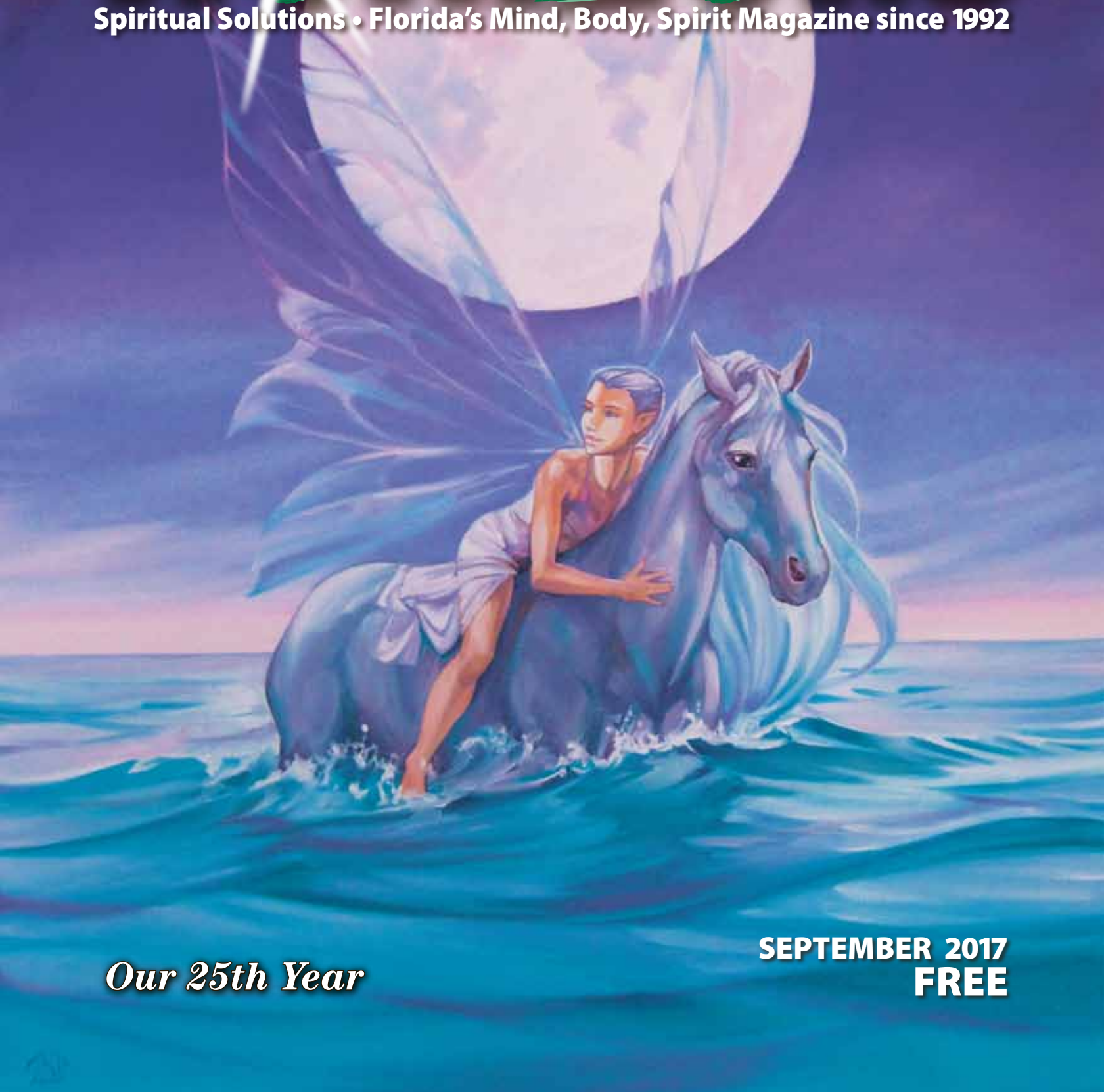


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*The purpose and mission of our "Mystic Faires" is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors, retailers, light workers, alternative health practitioners, vendors and others in one place, allowing them to come together for the health and wellness of body, mind, and spirit.*

**Our Naples Mystic Faire (next one is Spring 2018)** is indoors for all of the psychics and healers and most vendors. We have a beautiful covered outdoor area that we use for last minute vendors. There are fans and lighting, however we suggest bringing more lights for the last hour of the event in the Fall. We don't charge an electric fee for the outside spaces. The 14th year for the Spring Naples Mystic Faire will be in 2018. Vendors should apply early.

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**Orlando Mystic Faire is September 30 1nd October 1, 2017.** Saturday is 11:00am-6:30pm, Sunday is 11am-5pm. All under one roof at the beautiful Osceola Heritage Park exhibit hall! A wonderful venue with lots of room for psychics, healers and vendors.

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**Unplug and Be Authentic** with: Rev. Ytonna Dyess Finnegan. Fear of disconnecting with the outside world? Discover your True Authentic Self through The Mystical Parables of Jesus.

**SUNDAY, Sept 3rd 9:30 and 11am**  
**Speaker: Rev. Ytonna Dyess Finnegan**

**Sunday, Sept 3rd 12:30 pm – 2:30pm**  
**Overview of The Hebrew Scriptures** with Paul Esche. Find your heritage and explore the God of your Understanding. This required CEP class will be on the first Sunday for the next 5 months. Suggested \$20.

**Tuesdays, Sept. 5, 12 & 19 6:30-8:30pm**  
**How to get from where you are to where you want to be** with Linda Cobb and Valerie Holloway, based on Jack Canfield's best-selling book The Success Principles. To register, email coach@lindacobb.com. Suggested \$20/class.

**SUNDAY, Sept 10th 12:30 pm – 1:30pm**  
**Good and Evil: Why is there bad?** with Valerie Parson. Join us as we journey through "The Quest." Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested \$20.

**Thursday, Sept 14th, Unity's World Day of Prayer** Noon to 5:55pm - The sanctuary will be open from Noon to for prayer – please join our chaplains for this sacred time of silence.  
**6:00pm – Taize Service** – a time of music, readings and reflections.

**Saturdays, Sept 16 and 30. 1–4pm Learn to Cook Delicious Vegan dishes** with Terry LaPlante. You will learn to prepare amazing, healthy, satisfying food and you and Terry prep for Sunday's Brunch. Contact Terry 321-543-2156

**Sunday, Sept 17 12:45pm Drum Circle with Fred Goodnight** Come find your rhythm and have a great time. No experience necessary.

**SUNDAY, Sept 17 2-6pm Peace Day Celebration** Join us for music, food and peace-themed craft activities for the whole family to prepare for the Intl Day of Peace Sept 21st. All welcome.

**Thursday, Sept 21 6:30 International Day of Peace** We will begin with a Peace Drum Circle, followed by a guided meditation for peace at 7:00pm.

**SUNDAY, Sept 24 12:30 pm – 1:30pm Prayer: How to talk to God.** with Rev. Teresa Weingarten. Join us as we journey through the book and workbook of "The Quest." Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested \$20.

**Saturday, Sept 30 3:00pm – Eau Gallie Arts District – Space Coast Pride Festival and Parade.** We will be marching in the parade and having a table set up after the parade to provide info about Unity. The parade starts at 3 pm followed by entertainment and vendors. We are looking for people to volunteer for providing info about Unity and to march in the parade. See Pam Patton for info and participation.

#### ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service after both Sunday Service  
First Sunday of the Month – additional Sunday service at Discovery Village 9:30  
Fourth Thursday – Conscious Living Circle 10:00am in our chapel  
Second Friday Night – Game Night 6:30pm  
Third Sunday of the Month – mini service at WAVECREST 2:30pm  
Noon Prayer Service Tuesdays and Thursdays in our chapel  
Tuesdays – Course In Miracles 7:00pm  
Wednesdays – Meditation with Jenny 7:00pm  
Wednesdays – LGBT AA 6:30-7:30

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<b>Our Advertising Rates • Low because we're in it for the outcome, not the income .....</b>	<b>6</b>
12 Steps of Spiritual Freedom by Rev. Tom Sannar .....	6
<b>This Month's Thoughts About Things by Andrea de Michaelis .....</b>	<b>7</b>
Relationships: Men and The Steak Theory by David Hallett .....	8
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
Herb Corner with Cecelia Aitable .....	10
<b>Mindfulness With Every Step with Sophia Quzi .....</b>	<b>11</b>
How to Free Yourself of Negative Thoughts by Michael A. Singer .....	12
<b>From The Heart with Alan Cohen .....</b>	<b>14</b>
Ask Whitedove with Michelle Whitedove .....	15
<b>The Lazy Man's Guide to Enlightenment by Thaddeus Golas .....</b>	<b>16</b>
Soul Songs: Abraham Fun with Karen Williams .....	17
<b>Our Calendar of Events .....</b>	<b>18</b>
Spiritual Graffiti with Jeff Brown .....	19
<b>Notes From The Universe with Mike Dooley .....</b>	<b>19</b>
Crystal Garden with Margaret Lembo .....	20
<b>Our Mission Statement .....</b>	<b>20</b>
Quantum Affirmations with Monte Farber .....	21
<b>Our Phone Directory *Pick up Horizons at these stores and locations* ...</b>	<b>22</b>
Mindfulness: My Return On Investment By Kate Zourkas .....	26
<b>Monthly Horoscopes by Maya White .....</b>	<b>30</b>
Cover Art .....	31

**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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Calendar \$.50 per word. page 18  
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- 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

**Hello and welcome to the September 2017 edition of Horizons Magazine.** There's a lot of action in the air! When there are wacky things in the news beyond my control, I've learned my best course of action is to throw myself into something close to home and right in my face. Last month I began painting angel heart rocks. I've painted 212 so far. It began as an easy creative outlet and it's turning into a mission. On Facebook I saw the colorful rocks with messages people were creating, finding and leaving and I thought, "*How cool, create something uplifting for a stranger to find and be inspired by.*" I liked the idea of painting hopeful messages on rocks and I began to think about what kind of message would really be meaningful to me if I were to happen upon it written upon a rock.



I'm a visual person so I like images. I started thinking about what images comforted me when I looked at them and the image of the angel holding the heart out came to mind. When I began painting them, a change began taking place. When I began painting the different color combinations, my mind relaxed its hold and the brush took on a life of its own. There is more to this story that I'll write about later. Painting is an excellent focused, moving meditation. It puts me into an excellent headspace to listen to my intuition and receive inner guidance. It's a trip painting in this small a format but it's a really good meditative practice, not to mention good exercise for keeping my fingers nimble.

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

Our Next Fair is Nov 18 and 19

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# RELATIONSHIPS: Men and The Steak Theory

Publisher's note: Last month I "accidentally" ran into David Hallett, who authored *Massaging the Female Mind*. I really enjoyed what I read and asked if I could excerpt a chapter. One of my favorite themes is that you don't need to have a romantic relationship in order to be happy in life. So much of my readership and clientele is single that I want them to know they can be whole and complete without a soul mate. I definitely am. David is very good at discerning patterns and what he writes is very insightful.

David Hallett has practiced his dedication to all levels of healing, working as a licensed massage therapist for 20 years. He is now a budding author and his first book, "*Massaging the Female Mind*" explores some of the lessons learned from his table. Connect on Facebook at [davidhallettauthor](#). His website is [davidhallettauthor.com](#)

**I notice patterns in my profession. From what women tell me, one pattern is that when dealing with men, women often make the mistake of assuming that we communicate and operate in the same way they do.** This misunderstanding can apply to many subjects but here we're going to examine male sexual experience through a metaphor I have lovingly called the steak theory.

I consider myself as well versed in the workings of the human mind as anyone who has diligently studied it from books. That's because the first thing I do in a session is I make the person know that they are safe. The next thing I do is make myself available to actively listen. My clients are mostly female and from every walk of life. I've learned so much about you by just holding space and paying attention. After hearing every possible story; from abuse of all kinds, to the stages of failing marriages and new found love, I began to notice patterns.

## THE STEAK THEORY

Let's say you haven't eaten for a while and you are starting to get hungry. You happen to walk by a steakhouse and the smell immediately entices the ache of your hunger to grow. Now all you can think about is a steak. You may or may not have the money to invest in this meal but you are starving, so you go in and gobble one up. Now your craving is satisfied until you are hungry again. *This is the closest explanation I can give you for the general male sexual experience. That's it. You're hungry, and then you're full, until you're hungry again.*

How does that compare with the colorful expression of emotional ecstasy you're searching for? Creates a bit of a dilemma doesn't it. But before we write off men as being entirely unfit to satisfy female emotions, let's consider the miraculous transformation that turns boys into men and men into creatures of genuine intimacy, love. *So what determines how a man who is in love will treat his partner?* The truth is it has nothing to do with him and everything to do with this elusive concept: if you want love, you will have to learn to love and respect yourself exactly the way you want someone else to. A good man (and that's the only kind I advise collaborating on life with) will perfectly align with this expectation you hold yourself to.

This is how we learn about how you want to be treated. We don't just know. We may understand pieces of what women want but all in all, we are creatures of simplicity. Don't be afraid to teach. That's why above all else you should be attentive to men who are attentive, because it means we can learn.

Some of you need to hear this and some of you don't, but unless you have spoken with your daughters about the "steak theory," then they need to hear this in the most critical manner possible. That's because the way most young girls find out about the difference in male and female desire is through a broken heart. If a young girl who has never had a sexual experience and craved emotional connection fully understood the steak theory, would she then share the most intimate part of her physical being with a young boy? Especially, when with very few exceptions, the closer a boy is to the peak of his puberty, the more the steak theory applies.

Even for mature self aware women, it is my advice that sex should wait until you have a fully functioning relationship. In my opinion, meeting a man who truly interests you and immediately jumping into bed with him is like sealing an envelope before you've written the letter. Have history first, and build up passion based on an emotional connection and some quality time spent. It should be a big red flag when a man insists upon sex too early in the relationship. He wants to close a deal that he hasn't heard the terms to. In most cases, a man like that will not be equally emotionally invested in your intimacy. Any man, who wants to be with a woman he respects, will look for a woman who respects herself. If we want a mature relationship, making us wait will provide a sign of virtue and self-respect on your behalf. Know, too, that sometimes even the men who look for women who progress cautiously will agree to sex if you offer it. So you may be picking the flower before it gets a chance to bloom if you give into temptation.

As strong as you are, you are even more complex. I'm suggesting that you honor the intricacies of your heart because sometimes it will overpower you and you don't always get to choose when. Even the relationships that start with the best of intentions end for many unseen reasons. So please remember, it's a lot easier to walk away from a relationship before you've had sex, than it is to walk away afterwards; and that is an understatement. Also remember, once you pick the fruit, you can't put it back on the tree.



# 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).

**So you began creating a vibrational reality. This vibrational reality is so real...and yet vibrational. So real, but because it's vibrational - everything is - but because it's vibrational you can't yet see it, or hear it, or smell it, or taste it, or touch it, and so you have to have faith in its existence, which isn't easy to have if you've been relying on what you see. And hear, and smell, and taste, and touch.**

In other words, most humans want to call reality what has already manifested. And we get why you would do that. But the disadvantage to you about that is, if you are relying only upon what you have allowed to turn from vibration into things, so that you and others can see it. If you are only focusing on what-is then you can not easily, or maybe not even at all, allow the improvement that you seek.

Most humans, dear hearts that you are, most of you offer most of your vibration in response to what you are observing. Which means observing with your physical senses.

And that's why, for humans, things change very slowly for you, because you are so knotted up in the reality of what-is, even though you're begging for more, and you're praying for more, and you're asking for difference, and you know that difference would be better, you don't let yourself go to the different because what-is has your nearly undivided attention.

And that's what we want to talk to you about. You can't let what-is occupy so much of your thought and have change occur. You have to be able to think outside of what-is. You have to be able to be hopeful, or believing, in something not yet manifested, because there are things in the process of manifesting.

There are things that are turning from vibrations to thoughts, and thoughts to words, and words and thoughts to experiences, and then to full life, full blown see it, hear it, smell it, taste it, touch it experience.

And so, if you are going to be the deliberate creator of your own reality, then you must understand how it is that reality is created.

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



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## NATURAL APPROACHES TO BIPOLAR DISORDER

**We all experience highs and lows from time to time, however people with Bipolar Disorder (BD) have extreme highs and lows.** Unfortunately, most people who have BD are unaware of the extremes in their highs and lows and do not see the problem. Some symptoms you or your family members may notice with BD are periods of elation followed by depression, pessimism, hopelessness, irritability, short temper or rage. There may be periods of lack of concentration or trouble thinking or times periods of increase activity followed by reduced interest, decreased need for sleep or oversleeping. Some people with BD have heightened self-esteem or unrealistic beliefs in their abilities showing poor judgement or reckless behavior.

Bipolar Disorder can be caused by hormonal imbalances, genetics, hypoglycemia or food allergies. Environmental factors such as toxin exposures from pesticides, solvents, cleaning products, detergents, perfumes or heavy metals like copper, mercury, aluminum or lead. BD can also be made worse from lack of sleep, sunlight or drug abuse.

Over-time with holistic, lifestyle and dietary modifications symptoms of BD can be reduced. Research has found that proper diet, sufficient sleep and sunlight exposure and stress management can greatly improve mental health, reducing mood related disorders associated with BD. With BD be on the lookout for food sensitivities which can trigger emotional outbursts. Cutting back on sugar or artificial sweeteners, these seem to make mood swings worse. Reducing alcohol, power drinks and caffeine (including soda) can help because initially these may boost energy but the final result is a crash in energy, which causes greater fatigue, depression and mood swings.

**Supplement-wise, Omega-3-fatty-acids and GABA are necessary for the health of the nervous system, calming the brain helping to elevate moods, reduce hyperactivity, irritability and aggressiveness. Plus, they help promote better sleep. Zinc helps remove toxic metal accumulation from the brain, for some this can be the cause of BD. B3 and Folic acid help with depression, irritability, anxiety, restlessness, insomnia, personality changes and argumentativeness.**

Herbs like Dandelion, Burdock, Nettle, Yellow Dock, Red Clover and Cilantro help detoxify the body, removing heavy metals and candida that can contribute to mood swings and other symptoms of BD. Calming herbs to the nervous system like Passion Flower, Lavender, Chamomile, Hawthorn, Lemon Balm, Oat Straw, Kava, St John's Wort or Valerian provide a sense of wellbeing helping to balance mood swings. And adaptogenic herbs like Eluthero, Ashwaganda, Rhodiola, Licorice or Bacopa help balance adrenaline, noradrenaline and cortisol, these help combat depression by helping you cope with the highs and lows in moods.

No matter what treatment protocol you have decided on stick with it. It is not uncommon for those with BD to stop their protocol to soon when they are feeling better, this can result in a relapse. It takes time for allergens and toxins to be detoxified and for hormonal and nutritional imbalances to be corrected. It didn't start yesterday; it won't go away tomorrow.



# MINDFULNESS WITH EVERY STEP

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

## THE BRIGHTNESS OF YOUR INNER LIGHT DOES NOT DIM THE LIGHT OF OTHERS


**All stars in the galaxy are not equally bright, yet they do not outshine each other.  
Each has its own beauty, like each moment of our life has its own value and meaning.**

When we are shining naturally in everything we do, our urge to dim the light of others voluntarily ceases. Only when we have ego attached to our own success do we find it difficult to be happy for others. A naturally inspired heart will find joy in everything. Dr Wayne Dyer said, "Have a mind that is open to everything and attached to nothing." Our job is to be aware of our feelings, then shift out anything that weakens us. Why is it that we become so insecure when we see others in the lime-light? Why do we become emotional when we see a colleague being promoted, or a friend's child have with a grade of 99% or a relative or friend receiving a lot of attention on social media for their good work? It is all about self-acceptance. Unless I know and understand myself and have learned to love the person I am and everything about me, I will continue comparing myself to others which then, will be the death of my own success. There is no need to constantly evaluate myself. I am perfect in my own imperfections and beautiful in my own way. Everyone has his or her own time to shine, so be unique and memorable. I have a niece in San Francisco, who often said to me, "Auntie, you just always see good in others." I tell her that I don't really have a choice Shona (treasure), I only see myself in others."

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# HOW TO FREE YOURSELF OF NEGATIVE THOUGHTS

Michael A. Singer is the author of *The Untethered Soul*, as well as two books on the integration of Eastern and Western philosophy: *The Search for Truth* and *Three Essays on Universal Law: Karma, Will and Love*. During his doctoral work at University of Florida, Singer had a deep inner awakening. In 1975 he founded Temple of the Universe. Singer has made major contributions in the areas of business, the arts, education, health care, and environmental protection. Visit [untetheredsoul.com](http://untetheredsoul.com)

*"The prerequisite to true freedom is to decide that you do not want to suffer anymore." - Michael Singer*

**Imagine some of the most painful moments in your life. Do you think about them often? Does your mind plague you with internal chatter about what happened in the past? Do you continue to question, replay and rethink what has happened to you? Do your thoughts or your "inner roommate" preoccupy your mind and your life?**

In *The Untethered Soul*, Singer offers the gift of a peaceful mind and an uncaged soul, and shows you how to become more aware of your thoughts, acknowledge your inner being and free yourself from the trappings of your inner turmoil. You can tone down the internal chitter-chatter and "neurotic bursts of conflicting dialogue" in your mind.

## 1. BECOME AWARE.

You are behind everything, just watching. That is your true home. There's you and then there's the sensitive person inside you. Every day, observe this internal being. Simply watch that sensitive part of you feel disturbance. See it feel jealousy, need, and fear...If you pay attention, you will see they are not you; they are just something you're feeling and experiencing.

You are a different person internally than you are externally. Internally, you observe what is going on in your life. When you're at your center or core, you can witness and even appreciate the difficult experiences you're encountering. You sit in a seat of awareness and watch these disturbances and emotions pass you by. You become aware of the drama taking place in the movie of your life.

Once you learn that it's okay to feel inner disturbances, you will be free. You will begin to be sustained by the inner energy flow that comes from behind you. By being in this state of centeredness, you can walk in the world and the world will never touch you. That's how you become a free being - you transcend.

## 2. DECIDE YOU DON'T WANT TO SUFFER ANYMORE.

You're constantly shaken up on the inside. External events take hold of your mind, your soul and your psyche. You regularly think about life's disturbances. First your thoughts bother

you, continually hammering away at your peace. Then your emotions bother you, leading your heart and soul to continuous discomfort. You don't have to be a prisoner of your psyche. You do not have to engage with your mind. Disengage. Sit quietly and observe yourself. Become aware of your anxious psyche and thinking mind. Stop looking for solutions and stop expecting that your mind will fix your internal problems.

When someone cuts you off in traffic, is rude to you or doesn't talk to you, free yourself by disengaging. Do not get involved with the mechanical, droning thoughts your mind repeats. The only action you should consciously take is to relax and release. Refrain from playing mind games. Just be there, noticing that you notice. It's like taking inventory. Just check what's going on - heart, mind, shoulders, etc.

You're just there, aware that thoughts and emotions are being created around you, while the world unfolds before your senses. By consciously choosing not to play mind games, you become more aware of the inner drama your mind creates. By refusing to engage, you set the stage for soul freedom. No more engagement with your mind and psyche. Only observance and awareness. Your external life is a play. A movie, even.

Learn that the way you process and deal with external circumstances is also a movie - something you should watch. You're not the actor and you don't have a part to play. "Right in the midst of your daily life, by untethering yourself from the bondage of your psyche, you actually have the ability to steal freedom for your soul. This freedom is so great it has been given a special name - liberation."

## 3. LEARN TO ACCEPT.

You may have had emotional problems, childhood situations and past pain that scarred you on the inside. Emotional damage has caused you to struggle with the events you currently face. You won't open yourself to the present because you fear previous circumstances. When you live like this - clinging to the past and resisting the present - you are wasting your life. If you learn to accept events as they develop, you won't see them as problems. If you don't have fear or desire about an event, there's really nothing to deal with. You simply allow life to unfold and interact with it in a natural and rational manner.

*...continued on page 13...*



## HOW TO FREE YOURSELF OF NEGATIVE THOUGHTS

*...continued from page 12...*

If you refuse to compare past circumstances and relationships to current circumstances and relationships, you will have a newfound appreciation for your present experience. It is what it is. You're not resisting the present; instead, you're surrendering to it. Learn to stop resisting reality, and what used to look like stressful problems will begin to look like the stepping-stones of your spiritual journey.

### 4. BE WILLING TO BE OPEN.

You want to protect yourself from pain. Once you close your heart to pain and emotional disturbances, you spend a lot of time and energy protecting the safe place you've created. Instead of holding onto things and closing off your heart, be willing to experience the disturbances. Sit fully in the pain's depth.

If past or present hurts have annoyed or upset you, be open and become aware of them. A thought or emotion emerges, you notice it, and it passes by because you allow it to. This technique of freeing yourself is done with the understanding that thoughts and emotions are just objects of consciousness. When you experience these things you won't continue to harp on them. You won't become preoccupied and focused on them, repeatedly experiencing them.

You just let go. It's simply a matter of taking the risk that you're better off letting go than going with the energy. When you're free from the hold the energy has on you, you will be free to experience the joy and expansiveness that exists within you. The way to attain freedom for your soul is to let go of yourself. Whenever you experience strong negative energy because of everyday annoyances and irritations, simply relax and release. If you don't hold these issues inside, you can go about your life without getting psychologically damaged. No matter what events take place in life, it is always better to let go than to close.

### 5. LET GO.

The law is very straightforward: When your stuff gets hit, let go right then because it will be harder later. It won't be easier if you explore it or play with it, hoping to take the edge off. No matter what goes on below you, open your heart and let it go. Your heart will become purified, and you will never know another fall. Release the sensitivity and pain you're clinging to. If you open up internally and let go of the negativity you're experiencing, you will release the blocked energy within you.

When it's released and allowed to follow up, it becomes purified and merges back into your center of consciousness. This energy then strengthens you instead of weakening you. Regardless of what you experience or how heavy, pained or irritated something makes you feel, choose to let go. It's the only way to grow spiritually, as it will prevent the disturbance or offense from hampering you for the rest of your life.

### 6. DO NOT FEAR INNER PAIN AND DISTURBANCE.

Do you try to avoid pain? Do you run away from it at all costs? I know I do. I have tried to create boundaries so I don't have to experience discomfort or pain. There's no reason to fear internal pain. Think of pain as something temporary, simply passing through your system.

If you don't get comfortable with pain in your life, you will react by closing in order to protect yourself. Once you close, your mind will build an entire psychological structure around the closure. An alternative is to experience the pain momentarily, then release it. View pain as energy flowing through your body. Stay open and receptive so you can be present right where the tension is. You must be willing to be present right at the place of tightness and pain, and then relax and go even deeper. This is very deep growth and transformation. If you resist pain, it will haunt you even more.

Simply experience, face and release the pain you store in your heart. On the other side of that pain are beauty, love, joy and peace. So are ecstasy, freedom and true greatness. When you open yourself to the pain traveling through you, you become free and pain will never again bother you. It won't remain, but will disappear as the energy of its fire goes up in smoke. Once you transform pain into deep love and experience - the beauty on the other side of pain - you will find soul freedom. When you are willing to pay this price for soul freedom, you will experience great spiritual growth.

*This article by Vishnu, see <http://vishnusvirtues.com>*



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# FROM THE HEART



Alan Cohen is the author of *A Course in Miracles Made Easy*; mastering the Journey from Fear to Love. Become a certified professional life coach through Alan's transformational Life Coach Training beginning January 1. For more information about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## Resign as Your Own Teacher

**While traveling in Europe to attend an André Rieu concert, my laptop wouldn't boot. If you ever had this happen, you know it can be, well, disconcerting.** I Googled computer repair technicians in the small Holland city where I was staying, and found two technicians with good reviews. One of them seemed really attractive, with lots of great comments. I decided he was the guy for me, and phoned him. It was Saturday, and although Google said his shop was open, it wasn't.

I didn't have much choice but to phone the second tech, fingers crossed. Harry answered immediately and came to my hotel to pick up the laptop. In a foreign country, I had to really trust to let the machine go. Yet to my happy surprise, Harry returned a few hours later, the hard drive perfectly restored. In spite of my misgivings, he was the perfect guy for the job.

Often what I often believe is my true guidance, isn't. It's quite humbling not to know it all. *A Course in Miracles* underscores our inability to make healthy decisions when we depend on our intellect only. *A Course Workbook* lesson asks us to remember, "I do not perceive my own best interests. The Text bluntly advises us, "Resign as your own teacher." The Course explains, "You cannot be your own guide to miracles because it was you who made them necessary."

The way we have been taught to make decisions, through intellect and emotion, is ultimately not our answer. If we can't trust our thoughts and feelings, then, what can we trust? Are we bereft of guidance, impotent to know what is right for us?

To the contrary, we have impeccable guidance. We have an inner teacher to whom we can turn with perfect confidence. Call this teacher **Higher Power, Holy Spirit, Divine Guidance**, or whatever you like, there is a voice of deep knowing within us that will show us exactly what to do.

We must turn challenging situations over to this **Higher Power**. Say, "I do not know what to do here. I am not seeing clearly. I now release my attempts to figure this out, and I place this situation in the hands of **Greater Wisdom**. I ask and trust that right action be revealed to me, and this situation be resolved in the best interests of everyone concerned."

Now that's a prayer that will work—if you pray it sincerely. In the case of my laptop repair, I didn't see my true guidance because I had made up my mind about how events should go. But when I turned it over and trusted the process, everything worked out perfectly.

*The Course* advises us to ask at the beginning of each day, "What would You have me do? Where would You have me go? What would You have me say, and to whom?" Instead of depending on ego, the mode from which we usually operate, we are asking for guidance from Spirit.

Many of us make up our mind about an answer before we ask the question. We decide that someone is our soulmate, or a particular job or house should be ours, and then we ask for guidance. Real asking is open-ended. "Send me the right partner, job, or house," allows that the partner, job, or house may be the one you think it should be, or another. End all prayers with "this or better."

Einstein explained that you cannot solve a problem with the same mind that created it. The problem is moving you to rise to a higher level of consciousness so you can see the issue from a broader dimension and resolve it from the Big Picture. Don't be so sure you know what to do. If you think you know what to do, head in that direction.

Then watch for signs. Is your solution flowing and attracting people and events that foster resolution? Or are you hitting walls, having conflicts, and getting frustrated? If the latter, try another approach. The walls you are hitting are redirecting you to move in another direction. Great Spirit is very generous with signs as to whether or not we are on the right track. But we must be keen to observe and act on those signs.

The spiritual path is not about gaining sophistication. It is about gaining simplicity. We must become like a little child and be open to be shown. Don Marquis summed it up: "The most pleasant and useful persons are those who leave some of the problems of the universe for God to worry about."

André Rieu and his orchestra will be coming to the U.S. in October and November. His concerts are extraordinarily inspiring, creative, enlivening, even life-changing. I highly recommend you attend his concert(s) while he is here. Visit [andrerieu.com](http://andrerieu.com) or watch some of his many wonderful YouTubes. I promise you will be glad you did!

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Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## Dear Whitedove,

My friend is a very wise and compassionate woman and her husband calls her an "Old Soul". Does this mean that she has reincarnated thousands of times to gain her wisdom?

## Dearest,

The term old souls does not necessarily reflect the number of incarnations the person has endured, but rather the amount of soul experiences gathered and learned from. That determines whether we are an old soul or a young soul: the depth of our learning. The planet Earth is a big school house where souls learn important spiritual truths or lessons. The difficulty of life here is the reason that moral lessons are so much harder to learn; there are so many distractions and influences. Thus positive results are harder to achieve. Each soul takes a risk when coming here. We risk creating more karmic debt by forgetting who we really are as we descend from heaven so we can inhabit human form. Those souls that repeatedly come here to earth are greatly celebrated for their bravery - this is not an easy place to incarnate. There are many more enlightened stars and planets to choose.

## Dear Michelle,

I work in a psychiatric unit and have seen an increase in patients being admitted, as well as the severity of their disorder. Michelle, do you have any advice for me? I'm a counselor at the hospital. Thanks for all of your spiritual messages. Many blessings to you.

## Dearest

Your unseen support team (God, Your Guardian Angels and your Spirit Guides) are your biggest allies. I'd advise that you shield up in prayer each morning before you head out the door. You should do prayers of gratitude and give thanks for your protection (body, mind and spirit). Call in your two Guardian Angels and ask them for guidance during your day. The Metatron Prayer, is a three dimensional prayer that I highly recommend - you can find it on my website <http://www.michellewhitedove.com/links-recommendations>

You work in a complicated field with complex diagnosis where western medicine is limited to solutions of prescription medicine and some therapies. Using your intuition and prayer in tandem with your medical knowledge will help guide you. As you know, mental health issues can be caused by physiological imbalances, genetics, psychosocial problems that stem from abuse of drugs and alcohol, emotional, psychological problems but there are also issues of the soul which are never addressed. Possessions weather mild or dramatic have never been included in your basic mental health studies. But if you ask an experienced Vatican priest, he will tell you that the number of exorcisms are up. Doctors may prefer to call it nonsense. But there are too many well documented cases: some souls do suffer from demonic attacks. I say this only to bring awareness, these cases are rare. But you deal with aspects of darkness and delusions in the minds of men, so call in your guardians on a daily basis and let God be your guiding influence.

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**I am a lazy man. Laziness keeps me from believing that enlightenment demands effort, discipline, strict diet, non-smoking, and other evidences of virtue. I am doing the work of writing this book to save myself the trouble of talking about it. There is an odd chance that this is what someone needs to read in order to feel better about himself.**

These are the rules of the game as I see them. I realize that many of us are opening up very fast these days, and one of the most common delusions we face is the belief that our sense of revelation is unique.

The feeling of knowing the truth is not enough. My intention is not to pretend final truth, but to suggest certain simple attitudes that will work for anybody and stay with you in the most extreme freak-out or space-out, even when your mind is completely blown.

It's easy to control your existence, no matter how complicated it looks.

## LOVE IT THE WAY IT IS.

The way you see the world depends entirely on your own vibration level. When your vibration changes, the whole world will look different. The way to raise your vibration level is to feel more love. The more loving you are, the more loving the beings within and around you.

## LOVE AS MUCH AS YOU CAN FROM WHEREVER YOU ARE

All states of consciousness are available to you right now... you activate your level of reality by your own vibration.

You are at the level of consciousness that has the greatest pleasure and ecstasy you are capable of accepting. Surrender to this reality...have no resistance to this reality. (*Accepting and loving it the way it is is what takes you to the next level.*)

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

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**I manage my finances. I manage my schedule. I manage my weight. I manage my time - at least sometimes. All this managing can seem like too much work for too little results, for perhaps I'm overlooking the most important management of all: the management (drum roll) of my own vibration.** Some consistent effort put into this area will oil and polish every aspect of life.

My vibration, comprised of my habits of thought, ever goes forth from me, acting as an eternal prayer. It says, *"Give me more circumstances to match where my thoughts are right now."* My vibration reflects my degree of happiness, and it orchestrates the people and events I magnetize via the universal Law of Attraction.

Today I pro-actively manage the thoughts that get to hang out in my mind. If they feel good, I welcome them to stay. If they're upsetting, I send them packing.

This is management at its very best, and it will win me a promotion to things deeply desired.

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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.

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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)

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. [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-722-0291

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) [dbcuuc.org](http://dbcuuc.org)


Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Saturday, September 9 - New Smyrna Beach IONS (Institute of Noetic Sciences) 11am - 12:30, Topic: Life of Edgar Cayce, Part II, Dr. Bruce Bromley, Rev. Nick Sourant. New Smyrna Beach Library, 1001 S. Dixie Fwy, New Smyrna Beach, FL 32168 Phone 386-424-2910

September 28 - November 11, 2017 - DAYTONA AREA - Conscious Aging Workshop - (Aging With Intent, Transformative Aging) - Living Fully In The Elder Third Of Our Lives - 8-week workshop, Saturdays 2-4pm, 56 N. Halifax Ave., Ormond Beach. Join us as we explore, develop, discover and enhance our relationships to aging. Developed by the Institute of Noetic Sciences, this is a life-changing and life-affirming workshop. Space is limited, pre-registration is required. More: [consciousagingflorida.com](http://consciousagingflorida.com). Contact: [consciousagingflorida@comcast.net](mailto:consciousagingflorida@comcast.net) 386-405-1611. \$120 includes workbook (limited sliding scale spots).

October 5th FRUITLAND PARK, FL 7PM, Full Moon Drumming Circle, Windy Acres Farm, 1350 Miller Blvd. (466A), \$2.00 fee Information, call Barb at (352) 299-6494.

November 25, 2017 MELBOURNE/INDIALANTIC, FL "The Best of Kryon with Lee Carroll Lecture and Channelling Special appearance by Dr. Amber Wolf 10 AM to 5:00 PM Hilton Hotel on the Beach - 3003 N Highway A1A, Indialantic, FL 32903 321-777-5000 Lunch is included at the Hilton For info visit [http://kryon.com/2017/k\\_24\(N\).html](http://kryon.com/2017/k_24(N).html) (scroll to November) \$124 including lunch and \$99 excluding lunch. Email [gary@kryon.com](mailto:gary@kryon.com)



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# 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 nature of awakening is not transcendence. It is not detachment. It is not leaving our bodies. It is not dismissing our shadow. It is not disparaging the ego. It is not feigned positivity. It is not bashing our story. It is not new age mysticism.**

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**Awakening requires that we show up for all of it. The great in-wakening. The wholly holy (and, the holy wholly).**



# 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"?**

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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)

## Get into the Swing of Things: Ruby and Self-Motivation

**Do you need to improve your vim and vigor? Do you need a bit of motivation to get things done?** It's time to get things moving with a ruby in hand as your gemstone ally. Ruby increases your passion for life when used with conscious intent. The lazy days of summer are coming to an end officially with the **Autumnal Equinox**. Though once **Labor Day** rolls around here in the **USA**, it is the unofficial end of summer. It's that time to get into the swing of things, though it isn't necessary to return to old routines or the old rut. Instead, let that swing you into a place of motivation and movement to immerse yourself into a passionate approach to your life. Whether you are returning from a summer home, a vacation, or making the shift into getting the children back to school, ruby is the perfect stone to use when an activity requires physical endurance.

If you've been procrastinating, ruby gives you the jumpstart you need to begin a task or project. Rub a ruby to get your

mind wrapped around the idea that it is time to move forward and take action. This brilliant gemstone is a motivational tool to help you complete tasks. Rubies are helpful to get you fired up when you are feeling blasé

about life. If you've been lacking enthusiasm and generally feel bored, the red energy of ruby will get your blood flowing. Get your energy centers recharged and renew your passion for living a vibrant life!



**Affirm this with your ruby in hand:** *Vital life force flows vibrantly through me. I am strong and healthy. I'm self-motivated to be productive. My tasks and creative projects are completed with ease. I am grateful for my energetic passion for life! I am abundant. I am safe.*



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Monte Farber is, with wife, artist/designer Amy Zerner, author of many best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, Enchanted Tarot, the Psychic Circle and Quantum Affirmations. His two new books are Signs & Seasons: an Astrology Cookbook and Instant Tarot. [www.MonteFarber.com](http://www.MonteFarber.com) and [www.TheEnchantedWorld.com](http://www.TheEnchantedWorld.com)

## 7 Easy Energy Exercises: Tune up your "Chakras"

**"Chakra" is the word for "wheel" or "disk" in the strange but beautiful Sanskrit language of India, one of the most ancient languages known.** The concept of our personal "Chakras" comes from yoga and refers to a visualization of 7 energy "doorways" along our spine connecting us to the universal life force. Amy and Monte's quick Chakra workout is designed to recharge, refresh us, to reduce stress. Each of your Chakras is visualized as a very specific color. Your Chakras are said to ascend up your spine in the following order, mirroring the progression of the seven vibrations/colors of the rainbow:

1) The fiery red of our first Chakra, located at the base of our spine near the coccyx, is where the powerful, primal life energy of our "kundalini," another Sanskrit word for our animal instincts for self-preservation, lies like a coiled serpent waiting to be awakened by our divinely inspired higher will so it can climb up our spine and complete the energizing and balancing of our Chakras.

2) Next, the orange-colored second Chakra is located opposite our reproductive organs and is associated with our sexuality and creativity.

3) The golden yellow-colored third Chakra is opposite our navel and is connected to our self-assertion as we shape and expand our being in the world.

4) The green fourth Chakra is opposite the heart and connected to our ability to love and our ability to feel the love of others toward us.

5) The blue fifth Chakra is opposite the throat and is associated with communication, knowledge and self-expression.

6) The indigo sixth Chakra is located in the brow at the point where many spiritual people say our "third eye" is located and serves to directly connect us to all other beings through compassionate, holistic thought and psychic communication.

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7) Finally, our violet seventh "crown" Chakra is located at the top of our brain. Besides serving as our connection to the energy of the universe, it is connected with our devotion and identification with causes and forces beyond our individual selves.

A person desiring to attain optimum health and a higher state of awareness focuses their attention on a single word or sound or on their breathing until an alpha brain-wave producing state of relaxed awareness is achieved. The energy of the universe is then visualized as flowing the various colors into the seventh or Crown Chakra, located in the brain. Then this energy is visualized as flowing down freely to each of the other Chakra positions and their colors in turn. When all of the Chakras are open and flowing freely, the body is healthy and the mind and spirit are in harmony with the universal plan.

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# MINDFULNESS AND MEDITATION: MY PERSONAL RETURN ON INVESTMENT



Kate Zourkas is a wife, mother, author, yoga teacher, mindfulness advocate and management consultant. Kate is the founder and owner of Yoga Bella and teaches privately from her home in Sydney, Australia. Her website is <http://readyaimbalance.blogspot.com.au/>

**I am a yoga teacher and to become a yoga teacher you are asked to meditate and work on your own practice so that you can then teach and guide others. Therefore, mindfulness and meditation form a large part of my personal practice, as well as the yoga classes I teach, and personally I have seen some really good results.**

I have been researching lately on the return of investment of mindfulness and meditation and how it is being used in the corporate environment.

Many organizations in the USA have regular meditation classes or quiet rooms available for their employees and they have only positive things to say about the programs that they've introduced. Companies like Google have really embraced the mindfulness movement and I think other organizations will follow quite quickly as it is becoming more mainstream and there are clear benefits linked to return on investment.

This has made me think about what is the return on investment for mindfulness and meditation? And I have come to the conclusion that I can only really talk about it from my own personal experience and the actions that I have taken to improve my mindfulness and the benefits that I have seen firsthand.

It seems to me that people generally don't start on their mindfulness journey to become better leaders or employees, they do it for themselves to improve their own personal awareness and create their own versions of inner peace.



## THREE MINDFULNESS ACTIONS I HAVE TAKEN

1. I became more aware of my own thoughts and became more mindful about what goes on in my mind by observing and choosing my thoughts carefully. I want to fill my head with more positivity and reduce the negative noise or mental chatter. I took a step forward in taking ownership of what goes into my head and this is a pretty powerful first step.

2. I started to treat myself better. I put myself first and started to focus on my own mind, reactions, and opinions. My number one rule is to 'Be kind to myself' and I constantly use that to keep myself in line. In addition, I have learned how to say 'no' and not feel guilty, which is easy to write but much harder to put into action.

3. A regular meditation and yoga practice has been the backbone to my mindfulness journey. I started with guided meditations and I highly recommend that to anyone who is starting on their mindfulness journey. Also, learn to breathe properly; most of us just breathe into our upper chests and don't breathe down into our diaphragm. Learning how to breathe will have a huge impact on your state of mind. Yoga has been an amazing way to improve the balance between my body and mind, and it supports me to feel centered.

## WHAT IS MY OWN PERSONAL RETURN ON INVESTMENT?

Increased time, because I stopped filling my life with noise (mental chatter takes up a lot of time and energy and is stressful).

Increased productivity.

Increased focus, clarity, and decision making.

Feeling centered and balanced through most situations. I view stress differently and I feel more like an observer rather than a participant of stress.

Increased presence. When I am home I am present. When I am working I am present. I focus on what is in front of me.

I have learned to let go of things quickly. If I do get angry or stressed, I get over it faster and move on.

Increased self-esteem and self-empowerment. I feel good about myself and to me this is the most benefit. Feeling good about yourself will open doors and opportunities beyond your wildest imagination. We are all awesome in our own way, we just need to open ourselves up beyond the noise to see it for ourselves.





# ABRAHAM-HICKS

*...continued from page 9*

When you got here there was a lot of already manifested stuff around you. And it is logical that you would look at it and say, 'Well, *this is life*.' And that you would maybe not remember clearly that you were going to be adding to, and creating more, and molding it into place. But we want you to hear from us, and maybe to spark your memory in, the knowledge that you came to let what-is be the bouncing off place for more. And that it is such a wonderful thing when the contrast of your life experience causes you to know that you prefer something beyond what-is.

And further, to actually consciously know that once you have launched the rocket of desire that the entire universe will work in concert to help you in the manifestation of it. And nothing less than that will do for you.

There is no satisfaction in just coming forth and regurgitating what's already there. You get bored so fast, and really sort of petty about the bad job that they've been doing.

But when you realize that you are the agents of change, that you are the ones who get to focus, and identify, and know what improvement can be, and then you use the power of your focus - not dissuaded by what-is, not tempted by looking at what's easier to see.

Oh, it is so much easier just to look at what is already manifested, isn't it? It's so much easier to see it, and praise it or criticize it. It's so much easier just to look at what-is and weigh in with all of the other statisticians on the goodness and the badness, and the rightness and the wrongness of it. That's really easy to do, but not satisfying.

But if you get to look at it, and out of it you get to identify the improvement that you can see, and then you can find ways of focusing on the improvement, even though it hasn't manifested, but you know you're zeroing in on it because of the way you feel.

Because of the satisfaction that you are feeling in your focus, then you get to be one who consciously observes what's in this vibrational reality. This reality that is so real we've given it a name.

We called it a vortex. We want you to accept the reality of this vibrational reality.

If you can accept that you have created a vibrational reality, and that you can fixate on the vibration of what's in it, then you get to be one who witnesses the evolution of these vibrations to thoughts, and these thoughts to words, and these thoughts and words to things. You get to witness the becoming of creation, which is what you came to do.

Not one of you said, 'Oh, I'll go forth and I'll just watch them do it, and then I'll make a list of how well they're doing.' None of you said that.

You said, 'I'll go forth, and life will inspire within me new desire.' You knew that step 1 of the creative process would be born within you just by your participation. Your observation of life experience.

So step one's easy. Life causes you to ask. And when you ask step 2 happens immediately, because that's the vortex. That's where your inner being is. That's where source is. Law of attraction responding to these vibrational requests and gathering all of the cooperative components all together for you to begin to receive them.

But you can't receive these new, improved ideas and experiences if you're still beating the drum of how it is. You've got to be quicker on the launching of the desire and then more willing to focus into a place where it hasn't manifested by following your bliss. By following the feeling. By following the satisfaction. By following the pleasure of the new idea.

And when you learn to hold that frequency - you can do it through meditation. We'll talk about that. It's our favorite, because it's easiest for you. You can do it by appreciation. That's easy, too, provided you're not too far down the road on something other than appreciation.

When you focus in a way that allows you to feel good then you allow your vibration, the vibration of your physical apparatus, to rise to the equivalency of the vibration of your source. To the equivalency of what's in your vortex. And then such wonderful things happen for you. Then you are what we call in the receiving mode, or the allowing mode.

It's like tuning your radio dial. You are in the receiving mode of what's in the vortex. And then? You begin to experience an avalanche of ideas and impulses where you get to witness the actual becoming of what you desire.

There is nothing more exhilarating than to witness your asking being manifest. But, you see, the part that most humans have left out of that equation is, they have forgotten that they must be in the receiving mode, because you must be the translator of the vibration in order to witness it.

Most humans think, 'Oh, well, if I'm good then what I think is God will bless me with what I want. So, if I'm in need of something, and I pray hard for the improvement, then God, or something, will give it to me.' And when it doesn't come, because you stay in the step 1 mode of identifying need, need, need, need, need, need. 'I need, I need, I need, I need, I need.'

*continued on page 31...*



# LAZY MAN'S GUIDE TO ENLIGHTENMENT

... from page 16

The more you love, the faster you vibrate, then the less need you feel to control anything, and you are not fearful of change and variety. You experience everything deeper and slower and more lovingly.

The higher the ratio of expansion to contraction in yourself, the more expanded and loving you are, the faster you vibrate. If the world looks beautify and safe, you are vibrating fast; if it looks gloomy and dull or frightening, then you are vibrating slow, and you need to love yourself for vibrating slow. (Love it the way it is and accept that it's just a step in the process of getting where you want to be.)

Inside yourself or outside, you never have to change what you see, only the way you see it. Anything that really frightens (or aggravates) you may contain a clue to enlightenment. It's your own density that is making you have those feelings. We think fear is a signal to withdraw, when in fact it is a sign we are already withdrawing too much.

## YOUR ATTENTION TO ANOTHER IS ALWAYS LIFE-GIVING

It's not a personal affront to you when someone is being discordance, it is a measure of his pain. He's showing you how much he hurts and how much compassion he needs. Give him what we would expect to ghet, good or bad, in the saem circumstance and being with the knowledge that all beings are equals.

Once you begin to behave in the knowledge that no being is greater than or lesser than you, then you are free to change becuase you will feel stable no matter what level you are on. You will feel calm and sure of yourself with or without a body, with or without a job, a brain, a book to read or a book to write.

Love all you can and when you are ready, all will be shown to you. The state of mind that most needs enlightenment is the one that sees human beings are NEEDING to be guided or enlightened. We see others through the limited vision of our own vibration. In that sense, what I see is myself.

No matter how confused or stupid or unloving other

persons may appear to us, we have no right to assume that their consciousness is on a lower level than ours. They may be realizing far deeper dimensions of love. The way we see them is an explicit measure of our own vibration level.

*I am writing what I will want to read someday when I am stuck in a weird place. Several times on bummers I've thought: What could I say to someone in this state of mind that would mean anything? That's the kind of testing this information has had. There isn't a line in this book that is there just because it sounds beautiful. The information is practical and reliable. It has taken me and others safely through some extreme states of mind, and can be reduced to a few phrases that are simple enough to recall in any crisis.*

## A SELECTION OF REMINDERS FROM THE TEXT:

We are equal beings and the universe is our relations with each other.

What am I doing on a level of consciousness where this is real?

No resistance.

Love as much as you can from wherever you are.

Whether I am conscious of it or not, I am one with the cause of all that exists.

Whether I feel it or not, I am one with all the love in the universe.

Love is the only dimension that needs to be changed

Go beyond reason to love: it is safe. It is the only safety.

All states of consciousness are available right now.

It's always within us to relate this way.

Enlightenment doesn't care how you get there.

Whatever you are doing, love yourself for doing it.

There is nothing you need to do first in order to be enlightened.

This, too, can be experienced with a completely expanded awareness.

I wouldn't deny this experience to the One Mind.

What did you think it was that needed to be loved?

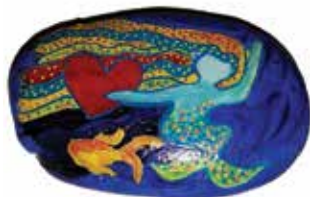
When you learn to love hell, you will be in heaven.



## 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*



I used to never want to begin an art or a writing project unless I could do it from beginning to end. I learned that with that mindset I'll never begin it, but *if I carve out few minutes each day to wholeheartedly do what I*

*love, I can end up with a massive body of work in no time.*

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

What my meditation practice has taught me through the decades is that if there is craziness going on in the world and the news is full of it, to stay sane and peaceful I should turn my attention to something personal and close at hand (here my rocks and art) and throw myself into it wholeheartedly. That will keep me from getting sucked into the drama around me.

You know that really mean thing you'd like to say to or about someone, just because they so deserve it? How about instead we hold our tongue and forget who deserves what and who did what to whom. How about we this once rise above it and don't give it so much power to disturb our peace. Nothing infuriates your tormentors more than to know there's something stronger in you than they have in themselves.

Here is my adaptation of a **Tonglen** meditation, a **Tibetan Buddhist** meditation. When I was first introduced to breath meditation, I thought how on **Earth** can me breathing transmute anything?

I was a slow learner and although it did reduce stress, it wasn't until I was 10 years in that I had my first aha, my first transcendent experience of exactly how conscious breathing connects me to everything and allows me to mediate suffering around me. My world changed in that moment.

My husband used to tell me "you don't change the world by sitting around contemplating your navel." Who's to say? Here it is:

## A MEDITATION TO HELP TRANSMUTE THE SUFFERING OF THE WORLD

1. Sit comfortably with an image of the world in your mind.
2. Breathe into your heart, taking in all the pain of the world.
3. Offer this breath up to God by breathing it up through your crown into the Universe.
4. Breathe God's love down in to your heart space.
5. Offer God's love out to the world upon your exhale.
6. Repeat as needed, daily.



*Meanwhile, while America figures this all out, I'm going to continue holding doors for strangers, letting people cut in front of me in traffic, saying yes ma'am, yes sir, saying good morning, being patient with people and smiling at strangers, as often as I see the opportunity. Because I will not stand idly by and let anyone live in a world where unconditional love is invisible. Join me in showing love and respect for everyone, no matter what. Find your own way to swing the pendulum in the direction of love so we never see hate bloom again.*

A friend asked about a mentor. I told her it's great when we can have a mentor in our spiritual work, that can be a trigger for that feeling of connection. But having a mentor isn't always the case and most often we walk the spiritual path without loved ones in the flesh. Remember that and when you stop feeling the connection (*and you will at times*) just know that it's like an unplugged cord. The power is still available but there will be times you unplug from it and don't feel the current. It's never left you. You're just for whatever reason having some resistance. Remember this, too, shall pass.

Keep the faith and keep practicing meditation or whatever as though you still felt listened to and responded to. It will come back. In the meantime, in the down times, recall the sensations of feeling a part of something bigger, of there being someone who understands and being there to mentor you thru. Recalling the connected times, bringing them to mind and milking the memory for all it's worth will serve as a "**creative visualization workshop**" and will help you drop resistance sooner than if you did not purposely recall the good times. You're never alone. Daily meditation will prove that to you. 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

## SEPT 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 2017.

**Aries – (March 20 – April 18)** This month aligns with your deepest strength. **Ganesha**, the elephant headed **Hindu** avatar is known as 'a remover of obstacles'. You may have seen images of him looking benign, but know that Ganesha is fierce, and he holds great power. Indeed, obstacles can and will melt away now, but you must pass a test of determination. Do not waver in your resolve; what you want is at hand.

**Taurus – (April 19 – May 19)** The **Autumnal Equinox** brings us all to a time of balance, and often signals a time to get back to work. Hopefully you had some leisurely summer days to rejuvenate because now it's time to shift gears and get back into practical mode. The good news is that the most important part of your work is creativity. Relationships are always important, but may feel a bit distracting now. It's time to remake YOU.

**Gemini – (May 20 – June 19)** Are you feeling soft and sentimental, like you want to be busy at home rather than out of the house? It's those darn planets! You're not losing your magic touch, just getting grounded. The exciting part is that **September's** solar eclipse highlighted an important point in your evolution - your rebirth. Look to the future with optimism; this month begins a grand new cycle in your life.

**Cancer – (June 20 – July 21)** All things are made new again. **September** presents an opportunity for a second harvest, although you may have to look at something you've seen a hundred times with new eyes. Keep in touch with people because opportunities come through friends and acquaintances. The secret to success this month is to prioritize; be discerning in your planning, save time for fun.

**Leo – (July 22 – August 21)** Keep moving, fly fast, fly free. Part of the beauty is that even if you're not looking for money; work and the financial rewards that come with it will find you. With so many planets in your 2nd house of earned income, this is truly a time when you can make like a cat and activate your power of attraction. People want to adore you, and - they want to give you cash. Activate; Motivate, and Reciprocate.

**Virgo – (August 22 – September 21)** This month is going to FLY for you. With the **Sun**, **Mercury**, **Venus**, and **Mars** all in your sign by month's end, the focus is on you. Everybody wants your input, so you'll want to be selective in how you spread your energies. The focus must be kept on yourself, and not just pleasing others. This is a valuable seed time for future projects but don't give your secrets away!

**Libra – (September 22 – October 21)** The planets shift you into hyper-drive this month. **Jupiter** is now moving fast and with purpose; however, to fully receive the benefit of his intensity, you must make a decision. With **Jupiter** opposing **Uranus** on **September 27th**, you MUST step out on that limb with your full weight and intention. Both paths lead to success; choose the one that makes it easier to breathe.

**Scorpio – (October 22 – November 20)** Whatever you do this month, keep the word 'longevity' in mind. You're in this game for the long haul. If it's love, you'll grow old together. If it's work, the project will be around for a long time. Decisions made now have great meaning and impact on the rest of your life. No pressure, but choose carefully. Lay a strong foundation so that you can rely on the fruits of this work for years to come.

**Sagittarius – (November 21 – December 19)** You may feel a bit out of sync this month. The problem is that other Sun signs are distracted by things that just don't impact you. Your issues are big and far reaching now - things like planning for your future while you resolve the past. Often the biggest challenges deliver the greatest rewards. You can make real headway this month; just don't get sidetracked into someone else's drama.

**Capricorn – (December 20 – January 18)** After **Mercury** goes direct on **September 5th**, you can count on a time of great clarity. Don't get too caught up in the small details, rather, think big and go for your most grand dream. There will always be distractions, this unique moment is no exception. You have everything you need to manifest success. Fear is just an early step in the game; move past fear, get your momentum going.

**Aquarius – (January 19 – February 17)** It's time to transform your brilliant ideas into workable solutions with tangible rewards. Figure out how you can leverage your time and knowledge. Step up and hold others accountable. In short, you may have to kick butt this month to get what is needed for resolution. Everyone is held to accountability. Your money and reputation are on the line and both worth fighting for.



**Pisces – (February 18 – March 19)** Personal and professional relationships are on the front burner. Each must pass the test of **Neptune** before being certified as healthy and good. **Neptune** shows you if the partnership is worthy of your trust and vulnerability; he may disappoint, but he also protects. Be patient. Everyone will show their true colors, and at least one new friend promises to be grand.

# COVER ART

## SEA OF TRANQUILITY

by Jane Delaford Taylor



This is a fantasy piece depicting a fairy riding a waterhorse - otherwise known here in Scotland as the Kelpie, a magical white horse that can only be tamed if you can seize hold of its silver bridle. I didn't paint the bridle in this picture because I reasoned a fairy wouldn't need to bother with that, being magical herself! There's a dark side to the kelpie legends though, these creatures can be dangerous and will gallop into deep water with you and drown you if you aren't careful. I see the kelpie as personification of the water element, and the silver bridle as a symbol of the wisdom that is needed to control it in a harmonious way, so that we don't damage the environment or ourselves by our misuse of this precious gift.



I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most

of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy. For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website - you can find my work at [www.janedelafordeartaylor.com](http://www.janedelafordeartaylor.com) or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)



## ABRAHAM-HICKS

...continued from page 27

Did you know the *need* vibration and the *allowing* vibration are so far apart that they aren't even on the same- Well, they are on the same stick, but so far apart on the stick that when you are really needy, you're really blocking what you are desiring.

You can't be needy. And you say, 'Well, that stinks. Because, if I need it, I need it. And if I need it, I'm asking for it. Because I've been asking, and asking, and asking, and asking, and asking, and it has not come to me. So what gives?'

And then we say, 'Oh, it's in this vibrational reality.'

And you say, 'Oh, that's nice, Abraham. 'How do I get my money out of the damn vortex and into the bank? 'When does it become a reality that is meaningful to me?'

And we say, 'When you tune your vibration to the frequency that allows you to be the witness of the transferring it from vibrational into what is more.'

You see, you don't really have a long enough view from your physical perspective to really get that everything that you see now, in your physical world, was a vibration at one time that has become.

All things, wanted or unwanted, that are manifested in your experience are as result of humans, and others - animals, too - giving attention to subjects.

And so, when you start paying attention deliberately, then you begin exercising more control of what becomes in your experience.

So much so that two of you could be walking in a similar direction, in a similar town, on a similar street, and be living such different experiences, because what you're translating from the ethers into reality is very different than what someone else is not allowing to become for themselves.

HORIZONS MAGAZINE  
575 Escarole Street S.E.  
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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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***An Enlivening Power is Nurturing Our Universe  
and We Can Learn to Cooperate With It***