphant feeling of celebration because that was enormous, important movement, vibrationally, and because once you get angry, you can move rather quickly into frustration, and when you find that fresh breath of air that frustration gives you, we want you to stop and celebrate your achievement—but you're not going to be able to do that if you are trying to compare yourself with where others are....

Your creativity, has only to do with your relationship with the Source Energy that creates worlds. And your emotions tell you everything you need to know about that relationship. So, it doesn't matter how happy somebody else is; it only matters how happy you are.

Do you know how, in the classroom, they'll give you an A for this behavior, and a B for this behavior, or an E, or an F for that behavior. And so, you begin to think that somebody up there in joy and appreciation should get the A, and somebody down here in depression should get the E or the F. And what we want to say to you is, when you move from depression or fear into anger, give yourself an A, because that movement means everything.

What it means is, you've shifted enough vibrationally that you now have access to a whole other range of thoughts and

*...continued on page 27*



# ABRAHAM-HICKS

...continued from page 12

experiences. And, of course, you do not want to get stuck there in anger, but from anger you have a prayer of reaching frustration, where you can't usually find yourself in the fresh breath of air that frustration is from despair or from fear; it's too much of a vibrational jump.

If you'll look back into your experience, you will begin to notice (and we don't want you to look back too much, but just begin to viscerally feel around) that emotions are always coming in response to what you are giving your attention to. And you're going to discover that **you can be in control of the way you feel, which means, you now have mastered the Art of Allowing. That means, no matter what's going on around you, you have discovered a way to feel good and remain in Connection, and when you've discovered that—then Well-Being must follow you everywhere you go.**

Esther talked to a friend who's a magnificent counselor and she says, "I tell my clients, '**find the eye of your hurricane and stay there.**'" And Esther said, "I sort of like that. When you think about all the things that are going on in the world that could be upsetting to you, but there is this calm here where I am. In other words, I don't have to change the world; the world doesn't have to change for me." Do you know that is truly what the meaning of unconditional love is?

Most people, when they see conditions that make them feel bad—they just feel bad. And when they see something that makes them feel good—they just feel good. And then they conclude, "We've got to control the conditions." And so, they make laws, and they get all kinds of patrollers, and they get all kinds of people that then try to enforce the laws because they believe that if they could just control these conditions, then they would never have to look at anything that upsets them again. But then you discover that the tsunami will come, and that there aren't laws or rules, or armies, that can stop that. Or the hurricane will come, or the earthquake will come... In other words, there's always going to be something that is going to challenge your idea that you can control circumstances.

**You cannot control circumstances. You never intended to control circumstances. You intended to discover unconditional love. You intended to discover a way to feel good, no matter what, because you have the facility; you have the power; you have the ability to focus. You have the ability to choose where you focus, therefore, you have the ability to offer vibration deliberately, therefore, you have the ability to choose the way you feel.** But it takes practice.

As you practice, every day, something will happen and you will feel it viscerally in your body. Somebody says something or does something, or you see something on television, and then you've got to stop, right then, and you have to say, Nothing is more important than that I feel good. And, right now, I'm going to do my best to find the best-feeling thought that I can find.



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

...from page 7 ...

Being in charge of carrying the power around with me was kind of exhausting. **The metaphor was not lost on me.** Since I'd been doing a lot of yard clean-up and raking post-hurricane, I was aware of how heavy the power cord felt because my arms were kind of tired. But I didn't have a choice if I wanted power in each room as I went about my day and night. I reflected that though sometimes I got tired of "hauling the power around" with me -- not just with electricity just now but in my life in general as well. It beat the alternative of having no power at all. ***So when you're feeling worn out and worn down from having to be the one responsible for the power in your life in every single moment, remember what an honor and blessing it is to have access to it at all.***

Being on a well and pump, when my power goes out, so does my water. I had the use of a friend's shower but chose to rough it and shower at home using pitchers of water poured from a 5 gallon water bottle I keep in the bathroom during power outages. To flush toilets I manually fill the tank, and to shower I stand in the tub pouring pitchers of cool water over me. It reminded me of camping. When I get too comfortable, I go camping. Hurricane Matthew gave me a chance to camp out at home. For the next time, I just ordered a Coleman 5-Gallon Solar Shower that I can just hang on the wall. I can also hang it outside -- I have a very private, wooded yard -- and it will keep the water warm as well. The evenings were cool, temperatures had dropped about 10 degrees after the storm so nights were mild, in the mid 70's. Days were spent hauling fallen tree debris to the street and moving fences back into place, clearing more debris, and more debris.

"You will have bad times, but they will always wake you up to the stuff you weren't paying attention to."  
- Robin Williams



### HEALING COMES WHEN WE KEEP ENERGY IN MOTION

After the storm, I saw on Facebook that my spiritual brother **Tod McNeal** had offered chainsawing of downed trees in his area. My first thought was to yell at him because he has a severe cut injury on one hand that was just repaired last month. He should be resting it for 6 weeks while it heals, not doing heavy duty work with it. ***And then I remembered that I was buying into the illusion. Strength and healing comes when we keep energy in motion. No matter what limited resources you have, no matter what little bit of strength you have left in your body, if you use it to help someone in need, that can only be healing to mind, body and soul, despite any appearance in the temporary.*** Tod is a generous and gracious gentleman who always, and I mean always, goes out of his way to help those in need. May he always be blessed with those who appreciate him and show him love in return.

### 4 DAYS LATER, POWER WAS RESTORED AND LIFE COULD GO BACK TO NORMAL

After 4 days with no power or water, on **October 11th** I woke up to 4 big handsome men stomping through my east garden. Which I could now see since the oak that had come down and been chainsawed away the day before. I heard big truck engines and got excited, then I heard crunching of work boots right outside. They were there to restore my power and rehang the power cable that a pine branch brought down during the storm. It pulled my box off the wall as well. **Grand Electric** came out and upgraded my meter box and riser, which I'd been meaning to do anyway. When I saw the damaged box, my spidey sense said \$800 and I was only off by \$3.50. An hour later, power was on, wi-fi was on and the water heater was heating up. I took a lap through the house checking all light switches. I flipped all breaker switches and reset all GFI and everything worked. I had to replace the small bulbs in my salt lamps, but they were the only ones blown.

Since I now had power and water, the focus turned from outside yard clean up to getting everything inside back to order since I had 1 week to get this **November Horizons** to the printer. I moved office equipment from the closet back into the office and hooked everything back up. I had wi-fi, I was in business! It only took about 20 minutes to clean the freezer because before the storm I'd packaged everything in grocery bags to easily lift out and discard if I needed to. I needed to. It was only a few **Lean Cuisine** meals, one chicken breast and 4 packages of frozen vegetables. The fridge was the same. I'd put perishables together in a grocery bag for easy clean up. There wasn't much. I like my food supply to get way down and it was way down. I lost maybe \$20 worth of food, total. I noticed that most of what I use my fridge for is as a pantry for my **Asian** spices and condiments, mustards, vinegars, pickled stuff as well as the bulk seeds (fennel, cumin, basil, tarragon) that I buy. Also things like bread crumbs, protein powders, molasses, go in the fridge. The freezer I use to store most of my leaves, grasses, roots, seeds and sticks: rosemary, lemongrass, ginger, cinnamon, mustard seed as well as my coffees and herbal teas.

I felt pumped that my power was back on! I enjoyed the few days roughing it but a huge weight of relief dropped as soon as they threw the switch. I ran the dishwasher and although the outside air was nice and cool, I ran the a/c to dry out the house. I ran over to my rental -- a virtually unscathed-after-the-storm mobile home -- and repaired a screen in the porch, the only real damage. I also stuck another few screws in the panel over the water heater. Then I came home to a hot shower and washed my hair. Ahhh! There was nothing that couldn't wait and no more utility guys to wait for, so I got to crash. I awoke to find the 3-days-after-a-workout muscle soreness was setting in but I didn't care. It felt good to have spent time rushing around, being unexpectedly active, using muscles I'd not used in awhile. ***Times like this show me that even when I think I'm getting lazy, I can just get up and get done what needs to be done.***

...continued on page 29...





## 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."*

*... from page 28 ...*

### WHY WOULD A PARTICULAR COUNTRY HAVE CONTINUED HARDSHIP WEATHER WISE?

A Facebook friend asked why a particular country might have continued hardship over and over weather wise and asked if it might have to do with soul contracts and the pre-planning we do in between lifetimes. That's a good question I've been asked before. Soul contracts and pre-planning before each birth certainly are factors but it is so much more than that. When we realize that the physical form dies over and over while the essential self or Soul lives on, it becomes less heart-wrenching when one physical form leaves because we know it will be re-born and we will continue to know them and be part of their soul group again. Of course most people not only don't believe that, they've probably never heard the idea so it sounds weird.



**It's kind of like if you're on a hamster wheel, if all you see is the next step on the wheel**

Also factoring into it is, you ask *why does any country or person for that matter who experiences hardship why does it happen again and again and again?* It's kind of like if you're on a hamster wheel, if all you see is the next step on the wheel and you cannot envision a future any different than what you experience right now, there's not much

chance of escaping the path you're on right now.

It all boils down to choice of focus of attention. *But what if you live in a remote 3d world village and all you see are the same 13 family members every day of your life?* You may not know you have other choices available to you. You literally see the same thing day in and day out. No wonder you think that is the only way your life can be.

### Why then do some get out and not others?

When we stop to reflect on life around us and begin to wonder or ask internally "why," that query activates our internal guidance system which brings new thoughts and ideas into our conscious awareness. Having a question you want answered attracts into your experience some *one* or some *thing* to respond.

In Haiti, for instance, often devastated by hurricanes, it's too easy to say "Oh, the answer is you know where the storms are, so move away from there." It's often generations of families all living together in the only place they've ever known. *Where are they all going to go and how will they all support themselves when they get there?* But all that can change when one rest-

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less and curious kid has the thought "*there has to be another way to live.*" When someone internally has that thought and begins asking around, they will attract answers out of people who did not know they had answers. They will attract info out of strangers and through symbolism. There may be some lost hiker wander through their remote village and give them a glimpse of a different kind of life, maybe thru photos. More internal questioning attracts more answers. "*How can I live there? How can we all live elsewhere, out of danger?*" It can be as easy as having one person ask that and another get an agency involved who can help. But they have to be asking for it. If they are not asking, they may not attract it.

**Faced with inevitable change, the choice is yours.**  
**You can fight until you're spent or you can**  
**release all resistance and create something**  
**new in your changed world.**

It's the path of least resistance to have the same type things happen if you are looking at the same things around you every day and thinking the same thoughts about the same things you are seeing every day. You have to begin practicing having a different thought before you can begin having a new experience. That is why it is so important to pay attention to what thoughts you plant in someone else's head. Like tv weatherman scaring folks about the approaching hurricane, saying, "*If this storm moves 20 miles to the west, you are dead. All of you.*" His uneducated opinion, and not true. But he said it on tv so people got panicked. The thoughts we plant in people's minds helps direct what their future experience will be. Like gravity, it works whether you believe it or not. People who are hopeful of a good outcome are far more likely to have one. People who are running scared willy-nilly not taking responsibility for their own safety are likely to have a far different outcome.

***Storms are good because they shake us up, they interrupt our habits, they yank us out of our rut and show us things we may not have known we are capable of.***

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 NOVEMBER 2016

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 19 - April 18)** Your words are critical this month. Step up and speak out because you have insight on something that is not seen by others. Someone in your world is wearing rose-colored goggles; this person keeps making excuses and just cannot see clearly. Your gift is to break through the fog. This effort stretches your patience, and even challenges your leadership, but you're the one who can do it.

**Taurus - (April 19 - May 19)** Get in tune with the Moon. The full moon of November 14th is in your sign. This means that it's your turn to wear your heart on your sleeve. There is no way to shield others from your true feelings, either. Your lesson is to move through discomfort and into authenticity and joy. And, the secret making this happen is: don't be so darn serious!! Choose your battles; your mission is to be happy.

**Gemini - (May 20 - June 19)** The gravity of a Scorpio sun can be a challenge for your sign. However, this time around the planets cooperate to manifest a perfect blend of Light and Depth. Mercury, your planetary ruler dances and entertains Jupiter, Neptune, and even Saturn with grace and ease. It's now time to balance your energy. This includes catching up on lost sleep, and eating lots of good, wholesome, foods.

**Cancer - (June 20 - July 21)** Your intuition is working overtime; so if, and when you confront a power struggle in your home - just tune in. You're feeling peaceful and it's a hassle to have to deal with any ripples. But Jupiter and Pluto, the power broker planets, are bumping heads in a way that impacts you. Cut through any distractions and get to the source of what is really happening. Go with your gut, Cancer - your instincts are right on!

**Leo - (July 22 - August 21)** This is your natural season for reflection; relax, unwind, be at home with your family. No more burning the candle at both ends - the fire is starting to burn into your vital core. Too many responsibilities added to your hectic schedule will wear you down and recovery becomes more of a drawn out process than you want or need. Focus on what feeds your soul now; it's time for a 'time out'.

**Virgo - (August 22 - Sept 21)** The task at hand may feel daunting but don't give into a feeling of overwhelm. This is your moment to do what you do best - to dissect, organize, and prioritize. What appears to be a monsters in a log jam are just Jupiter and Pluto opening the floodgate to opportunity. Both planets are fearsome yet both hold the keys to material and spiritual riches. Take a deep breath and jump in - the water is cold, but invigorating.

**Libra - (September 22 - October 21)** Your season of harvest has begun, yet there is a hidden round of catch-up that must be completed before you can truly relax. You must go deep and really get serious about your core values. Who do you love, and how to show it? This is a season of careful thought and actions. Saturn commands that decisions made now will be of consequence and Neptune asks for your willingness to bend and make adjustments. Your ally in this delicate time is Spirit, and your strength is a connection with Universal Truth.

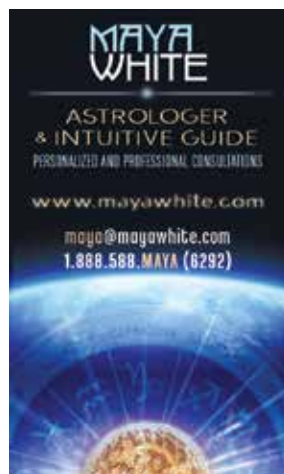
**Scorpio - (October 22 - November 20)** The full moon of November 14th accentuates your relationship sector. The core issue here becomes one of vulnerability. Can you let your guard down? Listen intently to words of wisdom from friends and acquaintances. Even casual conversations are destined to laden with golden gifts of wisdom for you in this month. It's your time to learn more about the art of receiving.

**Sagittarius - (November 21- December 20)** Do you long for the day when you don't have to sell your soul for freedom? Looks to me like you've been plugging away; working to save money for a long desired vacation. But you're feeling more like a hamster on a wheel than a happy camper. Take that illusion and throw it out the door! Consider this your SOS wake up call for a fun weekend getaway; November 26th works best.

**Capricorn - (December 21 - January 19)** There is a LOT of pressure on you with Pluto in your sign long term, and Mars there until November 8th. These two working in tandem create a drill Sargent atmosphere. The good news is that Mars moves into your 2nd house of earned income, which gives you both motivation and discipline to get focused yet not feel obligated. Cash in on this momentum in your season of financial harvest.

**Aquarius - (January 20 - February 17)** This is your time to step up to the podium. If you're not already sharing your expertise through teaching, it's likely that you'll be asked to do so. You have a unique point of view combined with a valuable knowledge base. Get in tune with your unconscious feelings and habits around money. Your recognition comes with financial gain, but you must plug up the energetic leaks.

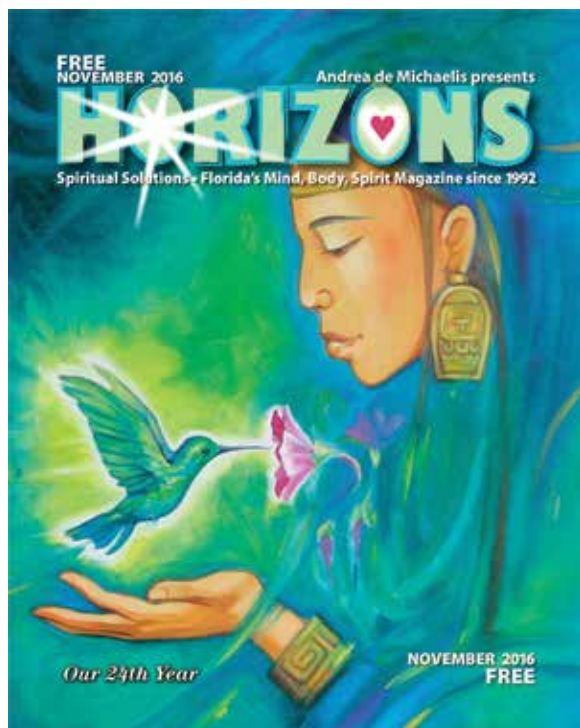
**Pisces - (February 18 - March 18)** Negotiation is your keyword for November. You can get what you want, but Venus is asking for your due diligence. Getting things down in writing will be especially helpful. There is great power available to you now, but you must decide how you wish to apply it. Careful planning pays off in huge dividends; like a musician, you must practice to perfection.



# COVER ART

## HUMMINGBIRD

### JANE DELAFORD TAYLOR



## HUMMINGBIRD

'The jungle greens and brilliant fuschia pinks in this painting remind me of rainforest, and the abundance of Mother Earth! And the young woman holding out her hand to the hummingbird wears an earring carved with the Mayan Wind symbol, representing divine inspiration and communication.

The hummingbird is a symbol for the soul, and the flower represents the sweetness of life - so this image is encouraging us to seek out and drink the sweetness, and the inspiration, that's waiting all around us!

The original painting is now hanging in a healers clinic in California, but it's also available as prints and cards.

**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)



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

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

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*All Welcome*

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**Sunday, January 22**

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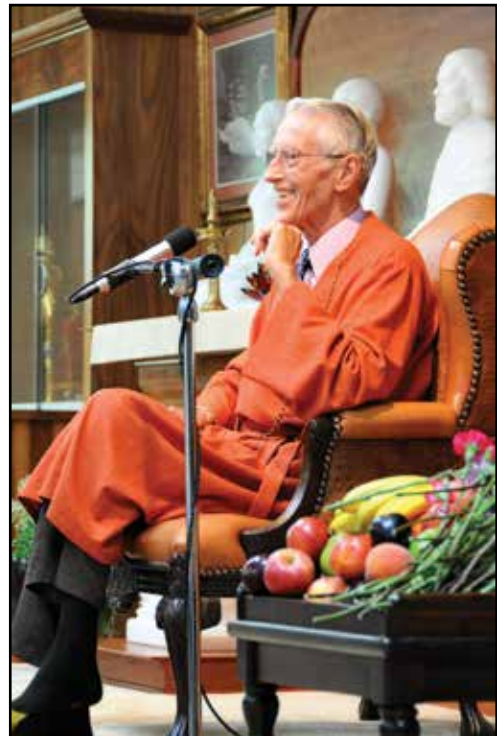
Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.

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