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FEBRUARY 2017

Andrea de Michaelis presents

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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 and www.MargaretAnnLembo.com

FEBRUARY 2017

Love Divine: Attract your Romantic Life Partner with Rose Quartz and Miracle Water

Do you feel like it will take a miracle to manifest the love of your life? Or perhaps you are ready to infuse new life into an existing partnership? Combine clear intentions with rose quartz and a spritz of **Miracle Water** daily and watch how true love manifests.

FIRST STEP: clarity of intentions. Establish a clear picture of the type of relationship you want to create. You can gain insights by first knowing what you don't want in a relationship and then immediately defining the opposite - all the good attributes that will make up the life you will live with your significant other. The more you focus on what you DO want in the relationship and clear out thoughts of what you don't want, the faster the manifestation will take place.

SECOND STEP: Be sure to prepare your life and your space for your life partner. Create space in your life by literally cleaning closets and drawers in your home while imagining how you will share the space with your beloved. Create space in your emotional and mental consciousness. Take the time to journal and use your imagination to visualize and feel what it will be like to have this amazing life companion in your daily experience.

THIRD STEP: Use Rose quartz combined with an affirmation. It is very effective to help you maintain awareness on your goals and intentions regarding your love life. Add **Miracle Water** by creating a daily ritual when you spritz **Miracle Water** on and around you and your space as you visualize the outcome - intend that "this or something better will become manifest for the highest good of all concerned."

USE THIS AFFIRMATION:

I am willing to receive love. The door to my heart is open. I accept the gift of love and attention with ease and grace. I am loving and allow romance in my life.



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New Class: Wednesday February 1st (6:30-8:30pm) or Tuesday February 7th (9:45-11:45am) Cruising with the Cosmic Christ: Exploring the Christ in the Bible with Maggie Rosche. This qualifies as a Unity Basics class for Partner Membership. Suggested love offering \$10.00.

February 2, 2017 – 6:30pm – 8:30pm Church: The Body Eclectic with Valarie Parson. Explore what it means to be transformed by an encounter with the Sacred, and rediscover loving God with heart, soul, mind. \$10 Suggested. Materials provided.

Sunday February 5th 1:00 pm Let's do the work: Conscious Culture Creation with Rev. Toni Boehm. We will look at our spiritual DNA. Learn what your spiritual DNA is and how it contributes to the whole.



Sunday, February 12 1:00 pm Don't miss the world premier of James Twyman's latest documentary "A Sound Called Unity" based on the Charles Fillmore classic book: The Twelve Powers.

FEB 12 from 2-4 pm Hospitality Area "Relationships From Your Soul" Vision Board Party (Ages 18 & up) with Joan Crutcher. Bring positive magazines for you and to share. Suggested \$15; all welcome! Proceeds benefits Unity giving programs

Monday, February 13th 6:30 PM New Class: 4T Prosperity Program with Tim Hall and Rev. Beth. 4T's purpose is to teach us to put God first in all that we do, in order to experience miracles and to change our lives. It is what Jesus did. This 12-week spiritual program is dedicated to the idea of living an abundant life.

Thursday, Feb 16, 6:30-8:30 pm Class: Friends of God and Prophets with Valarie Parsons. \$10 – Materials provided.

Sunday, February 19th 9:30 and 11:00 am. Special Guest Speaker: Rev. Todd Glacy, MA, specializes in creating sacred space and offering transformational experiences which encourage and empower people to relax, tune in and reconnect with their truest and most authentic selves. Visit www.sacredsoundandliving.com



Sunday, Feb 19th 1:00 pm Drumming As Spiritual Practice with Rev. Todd Glacy. Drums are some of the most ancient instruments known to humankind, and they appear in nearly all cultures across

time and geography and have been used for communication, entertainment, healing, education and religious practice. In this workshop Sacred Sound. Musician Todd Glacy will share tips and practices you to help you engage with and use the drum as a form of individual practice as well as in a group (or Drum Circle) as a way to foster and encourage communication, relaxation, co-creation and pure joy! Open to drummers /non-drummers of all levels and no previous experience is necessary. (Please bring drums if you have them). \$20 suggested.

Friday, February 24th, 6:30 pm 12 Spices facilitated by Paul Esche. Join us for curious, conscious, creative cuisine. Soul satisfying dinner and lively discussion based on the power of Spirit. Suggested love offering \$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

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



Sunday, February 26th 9:30 and 11:00 am Gratitude Sunday with Rev. Beth and the music of FLOYD-LULA. Gary Lynn Floyd and Jami Lula are FLOYD-LULA. These award winning artists have joined together to bring a new vibration everywhere they sing!

Sunday, February 26th 1:00 pm Concert with FLOYD-LULA. After church stay for lunch and have more fun with this duo you don't want to miss. \$20 suggested love offering.

Join us in a Journey of Spiritual Discovery



Merritt
Island
Sunday Ser-
vices 10:00 am



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Pasqualino



**Come find what you're
missing**

**The greatest
optical illusion is
separation**

HORIZONS

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Andrea de Michaelis

On the Cover (page 31)
Aphrodite
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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. 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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Calendar \$.50 per word. page 18
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DISPLAY ADVERTISING RATES

Ad size	1 month	3 months	6 months	12 months
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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.

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12 Steps of Spiritual Freedom

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher 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 February 2016 Horizons.

Happy Valentine's! We've got a thought provoking article on page 16, *The Biology of Love* by Dr. Bruce H. Lipton. What does molecular biology have to do with love? Not only does cellular biology have something to tell us about love in our bodies, it also is very revealing about the nature of human connection.

WOW! WOMEN'S MARCH THE BIGGEST PROTEST IN US HISTORY AS 4+ MILLION MARCH

And talking about Love, half a million men and women descended onto the national mall in Washington, DC on January 21, 2017 -- the day after the Inauguration -- to show their support for women's rights. Marchers and police were civil and participants were reportedly kind to one another. Despite the 500,000 protesters there were no arrests, in contrast to the day before when 230 people were arrested out of the 250,000 attending the Inauguration.

I was delighted to see all the sisters attending the Women's March. There were record turnouts all across the nation (4+ million) saying "we exist, we have something to say, we have rights we deserve to retain." We learned a big lesson this election season. A few years from now there will be more record turnouts, it will be on voting day, and we'll come back into balance. Thanks to DT for being an alarm clock showing us what happens when we sit back and let other people do the thinking and the voting. We've been reminded in a big way that there are a lot of us, we've got the power and we've just been re-inspired to use it.

JESUS IN DISGUISE? HOW DO YOU LIKE ME NOW?

I awoke the day after Inauguration Day with the Christmas song *Joy To The World* in my head along with the image of Trump's face saying "Jesus in his most distressing disguise -- how do you like me now?" It made me chuckle, bringing me back to reality. Is it not true that YOU might be Jesus in disguise? I might be? Only in treating each other this way in each Now moment will we know for sure.

And, oh, what a grand disguise we're being presented. It's like we keep waiting for Ashton Kutcher to jump out and say, "Punked!" I'm not a Trump fan but *I'm not taking score just yet. I'll give him a chance to do what he said he'd do.* I know it seems like a rough start with 34 out of 36 promises broken the first day. But -- *Jesus in disguise, ya'll.* I figure whatever is happening God is permitting to happen for a designed purpose even though we have no idea what that purpose is. I'm staying faithful it will be revealed at the right time.

Until then, Alan Cohen once suggested writing down all your troubles, then holding them in your hands as you pray, "God, let me be wrong about all of this." I'm saying this powerful prayer and releasing past judgments. I know miracles happen every day and that all things are possible. I'm hopeful.

MORE CLEARING AND RELEASING

After all the election tension in the air, I felt the need to clear out old energy, so I finally cleared out my shed!! It contained 20 years worth of random furniture and furnishings, old computer equipment and tvs, cassette tapes, old stereo equipment, a dozen wooden bifold doors. You get the picture. I put it all out on the street along with a hammock, 3 desks, 17 tables, boxes of books. I took photos of the line of treasures and posted it on Facebook's group page for *Palm Bay Neighbors Watching Out for Neighbors*. Within minutes several people stopped by and picked items up. I'd periodically go out and straighten the line back up and take new pics. Each time I posted it to the FB page, more people came to look. "Thank you," I'd yell out my office window, hidden behind the privacy hedge. "Thank you," I'd hear back, "you have a cool yard!" (Thank you, yes I do.)

NO ROOM FOR SENTIMENTALITY

Much of the shed contents was just random furniture I'd picked up in my travels. Some I'd refinished and would rotate in and out of the house through the years, but now it all seemed too heavy and dark. Nothing of value but it was hard to let some things go, like my favorite old school heavy wooden drafting table. There's no room for sentimentality in a 2000 sq.ft. house. I could replace it if I needed to for \$150 with something that weighed far less and folded compactly, but I have several others here. I feel a ton of weight has dropped. The older I get, the less stuff I want to be in charge of.



Benny

...continued on page 29...



IS SOMETHING MISSING?

Let Wolf and Raven restore life's magic

Dr. Steven D. Farmer, Ph.D., is a shamanic practitioner, Soul Healer, ordained minister, and licensed psychotherapist. He's the author of the best-selling Animal Spirit Guides, the Power Animal Oracle Cards, Power Animals, Sacred Ceremony, and the guided meditation CD Messages from Your Animal Spirit Guides. Steven is also host of his own radio show, Earth Magic Radio on ContactTalkRadio. <http://www.EarthMagic.net>


The term spirit guide, also known as a helping spirit or guardian spirit, is a term for any spiritual beings that help us in a life-positive way. We can call on them for guidance, protection, healing, encouragement, and inspiration. We may see them, hear them, feel them, or just know they're with us, and we can have any number of spirit guides throughout our life whether we're aware of them or not.

Those spirits that are in animal form that teach us, guide us, empower us, and help us heal are called animal spirit guides or spirit animals. In shamanic and indigenous cultures, they may be called totem animals or power animals. Often these terms are used interchangeably, although there are subtle differences in meaning.


When an animal or symbol of that animal shows up to you in an unusual way or repeatedly (at least three times in a short period of time), it's most definitely trying to convey a message from the spirit world to you.



There are four major ways in which you can get messages from the spirit world: visual, auditory, kinesthetic, and cognitive. As your receptivity to the spiritual dimension opens and develops, you'll discover that one of these pathways is the strongest and feels the most natural, with a secondary one that works fairly well. The more you practice and the more you attune to the spiritual dimension, you'll find that you can receive input through the other channels as well. What's required is that you hold a clear intention to receive these messages and simply remain receptive, and they will come to you, often in unexpected and surprising ways.




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Here's an introduction to two of the familiar animal spirits that you might encounter: raven and wolf.

If RAVEN shows up, it means:

Magic is in the air, and something special is about to happen. Pay attention to dreams and visions, especially colorful and powerful ones, as these are indicative of prophecy.

In any undertaking or in any relationship, be very clear as to what your intentions are because whatever they are, that's what will manifest.

You're gradually shape-shifting to a more confident, powerful, and spiritually based you that will continue to emerge the more you let go of your old self.

You'll observe an increasing number of synchronistic events over the next few days, so just notice these, appreciate them, and don't try to figure them out.

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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.

DON'T BE WORRIED ABOUT DONALD TRUMP

QUESTION: I once heard you say that those of us who pushed against then-president George Bush, did more to get him re-elected than anything.

ABE: Because attention to a subject is attention to a subject. Because there is no such thing as "no." You cast your vibrational votes, with attention to a subject. Wanted or not wanted.

QUESTION: There is a candidate, that people in both parties have some concerns about...(audience laugh) and I'm wondering what we can do to affect an positive,cooperative...

ABE: Well, there may not be enough time to go all the way back... (laughter) Because, here you are, almost ALL, at this point, making choices! At this point of a manifestation, from which you are trying to choose and are forgetting all of the thoughts that came before.

And you've gotta go back over there, and then make your way back here before you can find alignment with who you are. There is not a more devisive topic that you could bring to the Forum! So, how do you find alignment in the midst of devisiveness?

How do you find alignment in the midst of devisiveness? Is it about unraveling and undoing? Certainly not. We just had that conversation. You CAN'T go back. You can't un-do. So, you stand where you are. You stand where you are but where are you standing? This is going to help you a lot:

We are asking the question, WHERE ARE YOU STANDING on the continuum of thoughts, turning to things?



Rev. Andy Conyer



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WHERE ARE YOU STANDING?

Are you standing at the observation and sorting and sifting into piles, the rightness and wrongness and goodness and badness of individuals? Is THIS the mess you are trying to reconcile?

Or are you standing with your source and all of the things you've put into your vortex, that are ALL A PART of this election, that you are talking about?

What do you think that you as an individual, or even you as mass-consciousness -- which is nothing more than collective consciousness of individual consciousnesses -- what do you think that you have been putting into your Vortex, that has to do with THIS topic of the election outcome? What have you put there? What have you put there, over time, a long time ago?

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

HERBS FOR A HEALTHY HEART

High Blood Pressure and **High Cholesterol** are the major conditions troubling our circulatory system. For most people the circulatory system responds well to holistic and alternative methods of healing including herbs, supplements, acupuncture and massage. There are many herbs that can benefit the cardiovascular system, help strengthen and tone the hearts' muscles & blood vessels, lower blood pressure, reduce fluid retention, balance sodium & potassium levels, relax & regulate the heart and blood vessels and steady the heart beat.

Hawthorn traditionally used for the treatment of many cardiovascular conditions including **High Blood Pressure, Congestive Heart Failure and Angina**. The actions of **Hawthorn** come from its antioxidants and bio flavanoids. The leaves and berries help clear the blood vessels, lower cholesterol, strengthen the heart and prevent build up of plaque on the artery walls improving overall circulation throughout the body.

Garlic contains amino acids that balance homocystine levels; helping to lower cholesterol and high blood pressure. Garlic's compounds help to raise good cholesterol (HDL's) and lower bad cholesterol (LDL's). It also helps balance nitric oxide and as a natural blood thinner may help to prevent blood clots.

Motherwort traditionally used as a heart toning herb that acts as an antispasmodic relaxing the cardiovascular system. Motherwort is a cardio-tonic herb giving overall strength to the heart. It was and still is used for heart palpitations and irregular heart beats especially if these are from stress, anxiety or hypertension.

Linden is another herb with antispasmodic and nerve properties. These actions relax the smooth muscles of the cardiovascular system helping with high blood pressure especially if it is caused by stress. **Linden's** diuretic affects within the circulatory system helps move more blood through the kidneys. **Linden** also helps maintain the balance of sodium and potassium, when these are out of balance fluid within the cells build up eventually causing an increase in blood pressure.

Yarrow reduces blood pressure by dilating peripheral blood vessels increasing the movement of blood through the vessels moving excess fluids from the blood through the kidneys.

Dandelion, crampbark, flaxseeds, ginkgo, horse chestnuts, cayenne and valerian are some of the other herbs that benefit the cardiovascular system.

TEA RECIPE: A tea mixing together ½part hawthorn berries, ½part hawthorn leaf, ½part linden, ¼part yarrow, ¼part skullcap, ½part gotu kola, ½part ginkgo and ½part motherwort may help with congestive heart failure, high blood pressure, angina, high blood pressure and atherosclerosis.

You can also help maintain a healthy heart by incorporating **omega 3 fatty acids, CoQ10, folic acid, magnesium, Vitamin C, E, B6 and B12** into your daily routine. Reducing sodium, trans-fats and sugars laden foods will help. As will cutting back on alcohol and smoking drinking more water, and getting more exercise.



OUR ANIMALS AND ENERGY: LESSONS OF FORGIVENESS

Lori Spagna is a Best Selling Author, Speaker and Visionary who practices and teaches Animal Communication, Intuition Development and Energy Healing and provides Sacred Energy Transmissions and Dormant DNA Activations for humans and animals. Receive a FREE mp3 class to Learn Animal Communication and to Develop Your Intuitive when you visit www.LoriSpagna.com.

I have been communicating with animals since I was five years young, with my childhood dog, Bunny. Of course, back then, I never knew I was communicating with her, because I had not been professionally trained. Even at the age of seven, when I visited **Shamu** at **Sea World** in **Florida** for the very first time, I knew that I was going to spend the rest of my life in service to animals (both the human and the non human kind :)

And do you know what I know now as well as someone who has spent a lifetime studying, working with and volunteering for all different species and breeds of animals all over the world for well over 20 years as well as after having practiced professionally as an animal communicator and energy healer for the past six years? Here is what just about all of our animals say consistently and without wavering: ***"We are here to heal our humans and this planet. The humans are the ones who need the healing and who need the love most."*** This may sound a bit crazy, particularly to non animal lovers, however, I know this is true first hand.

When my dog **Kenya** got very, very sick, it was as a result of two years of trying to make peace with people in my life who were not allowing me to do so with them. **Kenya** took on the energy of my resentments that I was unable to carry. During continuous communication sessions with **Kenya**, she consistently communicated that she was repaying me for saving her life when she came into this world and that she loved me so much, and was so grateful to me for my contribution to her life, that she wanted to give back to me through her ability to heal me by literally taking on my energetic "stuff" (ie, my emotional baggage).

Yes! My dog healed me! And the scientific laws actually validate this. Everything is energy, even emotion. And emotion is in perpetual motion, so it vibrates throughout our bodies and our homes and environments so we share it with those around us, especially our animal companions, who lovingly absorb lots of the denser energies for us, in an effort to heal us and/or relieve us from some of our burdens.

In the end, **Kenya's** message was simple: forgive. Forgive those who have hurt us so badly, because the burden of non forgiveness is too much of a burden for anyone to carry. Forgive even those who may seem to be unforgivable, because they do not know how they hurt; they are hurting too much themselves to understand another's pain.

I have spent more time and energy forgiving myself and others during the past several years than I care to remember. It was

Kenya who taught me to do so, and she gave her life so that I could learn the lesson of forgiveness and in turn, teach it to others. It has taken me a long time to learn this lesson, and I am not certain that I have mastered it yet, but I practice it on a daily basis for **Kenya**, because I know that is what she wanted for me and it was part of her purpose on this planet to teach it to me.



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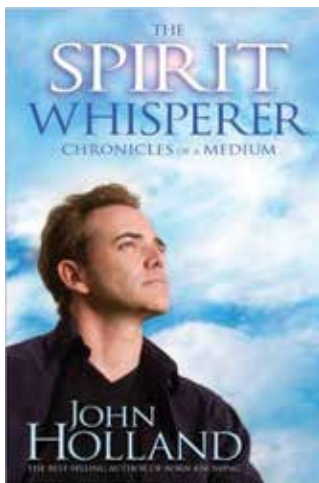
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After a lifetime of introspection and a searching and fearless moral inventory of my own self, my own truths, and the lessons I have learned from the animals, I know this too: we and our animal companions are really just mirror images of one another, and anything we see in someone else is actually just ourselves staring back at us.

We cannot truly know another person until we are willing to look at our own selves in the mirror, and take full and complete responsibility for all that we are, all that we do and all that we have become; only then will we realize that we are all one in the same and that there is no one "out there" to describe, judge or blame; there is only one of us.

In simpler terms, we may think we can define a person by what we think see or know, but we are actually defining ourselves. As I have always said, "You cannot describe **Jamaica**, or anywhere else for that matter, unless you have been there yourself. Anything else is just a fantasy."

Ultimately, our animal companions know this: we are all just mirror images of each other...our dogs are mirror images of us and the people in their world. As we recognize and accept those qualities we see in others as qualities which exist within ourselves, we are better able to forgive ourselves and one another, which ultimately leads to more peace, happiness and fulfillment for all.



4 STEPS TO FIND OUT YOUR TRUE PURPOSE

John Holland is a psychic medium, spiritual teacher, author, and radio host. He is a best seller author of: Power of the Soul, Psychic Navigator, Born Knowing, The Psychic Tarot Oracle Deck, The Spirit Whisperer - Chronicles of a Medium, The Psychic Tarot For The Heart and The Spirit Messages - The Daily Guidance Oracle Deck. Visit www.johnholland.com

As you go about your daily life, do you have moments where you feel disconnected from your true purpose? Do you sometimes wonder exactly what your purpose in life is all about?

We've all had that nagging sense when you know it's time to make a change and take a new direction in your life. You may have a vague sense of what your true path might look like but equally, it's totally okay if you don't have any idea at all. Just follow your intuition.

As young children, we tend to remain closer to our true nature and are easily drawn to what we feel is intrinsically right and true for us. But as we grow, life circumstances and expectations of well-meaning loved ones and society as a whole steer us to what is considered more practical and acceptable. As we move into adulthood, it's not uncommon to have a sense of disconnection. It is then that we begin to question our path more often.

Your life purpose doesn't necessarily have to be your regular job or even something you're paid to do, even though it can be possible. When someone begins to live their life in a way that's closer to their true path, they'll start to sense a deeper connection with others, and as a result they become more intuitively led to make choices that are more in line with why they're on this earth.

There are ways to begin to reveal your purpose by looking for clues in your life as it is now. If you're feeling prompted to explore what your true purpose might be, I encourage you to take some time this week to do some journaling. Begin by asking yourself a few questions:

1. When you were a child, what did you dream of doing when you grew up? What were you drawn to before you were encouraged to choose a more "practical" route?

2. What do you enjoy doing so much now that you lose all track of time?

3. Think about people who inspire you. Don't simply look at the title of their job position. Look a little deeper. What do they bring to the world?

4. If you could wake up tomorrow morning with the ability to go out and do anything, what would you choose to do? If you don't know exactly what that would be, begin by taking a moment to imagine how you would like to feel as you go about your day.

Write down everything that comes to mind as you ask yourself these questions. And, just as important, include what comes to your heart. Allow yourself to let go of any thoughts of impossibility. When you let yourself visualize your ideal life without boundaries, without the fear of criticism, without the fear of recrimination, without the fear of judgment, you'll be able to open the door for your soul to show you what is possible and the boundless opportunities ahead of you.

As you go through this process, take note of any common themes that emerge through your journaling. That may be a clue as to where you need to begin. Is there a class or volunteer situation where you can explore those thoughts further? Or perhaps an online community where you can converse with like-minded people? Every action - no matter how small - will bring some clarity.

As you start to take action and explore a path that feels truer to you, you may start to notice situations that no longer seem to fit in your life and you'll have to make adjustments. Be open to recognize and appreciate clues along the way - even if it's an experience that helps you realize those things that are no longer what you thought was your purpose! You won't find answers overnight but it is SO worth it! Take on the mindset of an adventurer and an explorer ... and be open to the clues that your soul will place in front of you. Discovering your life purpose is more about the journey and less about the final destination. So, all I have to say in closing this Soul Inspirations is to enjoy the journey!



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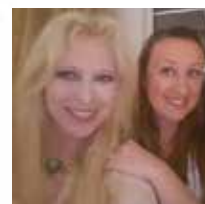


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FROM THE HEART



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 through Alan's upcoming transformational Life Coach Training. For more information about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

RAISE THE BAR ON LOVE

Every February, in honor of Valentine's day, I explore loving relationships. Many of us have faced challenges in relationships, and we struggle with how to create truly rewarding connections. We search for our soulmate, wrestle with friendships, and dread going home to see our relatives. At some point it dawns on us that "this cannot be the way I was born to live." Then we get serious about creating relationships that work. If we are sincere, that will happen.

At the end of a visit to a town where I used to live, I was on my way to return a rental car. I stopped at a gas station to fill up, but could not find the lever to open the gas cap. So I decided to just return the car half-full. Along the way I discovered the lever and stopped at a gas station near the rental car return. While filling up, I saw a friend of mine at the next pump. He is a sincere, ecologically-minded guy who has been running for county council for years, and was up for election once again. We shared a hug and schmoozed for a few minutes. I told him, "I can't vote for you now that I've moved, but if I could I would surely get behind you." A big smile lit up his face and he answered, "That's worth a lot of votes right there."

As I drove away, I marveled at the synchronicity of meeting my friend. If I had found the gas cap lever at the first station, I would have missed that encounter. I like to think that the universe had set up that meeting. A deeper wisdom was behind the apparent error, leading to a moment of rewarding connection. Life is always guiding to be with the people we belong with, if we are open to follow internal guidance and external signs.

We must not settle for less-than-rewarding relationships. Any form of enmity, conflict, or abuse is not life's intention for us. Yet we put up with pain because we believe we cannot do better. But we can and we will. Before we can do better, we must change our minds about what we deserve. You can always tell what you believe you deserve by what you are getting. When you are in pain in a relationship, the universe is sending you a wake-up call to realize that you have been accepting too much suffering. Then you must do whatever it takes to extricate yourself from sorrow and create a relationship that works. Sometimes that can be done right where you stand, and sometimes you must leave. Either way, you must find your way to higher ground. Our tolerance for upset is too high. We must raise the bar on love.

A Course in Miracles tells us that it is the destiny of all relationships to bring us joy. Sometimes the people who are hardest to love are the ones that offer us the greatest reward once we master the lesson the relationship is bringing us. The only purpose of relationship is to deepen our capacity to give and receive love. **Abraham Lincoln** said, "I don't like that man. Let me get to know him." Everyone we don't like is pointing us to shine light on a judgment we are holding. When we examine that judgment, we realize it is not valid, and we recognize the unnecessary pain that holding the grievance is causing. Then we can let it go and be free. The relationship has served us well. *The Course* further tells us, "The holiest spot on earth is where an ancient hatred has become a present love."

All healthy relationships are founded in self-love. If you don't love yourself, it is going to be difficult to love others or receive their love. We project our fears and self-judgments onto the world "out there," which exists more in our mind than as an external entity. We make up stories about other people based on the stories we make up about ourselves. If you can't find someone outside to love you, you haven't found someone inside to love you. Loving people around you reflect your love for yourself. Unloving people represent your self-judgment. Don't attempt to change what you see in the mirror by rearranging the images. Rearrange the source of the images—your mind—and the images will rearrange themselves.

A while back I had a little **Honda Civic** to sell. I parked the car at a gas station with a sign, "\$1100." The car sat for a long time without an inquiry. Then one night I attended a healing service by a Christian minister who took up many collections during the evening. His solicitation was quite bold. During one basket-passing he announced, "God told me there are five people in this audience who can donate \$1,000, and He wants you to give it." Although I later learned that the preacher was a charlatan, I was impressed by his confidence to ask for money. That night I went to sleep with the realization, "I deserve to get \$1100 for that car." The next morning I was awakened early by a phone call. "I'll give you \$1100 for your car," a voice said. Within an hour the car was sold. It was not waiting for any market conditions for me to sell it. It was waiting for my recognition of my deservingness to sell it.

So it is with all of our relationships. They are just waiting for us to receive the love we deserve. Let this **Valentine's** month be the month we let love in.



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Dear Whitedove, Now that the US election is over I am afraid for this country. I often tremble with fear, worrying that our country will be divided and that War may even come to our shores. How can I shake this feeling? Worrying in Wisconsin

Dear Worrying, Worrying is like praying for the negative to happen. Now is the time for everyone to hold the highest vision for our country. Each one of us must do our part and be "in the moment"; not focusing on negativity of the past or perceived negativity in the future. Great Spirit tells us that we co-create our future with our words, actions, thoughts and beliefs. It's time for us to join together and pray for a positive future, take positive action, visualize your perfect paradise and pray for peace. In this way, you will step away from fear and help to manifest a better world.

Dear Whitedove, My neighbor has a beautiful boy that is autistic and non-communicative, I can't comprehend the amount of special attention this boy will need throughout his life. There must be a spiritual lesson for the family? - from a Caring Neighbor

Dear Caring, Spiritually speaking autistic children are very special to God. As for non-communicative autism you must understand, these are wise souls actively living spiritual lives in other dimensions. There are many parents that have broken a barrier by creating communication boards with photographs of joyful objects: this encourages the children to interact with our world. We must cherish and nurture these souls. You will find that they respond to love and joy. Never judge another souls' chosen path; they are divine children with special missions.

Dear Michelle, I used to read lots of astrology books about my Sun Sign, I took a break and now I'm drawn to them once again. Do you feel that Astrology is a valid tool for life insights? - from a questioning Capricorn

Dear Questioning, The study of Astrology is ancient. Your chart is a blueprint of the planets at the moment of your birth. It's a snapshot of your soul's intended journey mapped out before you: it highlights personal traits of weaknesses to watch for, your attributes, your areas of strength and even karmic issues. So yes, with the proper astrologer, you can learn much about yourself. But it's also important to know that through the enlightenment of the soul, you can rise above your karmic astrological chart.

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THE BIOLOGY OF LOVE



Bruce H. Lipton, PhD is an internationally recognized leader in bridging leading-edge science with mind-body medicine and spiritual principles. Stem cell biologist, bestselling author of *The Biology of Belief* and *Spontaneous Evolution*, *Our Positive Future* and *A Way to Get There From Here*, he is regarded as one of the leading voices of the new biology. <https://www.bruce-lipton.com/>

What do your cells have to do with love? Molecular biology and romance seem unlikely bedfellows, but according to Dr. Bruce Lipton, a stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 **Goi Peace Award**, it's quite an affair. He calls it the "Honeymoon Effect." Almost everyone can remember a time when they were "head-over-heels in love." During this juicy time of life, points out Lipton, our perception of the world expands and our eyes twinkle with delight. Our affection isn't limited to our selected partner; rather we are in love with life itself and it shows.

We take risks to experiment with new foods, activities and clothes. We listen more, share more and take more time for pleasure. Lipton chuckles about how what seems hostile the day before becomes heaven on earth when we're in love. We don't even notice the aggressive drivers that irritated the heck out of us yesterday; today, we're lost in daydreams and love songs.

THE VIBRATION OF LOVE

Amazing as it may sound, each and every one of our cells behaves like a miniature human, says Lipton. Inside you, fifty trillion minute human-like cells work together. Cells side-by-side helping each other accomplish pumping your heart, breathing your lungs and all the millions of tasks that need to happen. When we feel "in love," our cells have the vibration of love too! Sounds pretty good!

It all begins with life, which is defined by movement according to Lipton. Proteins, the primal elements of life easily wrap themselves into organic wire sculptures and move in response to environmental signals. On the surface of each cell, receptor proteins receive environmental signals while the effector proteins transform into vibrations and transmit them to the brain where they are interpreted. It doesn't take much imagination to picture the difference between how these protein sculptures move when they are "head-over-heels in love" versus when they are irritated. We've been there!

In the eighties, when Lipton discovered that the cell membrane is its brain, his breakthrough research suggested that environmental signals, whether of love or another emotion, are primary in creating illness. He presaged one of today's most important fields of study, the science of epigenetic, which explores how cellular chemical reactions switch genes on and off.

Research in this area has found that stress, diet, behavior, toxins and other factors activate chemical switches that regulate gene expression. Lipton clarifies that this new area of study reveals that environmental influences are more prominent in causing illness than genes. He says new cancer research suggests that genetic factors influence the occurrence of illness a mere 10% of the time. In other words, the perception of our environment is responsible for our body's health 90% of the time. When we feel "in love," our cells have the vibration of love too! When we feel "in love," our cells have the vibration of love too!

THE POWER OF PERCEPTION

Even more interesting, Lipton reports current research demonstrates how our protein structures are more highly activated by non-physical signals than chemical signals. In other words, our environmental perceptions have a more powerful influence on our health than drugs. Thus science is telling us, we have more innate capacity to heal our ills than the pharmacy. With a tone of excitement Lipton notes, "Wow! This means that people are not victims of their genes as we used to think. They can change their perceptions and thus change their health. Now that's exciting! The old biology used to take away choice and control the outcome. When you tell people they are victims, their power is diminished. The work now is to help people change their perceptions so they can change their outcomes."

How does it work you ask? The cell is a data "chip" by its definition, shares Lipton. Our perceptual memories and beliefs are stored in the cell membrane and constantly being transmitted to the brain for interpretation. The mind responds to these vibrational messages by creating coherence between belief and reality. In other words, when your cells transmit to your mind, the mind works diligently to create the same chemical reality in your body. Thus, if you believe you will get sick, your mind will coordinate your cells to make it true. And if your cells transmit signals suggesting you are vibrant and healthy, your mind again will go about making that happen.

This power of perception is demonstrated, says Lipton, in studies which found adopted children get cancer with the same propensity as their siblings who are raised in the same family, yet from different genetics. If you believe you will get sick, your mind will coordinate your cells to make it true. If you believe you will get sick, your mind will coordinate your cells to make it true.

SUBCONSCIOUS DOWNLOADS

In fact, Lipton reports, "medicine has acknowledged that illness is seeded in the first six years of life when beliefs are downloaded by the family into the child's subconscious." During these years, children's minds are primarily in a theta brain wave pattern, which creates a hypnagogic state of mind. This trance state explains why children easily blur the boundary between fantasy and form. Walking around in a trance, young children absorb their parent's beliefs into subconscious memory without question or discernment.

...continued on page 28...

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

Soulson Song #407 - Making the Best of Things

As I relax and make the best of things, things will improve. It must happen, for it is universal law. As I make the best of things regarding my health, my health must improve. The same is true for my finances, primary relationship, family dynamics, job, and even the functioning of my government and world events.

Conversely, a counter-productive approach is: "This is awful! This is unacceptable, and it must change!" Nothing can change long term when I take that stance, for anything to which I give attention, negative-or-positive, will expand in my experience. I did not come into physical expression to fight against what I don't want, trying to wrestle it out of my experience. I came here to focus on things that I do want and allow them to manifest - again and again while all creation assists me and benefits from my joy.

Once I "get" this truth and consistently apply it, the term "living a charmed life" will seem a puny understatement indeed.



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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

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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 runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. <http://tut.com>

See through the fog that tells others nothing matters, nothing is happening, and it does no good. They realize not that every second of history... was optional.

Those little things that you alone see aren't by chance. The sign, the squirrel, the dragonfly; the whisper, the song, the lily. It's me. I'm always with you. I'll do anything to reach you -- to give you hope, keep you on track, answer your questions.

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SPIRITUAL GRAFFITI

Jeff Brown is author of *Spiritual Graffiti*, *Ascending with Both Feet on the Ground*, *Love It Forward* and *An Uncommon Bond* and *Apologies to the Divine Feminine* From a Warrior in Transition and film *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

Being a sensitive person can be a confusing, complicated thing in this still harsh world. It feels intuitively right to open, to feel, to enhearten our daily life, but the world is still vibrating at a more armored and edgy place. It is not yet attuned to the ways of the open heart.

So what to do? We don't want to deaden our capacity to feel, but if we feel too much, we get run over by an often heartless world. I have found my best answer in three places:

1. Selective Attachment: carefully discerning between positive and negative individuals and environments, and only attaching to those people and places that can hold our tender heart safe.
2. Strong Energetic Boundaries: being physically and emotionally charged, so that we can more effectively repel unwelcome energies.
3. Conscious Armoring: learning how to put on armor when necessary to manage the world and difficult situations, and, consciously removing it when it is no longer needed.

If we cultivate these practices, we stand a much better chance of preserving our sensitivity. Once we lose it, we lose our connection to the moment altogether. Here's to a sensitive way of being! What a courageous path.

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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*



Is Something Missing? Let Wolf and Raven restore life's magic

...continued from page 8

Call on RAVEN when:

You need to clarify your intention about a task, a relationship, or your spiritual path so that you can manifest that intention in third-dimension reality.

You had an especially painful childhood and want to reclaim the lost innocence and joy.

You've lost touch with the magic of life and want to recapture that sense of awe and wonder, as well as manifest your desires.

You're in need of physical and/or emotional healing and want to augment whatever other treatment modalities you're using.

You have an ailing loved one who is some distance away, or there are others at some distance who are suffering and you want to send strong prayers and healing energy.

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It's important to maintain your self-esteem and integrity and deeply trust in your inner knowing, even when you feel misunderstood or misaligned.

You're being spiritually and psychically protected at all times.

Call on WOLF when:

You feel lost with regard to a relationship, project, or your career, or else you're confused about your life path and purpose.

You feel at one extreme or the other with your social ties, either feeling isolated and alone or overly enmeshed with family and friends.

You've been feeling a little too civilized lately and want to tap in to the wild and instinctual.

You're having trouble discerning the sincerity and truth of what someone is communicating to you.

You want to be more expressive in your communication, particularly by adding more body language and vocal inflection.

MONTE FARBER'S QUANTUM AFFIRMATIONS TECHNIQUE



Monte Farber is, with wife, artist/designer Amy Zerner, author of a series of best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, the Enchanted Tarot and the Psychic Circle. This is an excerpt from *Quantum Affirmations: The New Energy Science of Conscious Manifestation*. www.MonteFarber.com and www.TheEnchantedWorld.com

Take a quantum leap into the future you know is waiting for you. I have formulated a simple five-fold technique for creating the future you want to live in. *Quantum Affirmations* is a fun, easy-to-use approach to life and the manifesting of love, happiness, prosperity, and success. It is an astounding new take on the proven scientific principles of Quantum Physics.

You'll learn how to visualize your future — how to quantum tunnel to the future you desire, how to entangle your goal with what you're good at now, how to do a "quantum-playtion," a supercharged visualization that harnesses the miracle of your mind.

STEP 1. IDENTIFY YOUR GOAL

What do you really want? Upon close examination, you may find that you don't want exactly what you first thought you wanted.

STEP 2. EXAMINE YOUR HISTORY WITH THAT GOAL

Why is it important? Why do you think you haven't gotten it yet?

STEP 3. IDENTIFY YOUR GIFT

What flows to you effortlessly and endlessly? What ability or talent are you most confident about? It can be anything from the simplest human ability to the most complex. Everyone has at least one gift. Kindness, for example, is always available.

STEP 4. ENTANGLE YOUR GIFT WITH YOUR GOAL

Here's where the entanglement happens. Visualize with certainty a scene where you use your talent and attain your goal. For example, if you want money or love, imagine doing what you are good at and getting money or love or whatever your goal is while you are doing it.

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Quantumplaytion is a play on the word contemplation, whose meaning derives from templum, the same Latin word from which temple originates and, also known as a place for divination, or a place for predicting the future

STEP 5. CREATE A "QUANTUMPLAYTION"

Create the future in what I call your "quantumplaytion." This, of course, is a play on the word contemplation, whose meaning derives from templum, the same Latin word from which temple originates and, also known as a place for divination, or a place for predicting the future!

Your quantumplaytion is where the magic of my *Quantum Affirmations* technique happens. Your quantumplaytion seals the deal. In it, you consciously direct the production in your mind's eye of an elaborate visualization, complete with sights, sounds, and especially feelings you will experience in the future you want to attain, complete with any and all negative consequences, secure in the knowledge that you are dealing successfully with them, whatever they may be. It is crucial that your quantumplaytion be as real to you as you can make it, warts and all.

And that's it. That's all you have to do to create the life you've always wanted to be living. Visualize/imagine twice a day, once when you wake in the morning and then before you go to sleep at night.

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ABRAHAM-HICKS

...continued from page 9

ELECTION BATTLE

What this has been for most of you, is an exercise of disempowerment! It's a turning over your ability to lead your own life to SOMEONE ELSE, who couldn't POSSIBLY lead your life because they could not understand your perspective. That is not a gift that they have to give you. You see, you are looking for righteousness and goodness and truth and justice in ALL THE WRONG PLACES.

So, enjoy the game!! Enjoy the game. (Abraham tell a story of esther, again not seeing a thing that is right there, because she didn't expect it). So, you get fixated on the negative aspects of something. And it prevents you from ever seeing any positive aspects. Even though there may be some. (Big laughter)

And so, esther decided to do something that she had decided to never do again, she decided to watch some of the political discussions. To see, if she could get past some of her own prejudices.

To see, if she could give anyone the benefit of the doubt enough, to receive wisdom, from someone she decided was not wise. To see, if she could get past the decision that she had already made.

And she was so surprised and won't even say it out loud to you of the intelligence that she found, in this one and this one, and this one, and this one. There were harmony-points all over the place.

So what it comes down to is: you have a point of attraction. And this point of attraction is showing you what it is, all the time.

And as a mass-consciousness, you have created something (these election results and resulting feedback,) that now a lot of you are complaining about. And we don't think it's too different from what's going on in your individual lives.

You create things, and then you complain about them. And it's time to no longer create them. It isn't that you want to stop complaining because that would mean you no longer enjoy the contrast. But accept your point of attraction and stop trying to make the way you feel someone else's fault.

When you take responsibility for how you are feeling, then you have the benefit of moving yourself into harmony with what you really feel, and what you really know. And when you do that, then you will have that harmonic, political process that you all right now feel so desperately, that you are in need of.

Imagine a room full of talented wise beings, who are aware of, and interested in whatever they might do for the good of the whole. Who are individually in such alignment with who they really are, that they are in the receiving mode, dancing together, inspired together, thinking together, cooperating together, finding harmony of one another. Because it can be that way.

You can imagine it, and make it be. But you can't condemn what is, and ever bring that high vision to reality! You can't continue to look at what is, and flail about in your discomfort of "what it's all come to", and cause it to come to something different than what you are looking at, you see.

And so many of you have drawn wisely just your attention off from it. It's not even a self-saving-mechanism. It's an intuitive understanding that my attention here, in the way it is being commanded, is of no value to the whole.

But if you are wanting to be of help to anything, no matter how close up it is to you, or how far away it is to you- get into the receiving mode, and

then give yourself the permission to find a positive aspect on somebody on the other side of the political spectrum. Because, until you do that, you will never be in harmony with your inner being who loves them all.

And this is the point where esther will say: abraham, you need more information. (Laughter).

We want to say: we have all of the information. And you cannot come into harmony with your power, or with who you are as long as you are pushing against anything.

So just start deciding what you are for, and start listening for evidence of that, and what you'll begin to notice is, in many cases they'll start to sound like one another! No matter how far apart they are, in their political views, they begin to start reflecting the sentiment of one another. And that really is the wonderful thing that's going on-in this particular time!

It's that so many have become aware of what isn't working- that there is a vortex so powerfully inflated with this wanting, that there is an acquiescing to that. So it's not about the will of the people! It's not about the vote of the people. It's about the vibrational balance of the people. It always has been.



DOREEN VIRTUE'S ANGEL ORACLE CARDS



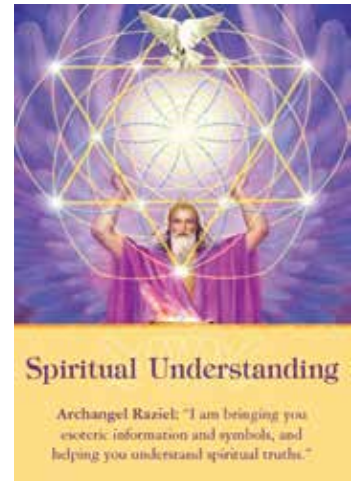
Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.

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

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THE BIOLOGY OF LOVE

... continued from page 16 ...

Lipton explains how these subconscious downloads work by comparing them to an iPod. When you get a new iPod, there are no recordings, so you can't play anything. Once you download songs to memory, you can play the downloaded songs. In fact, they are the only songs you can play. There are plenty of other choices for songs, but you can't play them on your iPod until you download them. Similarly, whatever has been downloaded into our subconscious memory and stored in our cells is the only choice available to be heard and seen in the body.

Other choices are not possible until they are downloaded as beliefs and perception into the subconscious. Thus, we automatically act out our parents' beliefs, unless we are exposed to other beliefs or intentionally seed new beliefs. Children absorb their parent's beliefs into subconscious memory without question or discernment. Children absorb their parent's beliefs into subconscious memory without question.

A SHIFT TO LOVE AND VITALITY

Lipton points out that the biggest problem is that people don't believe they can change their minds and beliefs very easily. He suggests that if we teach our children in their first 6 years that they can change their minds and thus their bodies, an empowering shift to love and vitality can become easy. Not only does cellular biology have something to tell us about love in our bodies, it also is very revealing about the nature of human connection, says Lipton. It's called Biomimicry and is a new discipline in biology that uses nature's best ideas to solve problems. Animals, plants and microbes have found what works, and we can learn from them. They demonstrate ways of functioning that have endured over 3.8 billion years of existence.

In Lipton's latest book, *Spontaneous Evolution*, he and co-author Bhaerman suggest cells are smarter than we are when it comes to creating successful communities. They elucidate how cells organise themselves to have a monetary system that pays other cells according to the importance of the work they do and stores excess profits in community banks. They have a research and development system that creates technology and biochemical equivalents of expansive computer networks. Sophisticated environmental systems provide air and water purification treatment that is more technologically advanced than humans have ever imagined. Animals, plants and microbes have found what works, and we can learn from them. Animals, plants and microbes have found what works, and we can learn from them.

"NO CELL LEFT BEHIND"

The same is true for heating and cooling systems. The communication system within and amongst cells is an Internet that sends zip-coded messages directly to individual cells. They even have a criminal justice system that detains, imprisons, rehabilitates,

and in a Kevorkian way, assists with the suicide of destructive cells. Unlike us, cells have organized full healthcare coverage that makes sure each cell gets what it needs to stay healthy, and an immune system that protects the cells and the body like a dedicated National Guard. Lipton makes an intriguing analogy between how 50 trillion cells in the human body work together for the success of the individual is similar to how 7 billion human beings could work together for the success of the planet. He points out we haven't been doing such nearly as good a job as cells.

Lipton emphasizes that our individual mind like an individual cell has far less awareness than the consciousness of the whole group. When a cell fulfills its evolution, it assembles into colonies with other evolved cells to share and expand the capability of consciousness. There's a "no cell left behind" attitude and the economic appropriation of resources to support the whole. Lipton says we would do well as a collective to evolve to such a high level of consciousness as our cells. He writes, "Science suggests that the next stage of human evolution will be marked by awareness that we are all interdependent cells within the super-organism called humanity."

We are all interdependent cells within the super-organism called humanity. We are all interdependent cells within the super-organism called humanity.

REWRITING OUR PERCEPTIONS

First, however, we must work in our own back yard urges Lipton, "We must change the evolution of our individual selves so the collective consciousness can progress." He urges us to get our lives back by rewriting our perceptions so we can create that head-over-heels in love state-of-mind again and again and again. He encourages us to download new beliefs of empowerment and love into cellular memory, so our cells have new lovely tunes to play with lyrics that affirm our lovability.

Lipton calls the quest to continuously feel "in love," "The science of creating heaven on earth." And science has spoken about such things, writes Lipton. For example, HeartMath researchers have found the impact of love itself is real and biochemically measurable, "When subjects focus their attention on the heart and activate a core heart feeling, such as love, appreciation, or caring, these emotions immediately shift their heartbeat rhythms into a more coherent pattern. Increasing heartbeat coherence activates a cascade of neural and biochemical events that affect virtually every organ in the body.

Studies demonstrate that heart coherence leads to more intelligence by reducing the activity of the sympathetic nervous system—our fight-or-flight mechanism—while simultaneously increasing the growth-promoting activity of the parasympathetic nervous system." As a result, stress hormones are reduced and the anti-aging hormone DHEA is produced. Love actually does make us healthier, happier, and longer-living. It turns out molecular biology and love actually is a match made in heaven. Dr. Bruce Lipton challenges us to study and understand how to experience that heaven on earth continuously, with dancing proteins on our cells that swoon and sway with love.



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 LOVE RECLAIMING EMPTY SPACE

After several days of physical labor, I was reminded that these bodies we have are amazing things. I wore myself out working in my shed. I awoke later in bed with my muscles vibrating! It felt good to get worn out as I was Clearing Out. Each trip back into the shed from the street revealed more empty space inside. The shed began to feel like a haven again.

It measures 12 x 32, there are shelves and work benches lining the walls and power outlets every 8 feet. Mostly now there is only plywood stored inside but I am going to move many items over from the garage, mostly gardening tools and supplies. A few outlets did not work so I had a friend check the wiring. He replaced two broken switches, put in new lights and made all power receptacles work. I look forward to freshening the tables and shelves with some paint and setting up a couple of workshop areas.

I FINALLY CHANGE FROM BANK TO CREDIT UNION

I got so energized clearing out the shed that I checked my **To Do List** to see what else I could tackle. For a year or more I've wanted to make a community credit union my primary financial institution and I finally began steps to move my **Wells Fargo** bank accounts. I admit I just learned that **Wells Fargo** helped finance the DAPL pipeline however I was ready to move.

I went to the credit union and opened a business checking account. Back at the office I ordered checks and deposit slips and rubber stamps and began changing all direct deposit info. Next I'll enter all my bill pay info in, it's a chore but it feels good to have begun the process. I was thrilled when they built a credit union 2 miles away, I can walk my deposits in now. There are no monthly fees and my dollars support my local community.

FEELING RE-INSPIRED

Feeling so energized after the clearing, I cranked thru the work! It seems the busier I am, the more I tend to take on and burn through. Last year I reached a burnout point when I OVER booked my time, voice and hands. This month I feel I've stepped out of the woods. I feel newly inspired.



Which came first, inspiration or uncluttering? I feel the energy moving again. My shed is clear, I've got a plan for home projects, I'm transferring from a bank to a credit union, I've connected with new authors. Next I'll price check auto and homeowners insurance. My **Social Security** check went up, my mortgage payment went down. Life is good.

WHATEVER IS BEFORE ME IS A REFLECTION OF ME

Working on final layout of this **February** magazine, I smiled to see the page on the screen before me is such a reflection of me. The page that the reader will see is organized and formatted, with good white space. In the margins, however -- what no one sees but me -- is a scramble of notes and articles and images, all crammed together, placed there to remind me what I have waiting to go in next.

My mind is like that sometimes, too, constantly reviewing info filed off to the side that I'll need shortly, while seemingly focused on what's in front of me. I recall 20+ years ago when **Kristy (Scott) Souto** first began **Horizons Magazine** we'd be sitting at my computer where she was teaching me **Pagemaker**. She laughed that I kept so many **Options** windows open since that made the typing/layout screen very small.

"You have this little tiny screen," she said, pinching fingers together in front of her eye, *"but out here are ALL the options!"* She was right. That's still my life but this tiny life is SO fulfilling and yes, I still like to keep all my options easy to find right in front of me :)

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

HOROSCOPES FEBRUARY 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) Declare your role as a Sacred Warrior. You are a protector, a courageous soul and your mission is to be a defender. Aries is a sign of individual action, but this is your time to act on behalf of the collective. Mars enters your sign on February 3rd; an act that empowers you. Mars is in his sign of liberation for a reason. The stakes are high, and it's clearly your time for action.

Taurus - (April 19 - May 19) Stand strong this month. If you feel uncertain about your future, stand by what you do know to be true, and don't worry about any predictions. What you want is changing, and will continue to do so until the middle of this year. Figure out what's really important and let the rest go. If you play your cards right, you can remain an observer and not become the pawn in a battle that has no winner.

Gemini - (May 20 - June 19) It's important that you are not misled - either by yourself or others. February is a critical month for discernment; if in doubt - wait it out. Decisions made now have a long lasting reverberation. With Mars, Pluto, and Uranus in the mix, you may feel as though there is an epic battle over whom and what creates your future. But this is why you must hold on to the driver's wheel; make it about you

Cancer - (June 20 - July 21) February may well be a turning point for your life, Cancer. Your sign sits within range of a dramatic line up of action starting planets and signs, so some type of an adjustment is likely. However, with Jupiter present, any changes that occur at this time will also come with a hidden blessing. Do not to loan or borrow money. Make decisions based on how they will impact you, not your partner or family members.

Leo - (July 22 - August 21) Provocative information comes to Light this month, Leo. Your mission is to make an educated decision. Critical thinking is your secret to success because, honestly, there's an extraordinary amount of tom-foolery in the recesses of hidden information. Don't fall for a sob story! Some things need to get straightened out, and you're the one to do it. Move beyond the façade and claim your rightful place on the throne.

Virgo - (August 22 - September 21) The New Moon of February 26th signals the end of an era. However, it's not quite the clean break that you'd like. There are still some lingering ends to tie up, but surrender graciously because something quite grand waits. When you add your true inspiration and effort to the situation you can shift quickly into a place of vitality. Allow excitement to feed your soul, Virgo, and look ahead, not back.

Libra - (September 22 - October 21) Relationships are on the front burner now as Mars and Venus light up your partnership sector. However, there is a testing period that will ripen by month's end when Uranus ignites the situation - for better or worse. Then Venus goes retrograde in March. You need time, Libra. Gather stability so that you're not overwhelmed when things don't go as planned. Slow and steady wins this race.

Scorpio - (October 22 - November 20) Approach this dynamic month like an actor in a play. Keep your lines and script in order, pay attention to your cues, and you're home free. There is an ethereal and non-personal quality to this time period, and you may feel overlooked because everyone is preoccupied with their own issues. But don't take it personally; with minimum effort you slide into the starring role of maximum success.

Sagittarius - (November 21- December 19) Nothing clears your head better than a change of scenery, and February is looking like a great time for a walk about. Get some fresh air and stay the course with your path of delight. There are also commitments in your utopia but with just a bit of effort, your obligations can be turned into pillars of support. Claim your inner peace, and the world becomes a peaceful place for you.

Capricorn - (December 20 - January 18) Let this month be a bold new beginning, With Mars and Uranus forming a dramatic square to Pluto, you may feel uncertainty because of the rapid speed of events. There is pressure everywhere. Hopefully it's not personally directed at you, but, if you are on the receiving end of bad behavior, stand strong because you have the upper hand. Just state the obvious and you'll win big time.

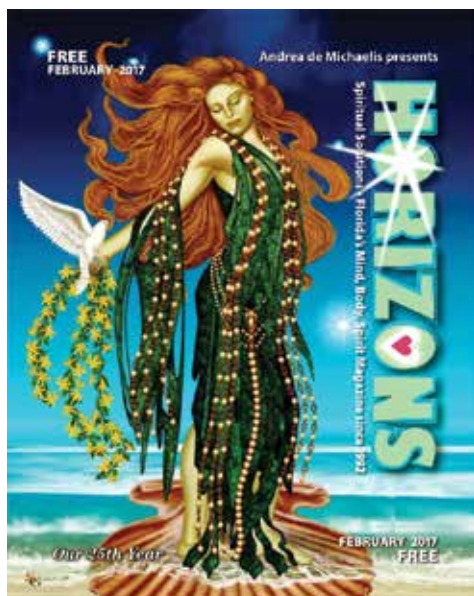
Aquarius - (January 19 - February 17) This year holds some classic signatures of major financial success. To get things off to a good start, it's critical that you monitor expenses and get clear about your goals. New Moon of February 26th is a rich opportunity to get going on the right path. If you don't become proactive and claim your desire for success, you risk walking a default path of slow losses. Choose victory, Aquarius.



Pisces - (February 18 - March 19) February begins a major new cycle for you. Although it may feel a bit bumpy in the beginning, this is ultimately a great move for your financial success. By the end of this year, you'll be aligned more than ever with the work of your heart and soul. The planets are truly standing guard for you now as you move with certainty into an era of deeper freedom. Embrace this gift of life and love.

COVER ART

Aphrodite by Sharon George



Aphrodite is her Greek name; Venus is how the Roman's knew her. She is the daughter of Uranus and the Ocean Foam is her mother. She is also known as "foam born" and "she who rises from the waves".

When she shakes the seawater from her hair, the drops turn to pearls at her feet. Lovely, indeed is Aphrodite, great goddess of love and lust. She married the crippled smithy Hephaestus, but found him boring and entertained many lovers, with whom she had many children.

The Romans considered her the goddess of charm and beauty and believed that a large stone resting near a tall tree was a place wherein she could be called for help in affairs of the heart. They offered her wild strawberries, herbs, pine cones, and cypress branches.

She is also thought to be a descendant of a prehistoric water bird goddess, and a goddess of spiritual as well as passionate love. The white dove symbolizes platonic love and the honeysuckle vines are symbolic of happy marriages.

SHARON GEORGE



Award Winning Digital Painter of fantasy and goddess art. Her open edition archival quality prints are signed by the artist and come with a letter explaining her process of creation and the symbolism used in each image.

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I am the embodiment of Earth Mother. I am Empath; my spirit forever dragging my body behind. I live in a world of dreams. I am Nature. My mind an ancient tree, a primordial fern, a pool of silver water beneath the moon. I am part Raven, part Owl, part Lizard, part Rabbit and mother to many cats. I speak to my animal friends because I respect them.

I have often felt my images are channeled. The best work leaves me waking from a trance with no idea how I just created whatever I did. Once I was taken on a journey through some deep red rock fissures. We flew by very fast and on the walls were petroglyphs that came forward and glowed. I was taught the meaning of shapes and colors on a very profound level.

There are no words to describe what I was given that afternoon. It's inside me somewhere. My work is not done because I've yet to express these meanings. When I have grown enough to do so, everyone will gain. We all feel wonderful when those common chords in our hearts are touched. We understand for a moment we're sacred and we're not alone.

As a woman, I have shared with many women the birth and raising of children, the joys and sorrows of marriage... and I've emerged with a profound appreciation for the female experience. I've learned to honor the eternal feminine aspect of life.

I hope when people see my art they recognize the goddess within themselves. What is it? It's the indescribable something that makes life "alive", the creative force, the love that permeates all. Call it whatever you want. I celebrate it with my paintings.

Visit her online gallery <http://www.ibelievecollectibles.com/goddess-fantasy-art-prints.htm>

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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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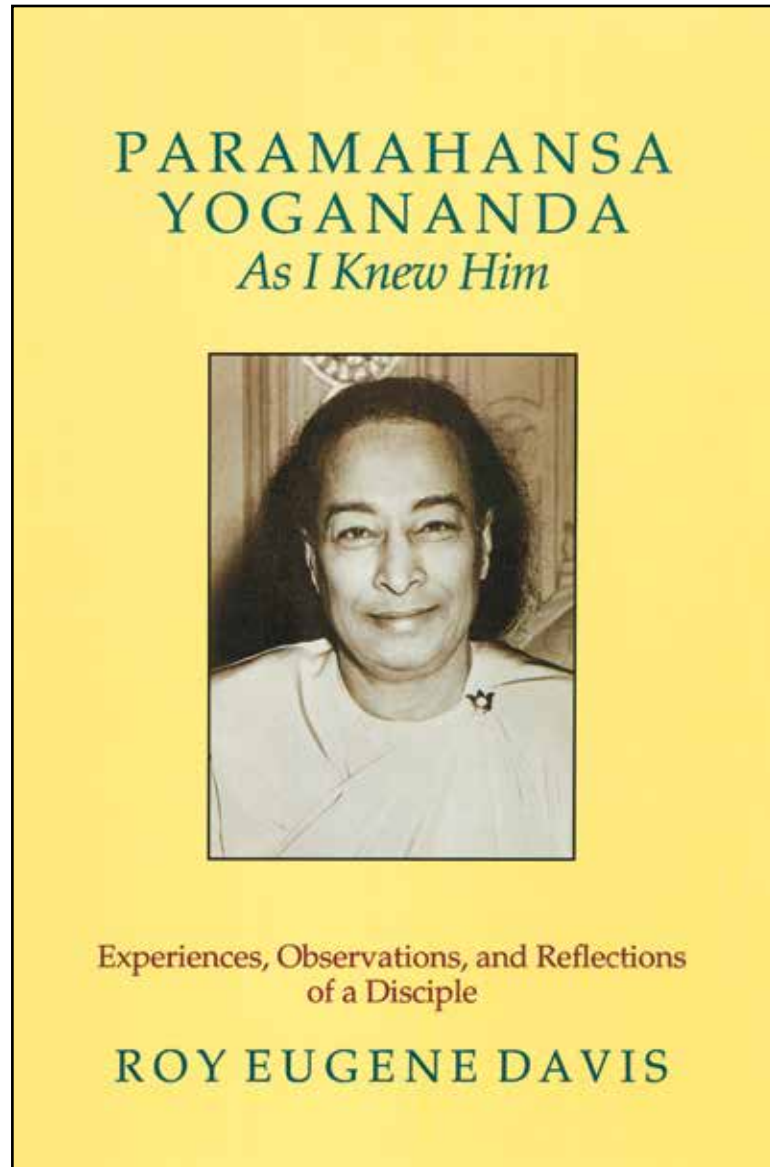
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