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**FEBRUARY 2018**

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# HERITAGES

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



**Saturday, February 3rd 9am – 4pm**  
**Facilitator: Rev. Toni Boehm**

Our Bible says, "where there is no vision the people will perish." Ministries thrive when they are clear about who they are, who they serve and where they are going. Now that we have purchased and moved to our new location, it is time for us to chart Unity of Melbourne's course for the future. Come BE the Change you want to see in this world.

**Sunday, February 4th 9:30 and 11:00am**  
**Guest Speaker: Rev Toni Boehm**

Rev. Toni will share her lesson "Living The Vision" as we introduce and discuss the results of our workshop on Saturday.

**Sunday, February 4th 12:30pm – 1:30pm**  
**The Trinity In Unity with Paulette Mason**

Got "QUESTions?" Join us for one power-packed hour of discussion as we find meaning on the journey and help others along the way. Suggested love offering \$20.

**Sunday, February 18th 12:30pm – 1:30pm**  
**Thoughts are a blueprint for our lives.**  
**Facilitator: Paulette Mason**

Got "QUESTions?" Join us for one power-packed hour of discussion as we find meaning on the journey and help others along the way. Suggested love offering \$20.

**Sunday Guest Speakers 9:30 and 11am**  
**Feb 4 Rev. Toni Boehm**  
**Feb 11 Rev. Teresa Weingarten**  
**Feb 18 Rev. Mindy Tucker**  
**Feb 25 Rev. Paul Hasselbeck**

**Thursdays, 6:30 – 8:00pm**  
**Metaphysical Discussion Time**  
**Facilitator: Paul Esche, LUT**

This is a time to discuss and learn to apply Spiritual Principles to your life as you share your thoughts with others or just listen to others share. Suggested love offering \$20.

**Thursdays 7:00-8:30pm**  
**ARTIST WAY CLASS... a 12 week program started Jan 11th – newcomers welcome**  
**Facilitator: Fred Goodnight**

Is this the year (2018) you are going to open yourself to possibility, learn how to access your creative energies and unblock those areas in your life that have you stuck? The Artist Way class can help you get started in these directions and more. The class offers a process that will prove invaluable to you all of your life. For further info, call Fred Goodnight at 321 610 8093 Suggested love offering \$20.

**Sunday, February 25th 12:30 pm**  
**Drum Circle with Fred Goodnight**

Come and find your rhythm and have a great time. No experience necessary. Suggested love offering \$20.



## ONGOING EVENTS

**First Sunday of the Month - Reiki Healing Service after both Sunday Service**  
**Second Friday Night – Game Night 6:30pm**  
**Noon Prayer Service Tuesdays and Thursdays**  
**Tuesdays – Course In Miracles 7:00pm**  
**Wednesdays – Melbourne LGBT AA 6:30pm**

Join us in a Journey of Spiritual Discovery [www.unityofmelbourne.com](http://www.unityofmelbourne.com)



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optical illusion is  
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**Publisher/Editor/Creator**

Andrea de Michaelis

**On the Cover (page 31)**

Herbal Goddess

by Holly Sierra

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# HORIZONS

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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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# 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

I have **Sam** and **Ben**, 2 neutered male cats who are indoor/ outdoor and the man has **Stella Penelope**, a declawed female who is indoor only. The man fed another female, **Pam**, at his old place and two others followed her over. Thankfully **Dagwood** and **Snowball**, both intact males, only hung around a few days. **Pam** comes in and out as she pleases. The cats are getting to know each other. Everyone is pretty chill except youngster **Sammy**, who wants to get in everyone's face and invade their space. Then it's a MREEOWW fest but so far hasn't gotten physical. Sometimes it's like playing revolving doors: let **Sam** out (or lock him in the office) so **Ben** and **Pam** can eat. Then take **Sammy** into my room at night so **Ben** and **Pam** can have uninterrupted sleep. It's like carrying a baby with me all over the house, a baby that weighs 14 lbs and has claws.

### HELLO AND WELCOME TO THE FEBRUARY 2018 HORIZONS MAGAZINE.

I took 3 weeks off at the holiday and boy is it hard to come back to work! Lots has happened since last month. Most notably, my best bud's landlord told him they were selling the house he was renting, so we decided he'd move into my place. We both work from home, both fairly private and reclusive and are comfortable with each other. I switched rooms so he could have the private bachelor entrance. I let him have the master suite and I moved into the west bedroom, across from my office. A friend removed a wall, giving the home two master suites on opposite sides of the house. This way neither of us feels crowded and we both have lots of privacy.

### WE CAN'T ALWAYS AVOID CONFRONTATION

We can't always avoid confrontation and the kitties have to learn that, too. That's why I mostly let them sort it out for themselves as I watch from afar. I learned that while **Sam** DOES walk up to each cat and get sniffing-close while they're trying to sleep, it's THEIR reaction that starts the fracas. If they ignored him, he'd soon move on. But they hiss and spit and yowl, and then **Sam** hisses and spits back and howls, then they box at each other a little and split up.

*It's a good reminder to me that it's not what life throws at me that decides how upset I'll be, it's how I choose to respond to what is placed in my path.* Kitties, too.

*...continued on page 29...*



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

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# TOP 10 RULES FOR SUCCESS

## Inspiration to get back up when life knocks you down



Reknowned author and speaker Les Brown is committed to motivating and training today's generation to be achievers and leaders as he introduces new audiences every day to It's Not Over Until You Win, Up Thoughts for Down Times and Fight For Your Dream. <https://lesbrown.com>

### 1. BELIEVE IN YOURSELF

One of the most important things in life is to believe in yourself, to focus on your own mindset. "Telling yourself everyday, this is my day, and I've got what it takes." Believing in yourself when no one else does is one of the strongest characteristics a human can hold.

### 2. GO ABOVE AND BEYOND; AMAZE CUSTOMERS

Les Brown teaches the point that it is necessary in this customer-driven economy to not just serve your customers, but to actually amaze them. To go so far beyond what they expect that they are blown away. "Always explore various ways in which you can improve the quality of the service you provide." This can also be related to personal relationships and interactions; always go above and beyond, do more than expected, under promise and over deliver, then sit back and watch the rewards roll in.

### 3. TAKE FULL RESPONSIBILITY FOR YOUR LIFE

Coming from someone with such a difficult start to life, this point is important. Early on, Les recognized that he had to accept where he was at. He couldn't just be angry, he had to accept reality and move forward to improve it. Checkout our powerful motivational speech on this topic "Take Responsibility For Your Life"

### 4. STAND UP TO YOURSELF

The biggest challenges in our lives are fundamentally internal. Yes, circumstances in the world are troubling, even seeming insurmountable. But the inner negative conversation is the most insidious and dangerous enemy we face when we seek success. Conquer yourself and you can conquer anything.

### 5. GO ALL OUT

"Activate the thinker in you," Brown says. Otherwise our emotions will use us, control us, and drive us towards actions that are not helpful. Going all out means doing whatever it takes to make things happen in your life. Whatever it takes to make your business succeed, whatever it takes to get that dream job or raise. Do whatever it takes!

### 6. STAY BUSY

When Brown was fired from his longtime job at the radio station he began his career with, he didn't quit or take a break. Instead, he stayed busy by running for election in the Ohio House of Representatives — and he won. Stay busy and keep planting seeds. Keep putting yourself out there, and something will happen.

### 7. GIVE MORE THAN YOU ARE PAID FOR

Success comes through hard work, and that is why it is critical to give more than you are expected to give. Don't half-ass your life. You will be rewarded for hard work.

*"The man who does more than he is paid, will always be paid for more than he does"*

### 8. SOMEONE'S OPINION IS NOT YOUR REALITY

You will face defeats in your life. You will face those who doubt you, despise you even. But other people's negative opinions about you do not determine your reality. You determine your reality.

### 9. YOU'RE DIFFERENT

If you truly want success in your field, you must believe and embrace the fact that you are different. Don't you think that you perform better when you believe that you are the best? Build self-confidence by believing that you are different, then embody that difference.

### 10. DON'T STOP RUNNING TOWARDS YOUR DREAM

This is Les Brown's most important advice: never give up. You will have to make sacrifices to achieve your dreams, and you will doubt yourself, but don't stop. That's all. Don't stop.



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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](http://www.abraham-hicks.com).

## ABRAHAM ON MAKING A GOOD DECISION:

If it does not feel good to you, don't do it. The way you feel is always a very clear indicator to you about what to do or what not to do, always. And it is the only indicator we know. You cannot ask another because the other does not hold the combination of intentions and beliefs that you do, and the other's guidance would not be appropriate for you. Most others who offer you guidance always offer it from their place of guardedness. When you emerged into this body you were surrounded by those who were wanting to warn you of all of the things that could go wrong. And in all of their well meaningness, they've influenced you toward negative expectation.

If we are wanting to make a decision about something, we say we are considering this and then we stop and see how it feels. And if it doesn't feel right, then we approach it from another perspective. We just keep approaching it because we really think we want it. We just keep approaching it from as many directions as we can, looking for a way to feel good about it. And then when we finally feel good about it, then we take our action. Just keep approaching it from as many directions as you can think of, and let your dominant intent be not that action. So often you get your minds set. "This is what I want. This thing to have or do is what I want." And what we would like your dominant intent to be, "I want to feel good. I want to feel good."

So say, "I want to feel good, and I think I want that." If it doesn't feel good, then approach it in another way. Just keep massaging it, just keep thinking about it, just keep looking for reasons to feel good until, eventually, you will find your path. Always.

## ABRAHAM ON PROVING THE PRESENCE OF SOURCE:

The greatest evidence that exists for you about the presence of Source and the unconditional love that it is... is the fact that sometimes you can feel great pain because the negative emotion that you sometimes feel that is so strong could not exist if there were not a relationship between where you are and something else. And the degree of the discomfort that you feel is proportionate with the bigness of the love that is real. Can you feel what we're getting at?

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In other words, when you focused upon things that weren't good for you... when you're down on yourself or down on somebody else, when you're feeling inappropriate or not accomplished, and you're beating the drum of that... your Inner Being is holding an entirely different opinion, knowing your value, knowing Who-You-Are, knowing what you came for, knowing what you've put in your Vortex, knowing Who-You-Really-Are.

But, if your Inner Being would join you in the negative thought that you have about yourself, you wouldn't feel the discord because your Inner Being would be right there with you. So, the fact that you feel negative emotion at all, the fact that the crevasse between who you are being in this moment and Who-You-Really-Are is felt by you in the form of negative emotion is the very proof that you're looking for.

*...continued on page 27...*



## Take Control of Your Health With Herbs - Mankind's Oldest Medicine

Herbs have been used as a standard practice of complementary health-care for thousands of years. History has accumulated a vast knowledge of healing with plants providing us with a huge variety of healing options.

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# Herb Corner

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

## A GOOD NIGHT SLEEP IS KEY TO A HEALTHY LIFE

**Millions of Americans take sleep medications rather than using Alternative approaches that are just as helpful with far less side effects.** Every once-in-awhile you may miss a night of sleep; it's when this happens every night it becomes bothersome. Maybe you are someone who can fall asleep but you wake-up over and over. Sleep is only beneficial if it is re-cooperative.

The obvious signs of sleep deprivation are lack of concentration, confusion, moodiness, pain plus when you don't sleep well your body begins to over-produce cortisol and adrenaline which leads to poor health due to a weakened immune system.

In most cases **insomnia** can be helped with a few simple herbs. **Chamomile** is a very mild herb that most consider first its soothing and relaxing properties are safe even for restless or irritable children. For adults **chamomile** can be helpful if **pain, anxiety or tension** is what's keeping you awake. Just one teaspoon in eight ounces of boiling water steeped for 5-10 minutes may be all that you need.

Let's say you're the type of person who falls asleep easily but you wakes up and can't fall back to sleep because of thinking too much. You know what I mean the list of chores, things said or unsaid and the list goes on. Then **Lemon Balm** can work wonders because it quiets the mind. The terpenes in Lemon Balm give it its sedative properties this is good for over-active or nervous adults or children who can't sleep. It's also known as "The Gladdening Herb" for **insomnia** due to **depression, tension, anxiety or nightmares** **Lemon Balm** works wonders.

**Valerian** is a very powerful non-toxic, non-addictive sleep herb that has been used centuries. It will put you to sleep rather quickly with out a feeling of grogginess the next. **Valerian** relieves **anxiety** relaxing the CNS without quieting vital functions. It helps **insomnia** brought on by **stress, pain, tension or Post Traumatic Stress Syndrome**. Because of its definitive odor you may want to use valerian in tincture form or as capsules.

You can use a sleep pillow be made with a small muslin bag or a sock (you now have a use for your un-matched socks) filled with herbs like **Lavender, Chamomile, Roses or Hops** (use only a small amount of Hops or you will think you're sleeping with dirty socks).

An aromatherapy diffuser with the oils of **Lemon Balm, Lavender, Marjoram and Clary Sage** blended together can ease you into sleep and help to keep you there.

Take some time before bed to unwind, listen to some quiet music, a guided meditation, drink a cup of relaxing tea (using herbs like **Chamomile, Lemon Balm, Catnip, Linden, Roses, Passion Flower or Oatstraw** either alone or in combination). Take a nice warm bath filled with relaxing herbs, light some aromatherapy candles and ease your way into sleep. Sleep should be enjoyable not just a chore to get you to the next day.



# EVERY DAY MINDFULNESS



Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is." Find her on Facebook

**When I recognize a sense of deep sorrow in the core of my being because of loss. I turn**

**to the source of all glory and well-being and embrace all pain.** Suddenly there is a subtle sense of respect and I feel grateful for its presence in my life. Right there.. in that moment I find myself back in the present. I let go of what no longer serves me. And in the truth of what has ended, I see the display of a new chapter slowly unfolding.....the more I trust in the fiber of my being that nothing lasts, I become less afraid of pain. The story of a faded rose along my walking path does not end there, dead roses become compost for new growth.

# DEATH IS AS NATURAL A THING AS LOSING A TOOTH.

**Even as when a child turns into a youth and a youth changes into a man, the mother and father do not grieve, similarly we should not grieve when the soul leaves this body to go to another body.  
Ma Yoga Shakti**



Kabir says, "Earth goes back to earth, the body goes back to the five elements. The breath or the soul goes back to its own source." Who has died? Death is a transformation. You are going to acquire a new and healthy body. When you transcend one state of existence and go to another, be happy rather than sorry. Rejoice as at the birth of a child. Do not grieve when the soul leaves the body. Everybody's duty is only to realize the knowledge of the Self. Who dies? Who is living? Who is that being who enjoys and suffers? That being is never dead.

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# 10 MAGICAL WAYS TO ATTRACT THE LOVE OF YOUR LIFE

Radleigh Valentine is a best-selling Hay House co-author of five tarot decks, one angel oracle deck, and one book, all with Doreen Virtue. He is also the author of "How to be Your Own Genie: Manifesting the Magical Life You were Born to Live." His very popular video show, Ask Rad!, streams on Facebook and Instagram simultaneously each week. [www.radleighvalentine.com](http://www.radleighvalentine.com).

**Hello hopeful romantics! Yes, I know. You've been waiting and waiting and waiting. You've done the healing work. Everyone's been forgiven (even yourself) and still your soulmate hasn't shown up.** So what's up with that? It's not fair! Well, don't give up yet! Here are 10 magical steps for attracting that dreamy person you've been looking for.

## GET CLEAR ABOUT WHAT YOU WANT

We're working with the Law of Attraction here. What that means is that the Universe (or God, Source or the Divine - whatever word you like best) will find you a mate that matches your personal vibration. If you're uncertain about what kind of partner you want or changing your mind a lot, it's a bit like going into a restaurant and changing your order over and over. Your meal is never going to make it to the table! Time to make some lists. Find some time for yourself. Make it romantic! (Yes, I'm serious.) Light a few candles, turn on some romantic music, and dim the lights. The time has come to place your order for the perfect romantic partner.

First you're going to create a 'must have' list for your soulmate. things like 'emotionally available', 'romantic and kind', or 'successfully employed' might go on that list. Some items will be unique to you. If you're a very tall person, you might even put 'vertically gifted' on your 'must have' list - hey, it's your list! Don't worry what other people would put on theirs; just be honest with yourself as you place your order.

Next you'll need a 'nice to have' list. Frankly, the main reason you need one of these is so that your 'must have' list isn't unrealistic. In fact, start by reviewing your 'must have' list. Are there any items on that list that really aren't must have" but are really just nice to have? If so, move them to the 'nice to have' list. The 'nice to have' list is often where people put things like 'brown hair'. If the perfect person showed up in your life and was blonde, you really wouldn't care, would you? Well, maybe you would. In which case that belongs on your 'must have' list.

Finally, you need an 'absolutely not' list. These are what I call 'deal killers'. Items that might fit on that list are things like 'addictions', 'anger issues', or 'doesn't want kids'.

Now you're ready to place your order!

## VISUALISE HAPPINESS

You've got the list. You know what you're looking for. Time to visualise! Some people like to go through magazines and cut out images that represent what they're wanting in a mate. It might be that they cut out images of people that match physical traits they prefer. Or it might just be images that depict ideas such as a couple having a romantic meal together or two people hiking through nature. If you like, you can paste these images onto a poster. This is called a 'vision board'. Or you can just place them somewhere where you can look at them on a daily basis.

Visualisation doesn't just happen with your eyes, though - it happens in your mind. So each day imagine yourself happily in love with the person you ordered from the Universe.

## LET GO OF YOUR EX

Hopefully you've already completed this step, but many people find it difficult. If you are still energetically connected to your ex by doing things like daydreaming of the moment when they will call asking to come back, then it's like a big can of soulmate repellant. Someone new can't enter your life if the old person is still in your heart.

This is a good time to review your lists. Did you just order up someone just like your ex? If so, that's a sign that you still have work to do in letting go of the past so that your future mate can manifest into your life.

## MAKE ROOM FOR YOUR SOULMATE

There was a time in my life when I was single, but had 2 cars (don't ask.) I was also looking for a new house. When it came time to purchase a home, I made sure there was a 3-car garage. Why? Because I was visualising the day when my beloved would arrive and making sure there would be room for their car!

The same is true for your home, your bedroom, and even (gasp!) your closet! Make physical room in your life for your physical soulmate to be able to move in!

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





# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints, and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden – a bookstore, in southeast Florida. Find out more about Margaret Ann at [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com); [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com); and [www.AcademyoftheSpiritualArts.com](http://www.AcademyoftheSpiritualArts.com) or email at [margaret@margaretannlembo.com](mailto:margaret@margaretannlembo.com)

## HONORING SACRED SPACE: AMBER AND ARCHANGEL JOPHIEL

**DO YOU HONOR THE SACRED SPACE OF OTHERS?** “Etiquette is the customary code of polite behavior in a society or among members of a particular profession or group.” There are the rules established in various spaces because not all beings follow protocol or appropriate behavior. Policies are created for the well-being of the space and all that enter there.

Use the gem amber to help you align yourself with polite behavior and the ability to maintain healthy boundaries between you and others. Invite Archangel Jophiel to help you to have the inner wisdom and grace to honor the space and codes of behavior for good relationships. *Use this affirmation and wear or carry amber: I have the courage to set boundaries with love and grace. I am protected. Experiences from the past empower me. It is safe to be powerful in loving ways.*

The home is a sacred space. When a householder states that you must take your shoes off before entering a home, then take your shoes off or don't enter. If you are on line in a store, bank, or restaurant, refrain from speaking on your mobile phone. When driving, follow the rules and etiquette on the road or stay home. With conscious intention, amber gives you the courage to establish healthy boundaries in your relationships in all areas of your life. This fossilized resin helps you to clear out the unwanted energies from energy-sucking acquaintances, friends, colleagues, and family members.

When you establish boundaries, don't cave in because someone is throwing a tantrum. Step into graceful communication and stay firm. Stay in a state of grace when someone is demonstrating that they are challenged because of boundaries set in place. Love is the ultimate vibration to transform and transmute challenging situations. Stay focused on vibrating love, breathe deeply. Awaken your consciousness for higher understanding.





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# FROM THE HEART



Alan Cohen is the author of the bestselling A Course in Miracles Made Easy. For more information about Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## A DIFFERENT KIND OF VALENTINE

**February is the month of Valentines, when our thoughts turn to love. Usually we give Valentines gifts and affection to romantic partners. This month I would like to shift our focus to expressions of love to our family, in particular our parents.**

While reading Soul Friends by Stephen Cole, I came upon a quote by Buddha that caused me to put the book aside and think for a long time: “. . .the debt of gratitude we owe to our parents is so great that we could carry them on our backs for our entire lives and yet still never fully repay it.”

Wow.

When I was growing up, I did not appreciate my parents. I was busy living out my own desires, figuring out who I was, and exploring the world. I took mom and dad for granted. I had judgments about them and wished they were otherwise. At times I was disrespectful. I was a self-involved teenager.

My father passed away when I was 18 years old, before I reached a stage of life when I became more conscious about my relationships, so I never got to express my appreciation to him. As I have matured, I have reconsidered the many kindnesses my folks showed me. They didn't have much money. My father drove a bus at odd hours and my mother worked in a hat store during the day and at a factory at night. They did everything they could to keep me safe, comfortable, and happy. For most of my childhood we lived in an awful section of the city, where crime and depravity were rampant. Realizing the dangers of this environment, they worked harder to earn more money to move to a nicer part of town where the rent was quite high.

They performed many other extraordinary generous acts. Despite their human frailties and habits I judged, their parenting was born of pure love. Looking back now, my heart is bursting with gratitude I wish I had shared with them when they walked the earth. My regret in not expressing this when I could have, is offset by the comfort that wherever they are now in God's great kingdom, they receive my appreciation.

Perhaps your parents were not so loving and you were subject to mistreatment or abuse. Perhaps one or both of your parents were alcoholic or had some other dysfunctional habit. Perhaps they fought bitterly, or one was absent, or they divorced when you were young. Perhaps you harbor resentment, hatred, or guilt about your relationship with them. Perhaps you still have a hard time being with one or both of them. Perhaps you blame them for imprinting you with negative programming that has created pain in your own relationships, and you feel thwarted from the reward you desire.

If so, there are three ways you can reframe your family experience to open you to more appreciation. The first is to reach for elements of their parenting that you genuinely value. Even if they were bad parents in many ways, they were probably good parents in some ways. What kindnesses did they show you? How did they encourage you? Who were they when they were at their best? They loved you somehow. Feel around for the gifts they did deliver to you. They are there. When you notice those blessings, they will expand.

Next, gain compassion for your parents by recognizing that their acts that caused you pain issued from their own pain. “Hurt people hurt people.” I have coached many clients who are seeking to make sense of their relationship with a dysfunctional parent.

I ask them, “What was your parent's own pain? Who trained him or her to be fearful and mean?” In every instance my client traces their parent's dysfunction back to some abuse that parent received from their own parent or another authority figure. The client's parent did not have the skills or tools to achieve healing, so they passed their pain on to their children. A Course in Miracles tells us that every act is either a skillful expression of love or a call for love. When we reframe our parents' negative behaviors as calls for love, we ease our own pain and clear the way for us to help them.

Finally, consider how you grew as a result of the challenges your parents posed to you. Did you learn to be more independent, or set boundaries, or dig in to find worth within yourself that they were denying you? Some teachers say that sometimes we choose our parents because they help us develop soul strength we would not have gained if our situation was easier. Thus they were our friends who helped us grow and step into our own power as adults.

Most Asian families have altars in their homes honoring their ancestors—a practice we could well gain from doing ourselves. If you don't wish to build an altar to your parents in your living room, you can create a sacred space for them in your heart. This year don't reserve Valentine's gifts for your honey only. Honor those who love you more than you know.

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**Q: Dear Michelle, my brother keeps making the worst choices. It's a new year and I hope that he'll stop repeating the same mistakes. Is there a spiritual reason for this so that I can find some peace?**

A: Dearest, Parents and siblings have a hard job. We lead by example, and then we hope and pray that our loved ones will make their way into this world without too many hard knocks. But we have to remember, they are souls with karmic debts and their own spiritual journey. Each person has what they need on a soul level including free-will which allows each of us to create our human experiences. The whole purpose of free will is to learn from these experiences, to come into an awareness and a greater understanding of how making the better choice improves our whole environment and how our choices touch others in a ripple effect.

We gain wisdom and understanding through many incarnations and the choices that we have made. We frequently make the same choices over and over again. Sometimes it takes several lifetimes to learn from a negative choice. We keep making the same mistake until we learn that it is not the best choice. A soul's growth or evolution takes place when the soul learns the lesson. We learn these lessons at our own pace. We are here to experience all aspects of life: to learn the lessons of loving unconditionally, compassion for others, forgiveness and self-love. Once we have learned our spiritual lessons we no longer need to return to this planet because we have gleaned all of the knowledge we can from this reality that is based on duality. This is how we evolve to a higher consciousness. The whole purpose God allows us to choose our experiences is for us to choose to return to God of our own free will. Not because we are forced, but because we want to be part of God, to come back to his perfection. We are to return to our own true divine self, the perfect part of us that is within us, waiting for us to recognize our divinity, our inner light of God.

**Q: Dear Whitedove, my significant other seemingly had many close calls with death. But he was like a cat with nine lives. War and the battlefield didn't take him a sudden illness did. Some time has passed and my grief has lessened but I'm trying to understand: why now?**



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A: Dearest, I'm sorry for your loss. Only God knows the date and the hour. You see we don't have one pre-destined date upon which we will die. All of us have a choice of dates of death, determined by our spiritual progress at a particular time in our soul's evolution. In this way we can suffer serious accidents or illnesses and yet have apparently miraculous recoveries, or we can have a close call with death, by accident or when put in harm's way. In reality there are no close calls or miraculous recoveries. The extension of our life is decided by God. We continue to live out this life because we still have unfinished business and missions to accomplish.

When death does visit us, it sometimes comes without warning; the Silver Cord (our spiritual umbilical cord) is severed and the soul is released from the body. The soul carries our mind, and the mind can be in shock - unprepared for the sudden turn of events. When a soul is suddenly released from a physical body the mind can be confused and still feel earthly emotions. Experienced as a sense of loss, a need to visit a partner, children or parents aren't unusual thoughts.

Most dearly departed souls linger a few days to be around their loved ones. It's interesting that many will go to their own funeral to give comfort to their family: as did your man. Our celestial lighter-self goes through an adjustment period and comes to grips with the new consciousness and that's when our guardian angels are invaluable, at the right time, they guide us toward the light. Please know that when your time comes, he will be there to walk you home.

# 5 SECRETS FROM A PET PSYCHIC

## AN ANIMAL COMMUNICATION EXPERT GIVES YOU A SNEAK PEAK INTO THE MIND OF YOUR PET



Sonya Fitzpatrick is an animal communicator and author of *There Are No Sad Dogs in Heaven*; *The Pet Psychic*; and *The Secrets of Communicating with Your Cat*. She hosts *Animal Intuition* on Sirius-XM Sundays from 5pm-7pm ET. Her tv series *The Pet Psychic* aired for 2 seasons on Animal Planet. Visit [www.sonyafitzpatrick.com](http://www.sonyafitzpatrick.com)

### YOU ALREADY COMMUNICATE WITH YOUR PET

We're not just talking about telling them to sit, stay, or go outside. Animals are constantly picking up on our emotions, feelings, and energies. My suggestion: Visualize what you want to communicate to your animal or how you wish they would behave, because they're particularly sensitive to this kind of message. Another tactic, When you say something verbally, always match your feeling with whatever you are telling them, says Fitzpatrick. For instance, stay calm when telling a pet that you'll be back from the store soon.

### THEY REACT TO YOUR STRESS

Many times clients will come to me when a pet starts acting strange, like when a cat decides to ditch the litter box. I'll ask the cat why, and it can often be an emotional problem. Something has happened or you're not getting on well with your husband, and the only way they can tell you they're disturbed is by peeing outside of the box. So if your pet randomly starts misbehaving, it could just be their way of telling you that they know something is up. (That said, peeing outside the litter box can be a sign that your pet has bladder issues—it's worth also taking the kitty to the vet to get checked out, just in case.)

### THEY USUALLY HAVE A REASON FOR ACTING OUT

In addition to stress, other changes and frustrations can cause your pet to misbehave—like if you swapped their bed for a new one or if you started using a harsh cleanser in the house. People don't realize they use these terrible chemical cleaners in the house, and the animals smell things we don't even smell. To avoid upsetting or even hurting your pet, I suggest switching to all natural cleaning products.

Other things that can set them off include bringing another pet into the house, not giving them enough exercise, or starting to work longer hours. Any of these changes can prompt your pet to respond—maybe even by wrecking your brand new heels. While they don't do these things vindictively, it's often the only way they can communicate that they're frustrated.

### THEY MOURN THE LOSS OF A PET JUST LIKE YOU DO

When it comes to the death of an animal, other pets in the household need to mourn too. Animals can still sense a departed pet after they're gone. They don't understand and they get upset because they can feel and sense them but can't see the physical body. To help the household heal, leave the dog or cat's bed in the house for a few weeks after they've passed, as the scent will help the other animals to grieve.

### THEY KNOW WHEN THEY'RE IN GOOD HANDS

Wondering if your pet knows the extent of your obsession with them? Chances are that they do. All animals know when they're with people who love them. Yes, even an especially unaffectionate cat. Pets have distinct personalities and moods just like we do, but that doesn't mean they don't love you.

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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." Email karen@karenmoneywilliams.com

## SOULSONG #351 AND THEY DON'T EVEN CHARGE!

**Changing my thought patterns can seem daunting. I know that Law of Attraction is orchestrating circumstances according to my mental focus.** I know that thoughts that feel good, such as appreciation and optimism, are good for me while thoughts that feel bad - such as blame, worry, resentment, self-pity - are bad for me. Nonetheless, I still sometimes find that my "buttons" are being pushed, perhaps intensely.

That's OK - this is a gradual process, and the fact that I now know about Law of Attraction gives me a giant "leg-up" in ushering in my dreams. And an immense array of unseen help is standing by to assist me embrace well-being.

I take time to relax deeply in a quiet place and envision myself in a tranquil setting with angelic beings, perhaps, or the golden light of Source all around. I communicate the areas in which I desire assistance, including shifting my mental focus. I then sit/lie passive and receptive for as long as it feels good, allowing my helper(s) to do whatever needs to be done in my mind, body, and circumstances to make things easier.

I return to this serene setting regularly to do nothing but receive, and I start to sense new ease and flow in all areas of life.



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Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. [scribe@ironoak.org](mailto: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>

**What if suddenly in a flash of fire and light, you got "it!" And among other things, you suddenly understood, without a doubt, the creative power of your word. Do you think you'd ever again utter, "it's hard," "it's not working," "something's wrong with me," or "I don't know?"**


**You got "it!"  
The Universe**




## SPIRITUAL GRAFFITI

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

**The path of the spiritual warrior is not soft and sweet. It is not artificially blissful and pretend forgiving. It is not fearful of divisiveness. It is not afraid of its own shadow.** It is not afraid of losing popularity when it speaks its truth. It will not beat around the bush where directness is essential. It has no regard for vested interests that cause suffering. It is benevolent and it is fiery and it is cuttlingly honest in its efforts to liberate itself and humanity from the egoic ties that bind. Shunning strong opinions in the name of spirituality is anti-spiritual. Spirituality that is only floaty soft is a recipe for disaster, allowing all manner of manipulation to run amok. Real spirituality is a quest for truth, in all its forms. Sometimes we find the truth on the meditation cushion, and sometimes we find it in the heart of conflict. May all spiritual warriors rise into fullness. This planet is lost without them.




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# RITUAL, CEREMONY AND TRANCE

Wind Hughes aka The Feminine Shaman™ is a practicing licensed Individual, Marriage & Family Therapist, Reiki Master, Activist, Musician and Minister and award-winning Author of *Life is the Ceremony: How We Live It Is The Ritual - The Journey Of A Feminine Shaman*. Visit <http://www.windhughes.com/>

**As dawn's light emerges from the dark star-lit night  
I awaken and give thanks for the gift of another day.  
I have a personal ritual that begins most days.**

This morning ritual usually begins as I sit at my altar and breathe to shift my energy and raise my vibration. I burn sage and the call for guidance from my guides, ancestors and all spirit beings that are connected to me. I offer gratitude for all that is in my life and good in the world and also for the gifts that have come from the hardships as well. Sometimes I am in prayer or empowering a vision of what I see to manifest in my future.

I usually include music or some kind of sound vibration; my voice, my guitar, a simple repetitive beat on my hoop drum or an accompaniment on my Ashika drum to a special piece of music I use to move energy through my body and beyond. Other mornings I feel called to use my body in movement through what I call the Honor Dance, which is an expression of honoring spirit, those above & those below, the Earth, and extending my open heart to another and allowing heart offerings to come into mine.

Through this process I am graced with the peace of expanded being, and it is at this point, if I desire, that I will send out healing energy to someone, empower a vision I wish to manifest, or send out an aspect of my being to connect with another person. Whatever I do that involves another person on any level is always offered for the good of all and according to free will. Nothing should ever be imposed upon another being without their permission. With an open heart I then sit in silence. When I feel complete I give thanks to all the spirits who have heard my prayers, who are present in my life. I release my call upon them and offer for them to stay if they so choose. Then I close in some way, with some words or a heart felt honoring of what is sacred, what is Spirit. This is a simple example of a ritual, a personal ritual, held in a ceremonial container, and includes some form of trance inducing aspect like the drum, dance or breath.

Truly there is ultimately no beginning or end of ritual space. That expanded state we attempt to create in such a ceremonial way has no beginning or no end. It is a continuous stream of Spirit, Universal Consciousness, God, whatever you choose to call that inner aspect of our own divine nature where we are one with Creator. Ceremonial use of ritual and trance-inducing aspects of ritual serve to reunite us with that which we truly already are, but have forgotten. The breath, the drum, the song, the dance, the prayer all serve to raise the frequency of our vibration so we may align with Spirit realm and awaken again to the truth of what is most sacred, what is our true nature in alignment with Creator.

Ceremony and ritual then become part of a Way of living expressed in every breath, in every word, in every moment, in every action. Ritual is alive and in harmony with the Natural Law of the Universe. True ceremony is the ritual art of living Spirit. You cannot take a ceremonial ritual and perform it as a rote practice, empty of the living Way. In the beginning many people start in this rote manner, but when ritual is practiced on a regular basis there is the opportunity to experience and expand, to understand it as a sacred Way, a Way of life, a Way of being.

Ritual Space is sacred space and I approach it always with the deepest respect, honor and pureness of heart. The words ritual, ceremony and trance are often used in relation to practices of Spirit work, yet many people get confused as to what they actually are, what distinguishes one from the other. Think of ceremony as a sacred container that provides space for ritual. Now hold ritual as a series of gestures, behaviors and expressions with intent and focus that are practiced in ceremony. Ritual is the symbolic expression of higher truths. Historically and cross-culturally people have used sacred substances such as Peyote, Mescaline, Ayahuasca and other psychotropics in ritual to alter and expand consciousness. But more frequently the tool used is trance induction. Trance induction raises the individuals level of vibration through the use of various techniques including repetitive sound like the beat of the drum, light, movement, dance, breathwork, prayer or chanting. An increase in an individuals energetic field expands their awareness beyond the personal level of existence, and creates a point of inner reference that transcends the mind chatter and the emotional & physical veils. Trance becomes the doorway to the other side.

The power of words in ritual cannot be underestimated. Words give form to intent, to creative energy. They carry our intent out in to the world of form as vibration and have impact. It is essential in all of life and in ritual space to be conscious of the words spoken. Be sure they represent your truth and serve the highest good for you and others. I often think of ritual as a story or journey, one with a beginning, middle and an end. The beginning sets the sacred space and creates connection to others and Spirit. The middle raises the power and the energy and directs it with intent to the chosen place, vision or experience, and provides the container for us to travel through other dimensions and realms. The end calls us back, grounds us into

*...continued on page 21*





## RITUAL, CEREMONY AND TRANCE

*...continued from page 20...*

the world of form, our bodies, and allows us the time to give thanks and our offerings and bring closure to the whole experience.

There are personal rituals, collective group rituals and trance-inducing rituals. Personal ritual is done for one's own purpose and experience. It may be created spontaneously from the heart and direction of Spirit or it may incorporate a more traditional and formal series of practices. Collective or group ritual usually has an agreed upon tradition or practice of some sort that the group will follow. Group ritual is a powerful experience as one's individual energies merge into the collective and the frequency of the group's energy exponentially raises and expands. The raised energy is so powerful that when directed by group intent, focused in one direction, it has profound potential for effecting creative manifestation, healing and interdimensional travel. The larger the group the more powerful the energy that group can direct with intention. A ritual will not contain a trance induction if the intent does not include shifting consciousness by raising the vibration of the participants energy fields.

All of life is energy and through this energy we transmit, receive and connect. So imagine that individuals are transmitters and receivers, and just as a television receives channels on various wavelengths so do we. Think of our daily state of consciousness as airing on Channel 4, and other dimensions as airing on other channels. If your receiver only gets the frequency of Channel 4 then your experience and your life is limited to that channel. Through various methods, trance ritual is one, we raise our vibration and frequency making more dimensional channels available to our energetic receivers. We transcend the limited channels of mind, thoughts and emotions and now see with our expanded inner eye.

Our ability to perceive and experience other dimensions, other aspects of spirit realms is then possible. Non -embodied beings become visible and traveling between dimensions becomes a reality on these expanded frequencies. Shape shifting occurs in this state, where we merge with the spirits of animals and other forms and have access to the energetic Universal imprint, of all that was and all that will be, as we access our own cellular memory and the Akashic level. The elements, seasons, directions, sacred symbols and sacred geometry take on deeper meaning as our ability to perceive symbolic levels expands. This state of consciousness and alignment with Spirit and Natural Law is the intent of most ritual. In this state of awareness not only can we move between the worlds, but also we have greater abilities of healing and manifesting creatively in the word of form.



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As your life becomes more aligned with Creator and you walk more firmly on your own sacred path you will begin to see how ceremony and ritual become of part of all that you do. It will emerge easily from within you in such simple ways. You may seek to find a tradition that speaks to your soul and walk that path and explore it's ritual practices, or you may have a more solitary walk and ritual may remain a personal and private matter. No matter what path you walk, when you are on Spirits path life will be your ceremony and how you live it will be your most powerful ritual.

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

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# HOW YOUR THOUGHTS CREATE YOUR REALITY

## Discover The Potential Of Your Mind

Pam Grout is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for People magazine, Cnngo.com, Huffington Post, and her travel blog, [www.georgeclooneyslepthere.com](http://www.georgeclooneyslepthere.com). Find out more about Pam and her out-of-the-box take on life on her website: [www.pamgrout.com](http://www.pamgrout.com).

**Our brains continually sift through the possibilities and pick which bits of information to “see” and believe. Out of sheer laziness, the stuff we choose to perceive—and make no mistake . . . it is a choice—is stuff we already know.** It’s stuff we decided on way back when. We see, feel, taste, touch, and smell not the real world, but a drastically condensed version of the world, a version that our brains literally concoct.

The rest zooms by without recognition. **John Maunsell**, a neuroscientist at **Harvard University**, says, “People imagine they’re seeing what’s really there, but they’re not.”

### CREATING NEURAL PATHWAYS

Once your brain decides which bits to let in, it builds bridges between various nerve cells, interlacing nerve fibers to create neural pathways. The average human has 100 billion nerve cells, each with innumerable extensions, so different highways get built in each brain. The map of neural pathways in your brain and, say, **Johnny Depp’s** brain are as different as the maps of **Wisconsin** and **Rhode Island**.

Once you get the pathways set up, you quit traveling the rest of the country. **Interstate 70** in my home state of **Kansas** makes for a perfect metaphor. Believe it or not, **Kansas**—the state **The Wizard of Oz** portrayed in black and white—actually contains lots of geological landmarks.

There’s a miniature **Grand Canyon** in the northwest corner, for example, and a huge seven-story limestone formation called **Castle Rock** near the town of **Quinter**. But since people traveling through **Kansas** rarely leave **I-70**, nobody has a clue that these geological formations exist. They’ve literally bypassed all the beautiful, worthwhile stuff and come to the erroneous conclusion that **Kansas** is flat and boring.

But it’s not reality.

Like those highway planners who put **I-70** on the flattest, quickest, and easiest route, we build our neural pathways on the least complicated routes—the ones we’ve traveled so many times before. But this doesn’t show us reality. Not even close. We don’t begin to see all that is there—only three and a half minutes, compared to 821 years.

The roads and highways of our brains get set up pretty early. When we’re born, every possibility exists. Let’s take language, for example. Within every newborn is the ability to pronounce every sound in every single language. The potential is there for the r rolling of the Spanish language.

It’s also there for those guttural **German** diphthongs. But very early on, our brains lay down neural pathways that mesh with the sounds we hear every day, eliminating other sounds from other languages.

With the possible exception of **Barbara Walters**, pretty much everyone who speaks **English** can pronounce the following phrase: “Rolling Rock really rouses Roland Ratinsky.”

But when people from **China** try to learn **English**, they no longer have the neural pathways to properly say their r’s, so that’s why “fried rice” becomes “fled lice.” Just so no one thinks I’m ethnocentric, I should probably add that I’ve tried pronouncing some of those guttural **German** words only to discover that my German neural pathways have been shot to hell and back.

Perhaps the best example of how your mind creates its own virtual-reality game is the everyday, garden-variety dream. When **Morley Safer** showed up on your doorstep last night asking all those embarrassing questions, it seemed pretty darn real. But once the alarm clock went off, **Morley** and that virtual **60 Minutes** interview popped like the flimsy soap bubble it was.

### CLINGING TO OUR WARPED ILLUSIONS

Our neural pathways establish reruns of what has gone on before. Like the three-year-old who insists on watching **The Little Mermaid** over and over and over again, we cling to our warped illusions with a tenacious grip. Get your bloody hands off my illusion! Even though it makes us miserable, we prefer to place our faith in the disaster we have made.

*...continued on page 31*





## ABRAHAM-HICKS

*...continued from page 9*

### ABRAHAM ON THE VALUE OF CONTRAST IN IDENTIFYING WHAT WE WANT:

Are you appreciating the environment in which you live with all of its variety? Are you appreciating the contrast of your own experience? We want you to feel the perfection of the contrast, even the part of the contrast that you don't want -- even the part of the contrast that makes you think you must be doing something wrong or you would not be living it.

We want you to come to understand the perfection and value to you - the contrast that causes focus. Because, out of contrast is born the clarity of desire. Without a question there cannot be an answer.

You don't want to hear this -- but a problem produces a solution that puts you into a better place than you were before the problem occurred. Because you are expansive beings who must move forward in order to stay in vibrational harmony with who you really are. So, it's not possible for you to stand still.

But, it is possible to get sort of screwy in your thinking and hold yourself in a place of practiced resistance, so that you just don't go with the flow of your own expansion and your own evolution.

You get these ideas of who you are and where you wanna be and who you wanna be with and how you want it to be and what you want it to be like and how you want it to feel and that's all part of molding your life into being.

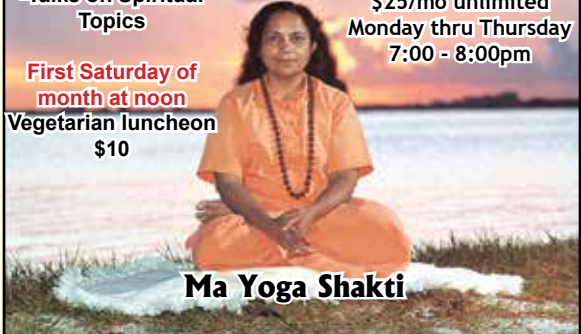
That's why you are here. You are a creative genius. You are the creator of your experience.

### WHAT IS NORMAL:

What is normal to you is enthusiasm. What is normal to you is laughing a lot. Many, many times a day. Feeling strong and secure. Feeling so much self confidence, so sure about who you are, that when you look at others you're always in a position to uplift them. What's normal for you is to have so much energy that at the end of the day you are still looking for things to do.

Having such a passion for life that you're eager to get together with other people to hear about what they're doing, to see if it's anything you might want to turn a little of your attention to. To have so much energy at the end of the day that you're already eagerly planning tomorrow. Feeling disappointed that the sun goes down and enthusiastic that sun comes up.

## YOGA SHAKTI MISSION

<b>Sunday 9-10am</b> <b>Sunshine Lecture</b> -Talks on Spiritual Topics	<b>YOGA CLASSES</b> \$7 Per Class \$25/mo unlimited Monday thru Thursday 7:00 - 8:00pm
<b>First Saturday of month at noon</b> <b>Vegetarian luncheon</b> \$10	

**Ma Yoga Shakti**

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**\* Now accepting vendors for the event\***  
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## 10 MAGICAL WAYS TO ATTRACT THE LOVE OF YOUR LIFE

...continued from page 12...

### CLEAN UP YOUR ACT

Feng Shui is an ancient Chinese set of principles that reviews what kinds of things are in your home and how they are placed in the space. It has a lot to do with the energy of those objects and how they affect your energy; which in turn, affects how you manifest things like prosperity, career aspirations, and - yes - romance!

The back right corner of your home is the space that has to do with relationships. It doesn't matter if that room is your bedroom (though that's always nice) or the kitchen. What does matter is that the space is orderly, not cluttered, and has the right energy for attracting love. There are many books on the subject as well as endless information on the internet. Or you can hire a Feng Shui expert to go through your home to help you optimise your ability to attract your soulmate.

### GET OUT THERE!

I'm always amazed by the people who are looking for their soulmate but are just expecting them to ring their doorbell. Sadly, unless your beloved is a postal delivery person, that's

unlikely to happen. You have to get out in the world where you can be found! Join clubs that focus on things you're interested in. Consider doing a little volunteer work for a charity or sign up for a class! Whatever it takes to get you out of your home and out in the world of romance!

### GET YOUR ANGELS INVOLVED

Angels are messengers from heaven who love to help you in any way they can. Many of them have specialties - including romance!

**Archangel Raphael** is known for his match-making skills. You can ask him to help bring your soulmate into your life as soon as possible. **Archangel Chamuel** is known for being able to see everything and everyone - including the perfect person for you! Both archangels vibrate in the colour green. **Raphael** is a deep emerald green and **Chamuel** is a light green. Green is known to be the colour of the heart chakra which is just another reason why they are the perfect romance angels to call into your life!

### FOLLOW THE SIGNS

Angels (as well as the Divine) love to leave us little signs. Some signs seem to be universal. For example, white feathers are considered to be signs from our angels that they are with you and working on your happiness. Most signs are more tailored to the individual. You might consider red roses to be a message that love is near!

These signs are often messages telling us to keep the faith or even to take particular actions. If you encounter a sign while on your journey to romance and your intuition guides you to take a particular action, then trust that! If you feel that the signs are saying "Yeah, go on that 2nd date" then go for it!

If your intuition says "Run away!" then do that instead.

### LOVE YOUR LIFE

The time during which you are single is not wasted. There is much you can do with your life until your soulmate makes their way to you. Be happy! Fill your days with joyful and life affirming activities. The love of life that you feel will radiate out of you making you a beacon of Light for your beloved. If you focus every moment of every day upon the absence of a partner, the partner will remain absent. That's just the way the Law of Attraction works.

### BELIEVE

One of my favorite sayings is 'Seeing isn't believing. Believing is seeing'. Know in your heart that you are worthy of love. Be aware every day that nature will not let your amazing ability to love go to waste. Look in the mirror and say "I love you! Someone very soon is going to be one lucky person!" And then believe that. Because it's true.

I Am Healing I Am Unstoppable I Am Eternal I Am Well  
I Am Focused I Am Living I Am Spiritual I Am  
I Am Love I Am Presence I Am Good  
I Am Here I Am Fruitful I Am Prosperous I Am Grateful  
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## 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 7*

### **MORE CHANGES, A NEW MANIFESTATION PROJECT**

My tenant of 7 years passed in the hospital on **New Year's Eve**. I'm sorry to lose a super cool long time tenant who was also a friend. Now I must plan for the next resident. ***So this is the beginning of my manifestation process to do exactly that.***

Personal experience has proven to me that it helps me to attract what I want when I plan it out in my mind ahead of time.

--- First I remember what I know, that I've always had good experience with tenants and my rental home. I bring to mind the fact that I historically have attracted people of integrity who were also fun and tidy and easy going.

--- The home has always been easy to get ready for the next occupant.

--- I've always been lucky, there have been few repairs and they've been handled immediately by courteous servicefolk.

--- I've had no hurricane damage.

--- I've always found the right person at the right time.

--- So where I stood on **January 14** was that I found someone I hope can be the new resident. We really vibe and she was referred by someone I totally dig and respect.

We both have time constraints. She must be out of her place by Jan 28. I may not have access to my place until Jan 31.

***SO MY JOB NOW IS TO REMIND MYSELF IT ALWAYS WORKS OUT AND THEN LET IT GO.*** Know that somehow the Universe will work it all out. I HOPE it's her, but she may find something more perfect for her before she can even see my place.

IF IT'S NOT HER, it will be someone equally suitable and they will make themselves known to me in perfect time.

--- What she needs is HER furniture in HER new place on January 28. I can even clean and paint after she moves in, she says. I'm holding the vision for that. This is the beginning of the process of attracting a tenant as wonderful as the last.

On **January 17**, three days later, I spoke to the daughter of my tenant who passed and she let me know she would be all moved out by January 26, possibly earlier. I went over to assess the situation. It seems very do-able, I saw no damage and expected none. I'll go over in a few days and help her move things out of the home and into the carport for the yard sale their community is having this weekend. Everything is falling into place.

January 19 UPDATE: I went to the home and she's already moved out a lot of it. Best of all, she's got a friend to help her move furniture out onto the driveway for tomorrow's sale and they don't need me to help! That means I just got a day off. Thank you to ME for being a vibrational match to that!

January 26 UPDATE: New tenant is moving in today.

### **I NO LONGER DREAD LIVING IN THE MYSTERY**

***I like living in the mystery. In the mystery is where all the magic happens.*** I don't need to know the details of how something's going to work out. I just need to have faith I will be guided to the next step. I just need to believe it is possible and expect that it can happen for me. And if it's not happening.? I'm still taking score too soon I'm simply taking score too soon. Perhaps I'm spending more than 51% of my time looking at haven't said it hasn't happened yet. As soon as I catch myself doing that, I remind myself it's someone else's experience does not have to be mine. Miracles happen all the time. I can be one of them. I often am. I know this will work out just fine, no matter what.

### **YOUR CONSCIOUS THOUGHT, EXPECTATION AND BELIEF IS WHAT DETERMINES YOUR EXPERIENCE**

Trust that you have the power to make it even in challenging times. Trust that you can attract helpful thoughts that inspire you to action. Soon enough you'll begin seeing evidence and your belief will change and you'll have a happier, more fulfilling future. I promise.

### **THE WAY TO HAPPINESS IS THROUGH TRAINING YOURSELF TO THINK THOUGHTS THAT BRING YOU JOY AND GIVE YOU HOPE**

When you use your self-talk to remind yourself that you have access to inner guidance that can lead you in the right direction for all decisions, you become very powerful. When you tell yourself that, your mind starts looking for evidence of it and attracting guidance and inspiration to you. And unless you drown out that inner guidance by having your attention on say tv or radio or news reports, you'll be inspired to action that can change your world -- right now, right where you are -- for the better. And if you spend 51% of your time looking all around you at everything that is going wrong with the world, and everyone that is pissing you off, you can't be attracting anything else. And there is no evidence anywhere to the contrary. I only speak from experience.

Just for one day cut the criticism and cut the pessimism and pretend that if you think of all the happy things that ever happened to you, you'll spend a few minutes vibing in a higher and happier place. And those minutes will lead to more minutes of happier thoughts and you'll attract even more happier thoughts. Let THAT be your snowball for the morning and your world can change by tomorrow.



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 FEBRUARY 2018

Cusp dates are accurate for 2018. 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 2018.

**Aries - (March 20 - April 18)** The sun in Aquarius holds a special connection for you, Aries. It's a time when your practical side meets with your mystical one, so listen closely to the whispered messages that filter into your sleep. Inspiration comes easily, but you'll have to take decisive action to realize your potential. Tune into your fire energy; ideas come fast and furiously; the path is right before your eyes; and - help is on the way!

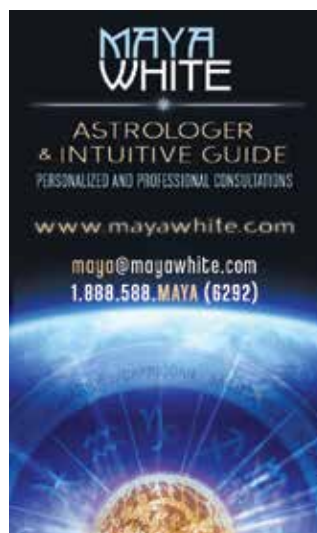
**Taurus - (April 19 - May 19)** Trust in your knowledge and abilities, Taurus. Pallas Athena, the goddess of Excellence is in your sign, and she's speaking to Saturn now. It's time to stretch your self-esteem and move into your true power. I know that risk is difficult for your fixed earth nature, but it's time to move. You must go out on a limb, walk the tightrope, and fill in the blanks. You can do this thing; it's now or never.

**Gemini - (May 20 - June 20)** If you've ever considered writing, February is the perfect time to weave your tale. Fiction or non-fiction - both have value because writing is a tool that opens up your creativity and imagination. Self-expression is essential now, Gemini. You may even want to take up dance or painting. This is your season of beauty and inspiration. Give breath to your fondest wishes and let your beautiful dreams take flight.

**Cancer - (June 21 - July 21)** You need practical tools to help fulfill your next step. It may be computer software, or learning how to do something new on YouTube, but search for practical solutions to vexing problems. And, don't hesitate to hire someone who specializes in what you need. There is so much help out there, but you have to first recognize that you need it, and second, ask for assistance. Help is on the way.

**Leo - (July 22 - August 22)** Accept the blessing of a fresh start, Leo. It's time to move on from old resentments. With the new moon solar eclipse opening up your 7th house of relationships, it's time for a formal reconciliation. The secret to success is getting real with your emotions. Pretending things are 'ok' will not work. You must share how you really feel; the good, the bad, and even the ugly. Do this, and you're golden.

**Virgo - (August 23 - September 21)** Your sign sits at the focal point of a cosmic in-breath, Virgo. It's essential to remain calm and observe all that is swirling around you. Insight comes through relationships, so pay attention to your friends and lovers. You may not like what they have to say, but this input is essential to your effectiveness. This is a great moment of clarity. Accept all the good that is coming your way.



**Libra - (September 22 - October 22)** February begins the 2018 eclipse season, and the New Moon solar eclipse of the 15th activates your solar 5th house of creativity, romance, and play. The secret to success here lies in keeping things Light. Stay in the moment and don't get wrapped up in serious foreplay that tries to predict the future. Rather, be mindful that your future holds even more joy than you can foresee now.

**Scorpio - (October 23 - November 21)** No doubt you got the 'memo' about connecting with your deepest desires. Now it's time to put the pedal to the metal and manifest your dreams. No excuses allowed, Scorpio. Please don't entertain self-talk about not being ready and for sure breeze past any negative stories about your abilities. Jupiter is in your sign until November so it's like your birthday all year long. Celebrate as you enjoy your hard won victory.

**Sagittarius - (November 22 - December 20)** The Light is potent in this month of magic. There will be situations that demand your attention, but be mindful of this unique quality when the distractions are in high gear. You want (and deserve) sweetness now; the flavor of spare time for a walk in nature, the gift of an unscheduled afternoon. But, you'll have to claim your leisure time. Do it, Sag. Remember the magic that is special only to you.

**Capricorn - (December 21 - January 18)** Now that you are clear on your motivation, it's time to dig in and get productive. The good news is that less is more in this cosmic turn around season. Those feelings of inadequacy are replaced by the experience of being respected. If only for this month, Capricorn, release your fear. Practice makes perfect. It's all about your WHY, and we both know what you know. Open the door and let love in.

**Aquarius - (January 19 - February 17)** Let the Universe reveal your right and perfect next step. With a solar eclipse in your sign this month, you can rest assured that this message will get through. This is a powerful time for self-examination. One of the blind spots for Aquarius is stubbornness. (And you thought that was just Taurus) Don't just pay lip service to having an open mind - rather, become a student of what it really means.

**Pisces - (February 18 - March 19)** February is your wild card month, Pisces, and it's likely that your life will look different by the end of August. You have a special relationship with providence, and are probably not surprised when I say that you have a destiny date with fate. Of course, it helps to get in the game. Reach out to others, and keep your vibes impeccable. Everything matters.



## How Your Thoughts Create Your Reality Discover The Potential Of Your Mind

*...continued from page 26*

If you ask me, learning how to transform energy is so important it should be taught along with reading, writing, and arithmetic. It all starts with intent, the force that lies behind everything. It's the energy, the fuel, the electric charge that sets up a resonant field and sends out probability waves into the FP (field of possibility). **Esther Hicks**, who facilitates the **Abraham-Hicks** material, calls it "launching a rocket of desire." Giving it attention adds mass.

The minute you make an intention, you create it. It's instantaneous. It exists as an actual thing. You don't see it yet because you're still operating from linear time. You're still sold on the old-school adage "creating things takes time." So you keep working and waiting. You keep following the seven steps from the latest self-help book.

### WHAT PHYSICISTS SAY ABOUT THE QUANTUM WORLD

But here's what physicists tell us. Things, in the quantum world, do not happen in steps. They happen immediately.

So the thing you intend, the minute you intend it, exists, but like **Schrödinger's cat**, a famous thought experiment devised in 1935 by **Austrian** physicist **Erwin Schrödinger**, you're only aware of the reality you choose to observe. The physical manifestation remains enfolded outside your current consciousness.

Cutting-edge physicists tell us life is multidimensional. But most of us are stuck in our one-dimensional physical reality, restricted to what we experience with our five senses. What we experience with these alleged foolproof tools of observation are nothing but what we decide to look for. It's not even a chicken-or-egg question. What we see, experience, and feel with our five senses always comes after the decision to see, experience, and feel it.

I liken consciousness to a giant skyscraper. I may be living on the second floor, but the "thing" I created with my thought is up on the 17th floor. Until I can get to the 17th floor, it appears it's still missing, that I'm still waiting.

Another great analogy is a television set. If you have cable, more than 100 channels are yours for the clicking. **TiVo** aside, you can only watch one channel at a time. When you're watching, say, **Modern Family**, you're chuckling at the antics of Cam, Mitchell, Phil, and Gloria and you're completely unaware of the other 99 (or more) channels. That's why it's really important to stay on the channel you want.

Don't give any airtime to the reality from which you're trying to escape. Tune in only to your intent.

# COVER ART

## Herbal Goddess by Holly Sierra

*The Herbal Goddess sits in splendor amidst her Earthly*



*Garden. Atop her head is a halo of flowering herbs...Beside her, a teapot for brewing Herbal teas~ As well as a trowel and terra-cotta pots for work in the garden. She is a feast for the eyes with her lovely attendant bird friends. A Hummingbird visits her and below are four Songbirds who represent, Parsley, Sage Rosemary and Thyme! It's a tribute to Simon & Garfunkel's beautiful song 'Scarborough Fair'!*

## ABOUT THE ARTIST

**Holly Sierra's** illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. **Holly Sierra** now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...Sedona is nestled amidst a geological wonderland.



Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light. Regarded by **Native Americans** as sacred, **Sedona** continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with **Chrysalis Tarot Decks**, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. Email [hollysierra@yahoo.com](mailto:hollysierra@yahoo.com) and see her work at <https://www.etsy.com/shop/HollySierraArt>

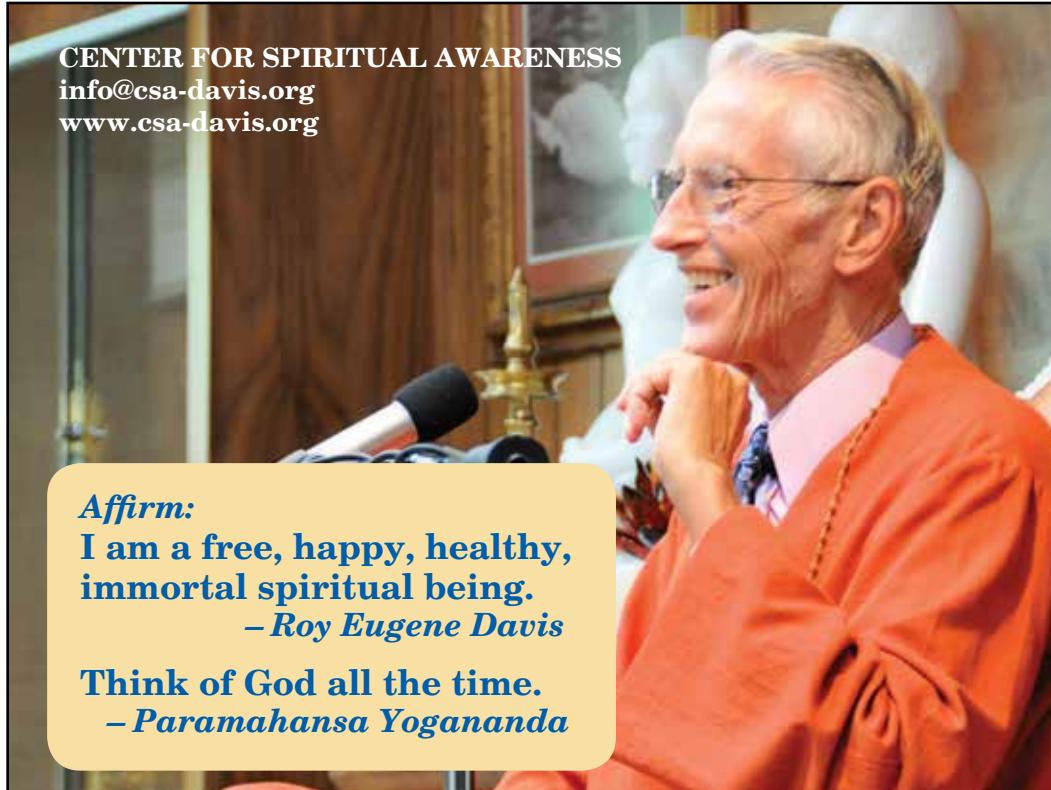


HORIZONS MAGAZINE  
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As hopeless as any situation feels,  
it's really only your thoughts that  
you're dealing with. And you  
have the power to change those.  
Louise Hay

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



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— Paramahansa Yogananda

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