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JANUARY 2010

Andrea de Michaelis presents

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*Enchanted Gifts for the
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presents:

New Year Mini Readings

with: Yvette

11am - 5 pm

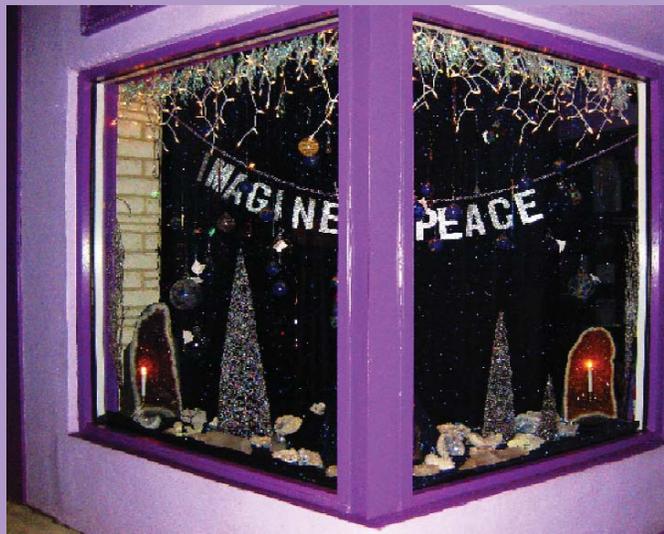
Saturday, Jan. 9

Saturday, Jan. 23

Saturday, Feb. 13

Saturday, Feb. 27

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**Family Street Party
January 8, 6-10 pm**

Drum Circle

"Down on the Corner"

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January 2010: Special Events with Sedona Metaphysical Teacher: Bruce Orion



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Friday Jan. 8th 7:00 - 9:00 pm And Saturday

Jan 9th 9:00am – 3:00pm

TRANSFORMATION EXPERIENCE This is our first community wide meeting as we forge the future. Meetings facilitated by our consultant guide Kristi Petersen. For info go to www.teinteractive.org. Create a new account & fill in Unity Church of Melbourne as Ministry. For registration code, enter TE09X111 (TE and X are letters, 09 and 111 are numbers). You will create your own personal username and password to get on to the site. Please join these meetings if you are interested in the decision making process for our future.



Saturday, Jan 16th

COLLAGING WORKSHOP Calling forth images to reach inner wisdom. 10:00am to 12:30pm with Debbie Abram. In this workshop various techniques of collaging will be discussed and each participant will create two collages. One represents the New Year and one connecting with the creative wisdom within. Deborah Abram is a Creativity Coach, LMHC and Spiritual Director. Love Offering.

Sunday, January 17th 2:00 PM
THE ART OF PEACE: An Affirmation in Song and Prayer with

RICHARD MEKDECI We know that one heart made more peaceful makes the whole world more peaceful. Come help Richard "wage peace" in this presentation which is a concert, a service and a ceremony all in one. You will have the opportunity to sing, to reflect and to add your personal prayer for peace to those of the world's religions.



ONGOING EVENTS

Reiki Healing Service – Sunday, January 3rd 4:30pm
A Course In Miracles - Every Tuesday 7:30pm
Buddhist Fellowship - Friday, January 22nd 7:00pm

Sunday, January 24th WE WELCOME BACK MIKE DAVIS • ENLIGHTEN UP!

9:00 and 11:00 AM This talk explores the idea that our core purpose is to evolve to the next stage in our soul's unfoldment. Mike says we do this by surrendering to our growth and trusting that the Universe supports us. It uses the Internet as a metaphor for our growing ability to be the senders and receivers and connectors in an ever increasing web of awareness and light.



Sunday, January 24th ENLIGHTEN UP! (Workshop and

Concert) 2:00 to 3:30 pm This event is a hybrid workshop, concert and conversation. As human beings having a spiritual experience, we know that we have deep roots that ground and strengthen us. As spiritual beings having a human experience, we know that the Universe, the Loving Intelligence, the Soulful Flow that we call God is inviting us to grow into the next state of our soul evolution. As Unity truth students we know that the world is awakening to its destiny as a beloved community, and that it is our calling and our purpose to be the bridge into the light. In this workshop we will experience singing, prayer, conversation and connection. We will look at some practical tools for creating a daily "blissipline" that will help us raise our vibration. Are you ready to enlighten up? Are you ready to surrender forward into your soul's deepest being? Are you ready to say 'Yes!' to love?

Sunday, January 31st GUEST SPEAKER JANET CONNER "PRAYER THAT WORKS" 9:00 and 11:00

Janet will give her signature talk on her struggles to develop a vibrant prayer life and discover what makes prayer "work." She shares the four steps – the 4 Rs – of prayer that works. Come prepared to laugh, be moved, and to experience the personal power of prayer. Janet will sign copies of *Writing Down Your Soul* in our hospitality area after both services.



Sunday, January 31st JANET CONNER WORKSHOP 2:00 – 4:30 PM INTRODUCTION TO WRITING DOWN YOUR SOUL This workshop that introduces the concepts, principles and process of deep soul writing—and gives you a personal experience of deep soul writing. This is an experiential workshop, so you will also have a ten minute deep soul writing experience using the seven steps. Bring a journal or get one in the church bookstore prior to the workshop. (You will receive a workbook and can write in that as well) Janet will also introduce you to Hafiz, the great Sufi mystical poet, and his insights into the connection between you and the divine within. When you leave, you will have all the tools you need to begin your own daily divine dialogue with the extraordinary Voice within. Suggested love offering \$25.00.

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OPTICAL ILLUSION
IS SEPARATION**

HORIZONS

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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. Please write us with your comments.

ARTICLE SUBMISSION: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. 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 as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.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.





Andrea de Michaelis
Publisher

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 January 2010 issue of Horizons Magazine. I'm really enjoying the cooler weather. I like it when I can open all the windows up and turn the fans off and let the natural cool breeze run right through the house. It just changes the energy of everything. I have a cushioned rocker on the back porch, and it's facing the spot where the moon rises. There's a small foot rug in front of the chair, and the rug and the chair get moved around almost daily. That's because the moon rises just a little more to the north each night this time of year. I like watching the moon make its way across the sky each night. I feel it helps me stay connected to who I am. This self-perpetuating cycle of physical cells that are me.

Sometimes I'll take a blanket out and lie out under the night sky. I'm lucky in that there are few street lights here, so the stars in the sky often look so close that you could reach out and touch them. There are not too many cars driving by, not too many tvs or radios on, so you can hear the crickets and the critters walking along their little nature paths.

The City of Palm Bay just gave us all notices last month that construction will begin on installing the city water lines

in our neighborhood. I'll bet the construction crews will be quick as bunnies and the new lines will be in before we know it. Bunnies, I see quite a few brown bunnies out at sunset when I'm riding my bike or wandering around the neighborhood. There's a whole bunch of us that are out and about at the same time, it's very community friendly. I like when we can all ride or walk past the rows of brown bunnies as if to say, "Yes, thank you for sharing this planet with us. You're welcome, too."

But it seems not everyone wants to share the planet happily. I wrote at my blog the other day: What do you do when friends misunderstand you and don't want to play anymore? When friends misconstrue what you say, and feel you are coming down on them, being negative, judgmental, feeling superior and being a know it all? YOU LET IT GO. You don't hang on to it or try to sort it out or rehash it. YOU LET IT GO. You focus your attention forward on something hopeful and pleasant. You remember it is not your job to fix or educate anyone. YOU GET YOURSELF BACK IN THE VORTEX AND MOVE ON.

Since I spend half my life counseling people, I blog about it because (1) that's my process, and (2) so it can be helpful to others who go through the same things. I've done it long enough that I recognize the patterns and I know that we are all going through many of the same situations all the time. So many friends email me later thinking I was writing about them, that I made a note on my blog

I wrote on Facebook the other day: "I have butted in, got misunderstood and alienated a friend. Ah, well. I attracted it." A typical Andrea post. Friends like when I post about "trouble" I have, saying it makes me seem more "human." But I don't just post the good stuff, I post it all, because that's who I am; I just don't have lotsa conflict to report. After seeing my post, a friend who took umbrage at something I'd said earlier told me he knew I was "going to write a blog criticizing me because I said something you didn't like, as you've already indicated

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ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given*, *The Amazing Power of Deliberate Intent* and the NY Times Best Seller, *Money and the Law of Attraction* and their dvd, *The Secret Behind "The Secret"!*

Visit www.abraham-hicks.com.

A Simple Choice: *Which Thought Feels Best?* Vibrational Frequencies and Creations of Realities

GUEST: *I've heard for many years that we create our own reality, and I have always wondered, more specifically, how do we create our own reality?*

ABRAHAM: When you say, "I create my own reality," the first thing you have to do is accept that "I" didn't just start with this body that was born back in whenever it was born. I am a very old being that has been projecting thought into this time/space reality long before my Spirit took part in this flesh. And so, I and others like me, have projected all of this.

GUEST: *Okay. So what I'm understanding from you is that there are lots of different vibrational frequencies and groupings of frequencies, and the platform that is my current agreement has an average vibrational frequency. And it is out of that average frequency that my contrast occurs, and my desires come out of that. And all I need to do is use my Guidance System to sense the things that are basically of a higher vibration -- things that make me feel better. And by controlling the focus of my attention on those things, then that pulls forth the Energy from my Inner Being that flows toward that and creates more of it...So, the main thing that I should be working on is my ability to focus and to maintain a focus?*

DOES YOUR DESIRE FEEL GOOD?

ABRAHAM: Here's the thing that we want you to hear: The contrast provides stuff to focus upon and gives you the variety

that, naturally, without effort, gives birth to the desire within you. So that's just a natural consequence of coming into an environment that produces that.

So now, the desire is within you. It was born out of the lovely contrast, and now your work is, singularly, to align your Energy with this new-found desire, which means think about this subject that has been born within you -- and feel good at the same time. *That's the modulation process: Think about your desire until it feels good. Think about it until it feels familiar.* Think about it until feeling like this, feels like the most normal thing in the world to you. And when you and your new desire are in alignment -- then the manifestation occurs.

We often say to you: "Think about what you want and decide what you want; decide what you want." And the reason that you hear us hammering about that, so much, is because most people are running around making decisions about what they DON'T want. We want you to let the contrast tell you what you don't want, *but then always look for the nugget within it.* We want you to feel the nugget, the prize, the wonderful uncovering. The fresh new desire that is born is the reason that the entire Universe exists -- and once the desire is born within you, then the Non-physical Energy will answer it.

The saddest thing that exists in the human experience is when a being allows the contrast to let a desire be born, and then keeps himself, through old habits of thought, vibrationally out of sync with the new desire. Almost all of the philosophies that you teach to one another about why things work the way they work, come from that "not understanding how I could possibly be deprived of the things that I want?" And yet it's such a simple thing, once you begin to understand the vibrational nuances, and once you begin to understand: The reason that I have feelings, is because of two things: I'm summoning the Non-physical Energy by virtue of my desire. And I'm allowing it, or not allowing it -- by virtue of my thought or belief.

When we first began articulating through Esther, the words that we used were these: *When your desire and your belief are the same -- it is.* And, in those early days, the words that Esther found to express what we are offering here, with many more words, said: *When there is something that you want -- you must believe it.*

That's a hard thing for people to grasp, because you've been carrying some of these uncomfortable beliefs around for a long time. And we would like to let you off the hook, because you can't buck Law of Attraction (That which is like unto itself is drawn). If you've been thinking this thought and thinking this thought and thinking this thought, that's the thought that's active in you now. And Law of Attraction is going to bring you more stuff that matches that thought all the time. And then you beat up on yourself. You say, "I shouldn't be thinking those thoughts," when, in truth, you can't stop thinking those thoughts, because your "radio signal" is programmed to those, and so Law of Attraction is bringing you more. That's

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PERSONAL DEVELOPMENT for Smart People

The following is taken from StevePavlina.com, Personal Development for Smart People. Steve has also authored a book by the same name which is available at all bookstores or online at: www.hayhouse.com. Visit online at www.stevepavlina.com

How to Visualize Your New Reality

SLIDE INTO YOUR NEW REALITY

Did you ever see the TV show *Sliders*? In that show a group of four people would "slide" through a portal between dimensions, spending each episode in an alternate version of earth. For example, they might enter a reality where the Nazis won WWII. Or in another reality one of them might be a famous performer. Another TV show that can give you the right idea is *Quantum Leap*. In that show a man spent each episode in someone else's body in an alternative time and place.

Imagine you're a *Slider* or a *Quantum Leaper*, and you just slid through a portal into your new desired reality – into that new YOU as well. You're already there living it. The whole reality already exists in some alternate dimension, and you're now experiencing it as real. Put yourself in the shoes of that new person. Witness through his/her eyes how s/he goes through a typical day. Imagine that you're in an episode of *Sliders* or *Quantum Leap*.

What time do you get up in the morning? Who's sleeping next to you? Where are you? How do you feel? What do you eat for breakfast? What do you do in the morning, afternoon, and evening? You must imagine yourself as already being there. You want to reach the point where it feels natural and normal to be there. After all, this is your reality, isn't it? So of course it will feel normal in a way. You're already used to it.

Initially the Sliders/Leapers were freaked out when they entered the new reality. It took them a while to figure it out and understand it. Eventually they got used to it and were able to get things done within that reality. This is what will happen when you visualize a new reality for yourself. At first it may seem like an alien environment. You'll have to play around with it for a while before you get used to it and it starts to seem normal to you. It's very important that you push beyond that freak-out phase. You must shift from thinking about your visions as FANTASY to seeing them as REAL.

A good movie to watch is *Being John Malkovich*. That will give you more insight into how to slip into an alternate reality and imagine life through the lens of your new character. Ideally, visualizing your future should be very much the same as remembering your past. Just as you would recall and mentally review what you did yesterday, that's how you want to imagine your new reality. What are the highlights of your typical day, and how do you feel about them?

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Brian L. Weiss, M.D., the best-selling author of *Many Lives, Many Masters*, is a graduate of Columbia University and Yale Medical School, and is the former Chairman of Psychiatry at the Mt. Sinai Medical Center in Miami.

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The Prosperity Project



Valerie Saurer is the founder of The Attitude of Gratitude Project, an interactive gratitude journal on Facebook visited daily by thousands of grateful people from all over the world. She is the author of two blogs, <http://thenewbookofclues.blogspot.com> and <http://LivingGratitude.com> attitudeofgratitudeproject.com. Email sendoutgratitude@yahoo.com

This game I call **The Prosperity Project** was suggested by Abraham-Hicks in the book, **Money and the Law of Attraction**. The idea of the game is to get used to the idea of having, spending, and enjoying money. Start small, and every day increase your allowance by \$1000. Gradually, you will be able to easily picture yourself having larger and larger sums of money, and that idea won't seem entirely ridiculous to you, because your dream grows incrementally over time.

Prosperity Project Day 3

It's day 3, so we deposit \$3000 into our imaginary bank account and decide how we will spend that money. Here's mine:

Yesterday I bought a first class plane ticket to San Francisco. All day I kept feeling the seat under me, imagining myself enjoying the ample leg room and sipping on a free cocktail.

I've also been thinking about how best to spend my money now that so much of it is rolling in. So I've devised a plan that today seems prudent. Not being used to having money, I reserve the right to change my mind later; but for now, I'm going to follow some advice I got from **Robert Kiyosaki**, who teaches to always save some of every money you get. That is how you build capital, he teaches, and capital is another name for wealth.

So my financial plan is this:

10% is God's money. I will follow my heart each day in deciding where this money should go.

20% will go into the wealth-building account, and I'll keep a running total of how much it grows.

...continued on page 33 ...

What's the Dirty Little Secrets of Tap & Bottled Water?

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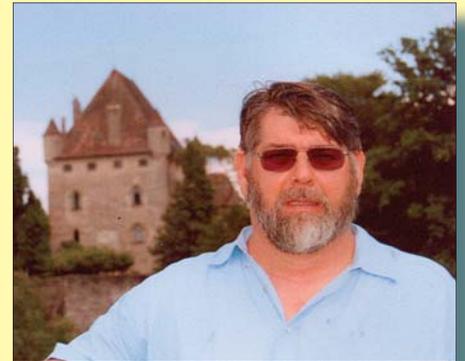
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Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better. Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.

COMPLETE PERSONAL READINGS

This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions are to be written down with space between for you to make notes. He does not permit recording. As the reading progresses, other questions will come to mind and you may ask these also. Questions are not shown to him, they are for you to use during the reading. All questions must be asked during your reading.

Gather up to 10 items that relate to the information you are seeking. The best are photos, or brochures, advertisements, or a page printed from the internet. They should be clear and large enough to see the face and eyes. If you are seeking information about career, buying or selling or other matters that have documents connected to them, bring documents (resumes, manuscripts, ect). Group photos may be used for questions about more than one person.



Accuracy scientifically proven

Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better.

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NEW: AskAlbert Yahoo Group. To join, go to <http://groups.yahoo.com/group/AskAlbert>

CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with NASA & the FBI, to working on academic projects, to finding missing persons and sunken ships. He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities. He was Project Manager and Lecturer for the **Edgar Cayce Foundation** and **Association for Research and Enlightenment**. Albert hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at www.psychicconsultant.org and AskAlbert@yahoogroups.com--

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Cecelia Avitable 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. For more information call 321-757-7522

Turmeric

A spice commonly known for its use in Asian and Middle Eastern cooking. It is also used as a preservative and coloring for foods such as mustard, icings and cheeses.

What you may not know about Turmeric is that it helps strengthen the body's defense systems and aids in the prevention of many diseases. This curcumin rich plant has antioxidant, anti-inflammatory, analgesic, alterative, astringent, vulnerary, anti-carcinogenic and antibacterial properties plus it is a digestive and cardiovascular tonic.

Studies were done not to long ago with Turmeric concerning its ability to slow down the progression of Alzheimer's they found that this herb is similar to many of today's medications in slowing down the accumulation of the proteins that can cause Alzheimer's to progress.

In the circulatory system Turmeric helps to improve circulation by preventing cholesterol oxidation that can damage blood vessels causing plaque to build on the artery walls which over time can cause a stroke or heart attack. It also inhibits platelet aggregation similar to taking aspirin lessening the risk of blood clots if you are taking a blood thinner already you may want to consult your physician.

I personally use Turmeric for its anti-inflammatory and analgesic properties for swollen and achy joints. I use it in place of over the counter pain relievers because in the digestive system it also helps with inflammatory conditions that pain relievers can sometimes cause and in the digestive system

Turmeric eases symptoms of Chrons, Irritable bowel, and Colitis. Turmeric is also a great protector of the liver aiding conditions of hepatitis and jaundice it also helps in the production of bile needed for the breakdown of fats helping to move it through the gallbladder.

Topically Turmeric disinfects cuts, bruises, burns and it eases the symptoms of psoriasis just be aware that it will stain your skin for a while.

The most important research on Turmeric comes out of Japan; their scientists found it to help reduce adult and childhood leukemia, colon cancer, prostate and breast cancer as well as melanoma; they found that the constituents in Turmeric neutralize, kill off and inhibit the growth of cancerous cells without affecting healthy cells.

This is one very powerful root with many worthwhile health benefits.

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Dear Protected: St. Anthony is not an Angel, he is the Patron Saint for the poor, travelers, and he is in charge of recovering lost items. In life he lived such a pure and selfless existence that less than one year after his death he was granted sainthood by the pope. Many times in order to determine sainthood the church will exhume bodies looking for a sign or a

miracle. When St. Anthony's body was exhumed it was said that his tongue was still perfect in color and shape, even moist at glance. When we need help here on Earth we usually will pray to God, our Angels and our Spirit Guides. Saints are another heavenly helper that we can pray to for assistance. For you, call on St. Anthony to help you locate an important lost item and he will help you find it!

...continued on page 38 ...

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THINNING DOWN

In The New Year

A student of new-thought teachings, Marlene Buffa finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. www.wordsof-mind.com.



A new calendar year urges us to set new intentions for the coming twelve months. Often playful, sometimes serious, these resolutions allow us to focus on what we hope to accomplish and also allow us an opportunity to ponder the possibilities we map out for ourselves. Faced with a pencil and blank sheet of paper, we look up towards the ceiling as we strive to articulate our dreams, aspirations adventures for the coming year.

One popular goal, appearing for many of us year to year, is to lose weight. We try one diet after another, struggle with exercise programs that get boring after a few weeks, and deny ourselves even infrequent simple indulgences, to lower that number on the ever truth-revealing scale. We believe achieving a lower body weight in our earthly vehicle,

raises our value on life's scale. Our spiritual weight hopefully increases, thereby improving our chances of satisfaction and contentment in all of life. In the divine balance of our consciousness, we learn that by releasing one unit of measurement, we gain in other, more powerful aspects of who we truly are.

THINLY VEILED

Very often, the essence of our humanity hides behind a thin veil we generate to separate us from the world around us. Holding up a translucent shield, just thin enough for us to view life from the inside out, projects the illusion of mystery or secrecy. Somehow, we believe that others can't see through the armor of a thinly shielded persona, so we allow it to float around us like the dance of scarves as a coy partner with life.

When we examine what we are hiding by holding up a veil, we realize the answers reveal more than the veil disguises. The parts of ourselves we reluctantly divulge to outsiders, hide from clear view, yet cannot muster the courage to openly appear as components of our true self. When we realize that others seem intrigued by the illusions we set forth, we later know we cannot hide from the Infinite, or, more authentically, ourselves.

THINNING OUT

Beginnings as with endings, finds us making choices of things we choose to keep in our lives and that which we freely re-

...continued on page 38...

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From the Heart

Alan Cohen is the author of many popular inspirational books, including the bestselling *The Dragon Doesn't Live Here Anymore* and his new metaphysical thriller *Linden's Last Life*. Beginning this month Alan is offering an extraordinary Life Coach Training program, and he is debuting his radio show *Get Real* on Hay House Radio. For more information about these programs or Alan's free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com or phone 1-800-568-3079.



How to Begin

Have you made any New Year's resolutions? As Dr. Phil might ask, "And how's that been working for you?" If you are like most people, New Year's resolutions do not last more than a few days or weeks. Health clubs thrive on people signing up to begin a new regime after eating rich desserts over the holidays. Yet many members cease going to the club after a short time, often more exasperated than when they began, compounded by self-judgment for not following through. So if New Year's resolutions flop for most people, how can you actually move ahead in your life and make your life better?

The key is to understand two universal principles: First, there are no right angles in nature. People create right angles in rooms and houses, but that was not God's idea for nature. If you take a walk in the forest, you will see that everything grows and moves in a curve, or gradually. Take a carpenter's square and hold it up to any plant, tree, or river, and you will find no perfect squares—only curves. Even tall straight trees move out from the earth in a small gradual slope.

Everything changes in steps. So when you decide you are going to lose 20 pounds as soon as possible, you are trying to bypass the natural change process. If you are going to lose weight, you will do better to plan to lose one pound first, and then move on from there. You can target to lose 20 pounds, but you will not do it in one shot. No one ever has, and you will not be the first. (You can get liposuction, but it's far more natural to melt weight as you shift your consciousness.)

Instead of going for your New Year's resolution, go for New Year's evolution. You change your life by shifting your thoughts, which usually occurs in stages. Sometimes you might have a quantum leap and everything changes overnight. Such a change is wonderful when it occurs, but it can rarely be engineered. People who try to make quantum leaps usually have to go back and build their consciousness to match the change they are trying to make. Everything comes to you not by forced action, but awakened mind. When your consciousness grows to be equivalent to your goal, the object of your intention will come to you naturally and often easily, and you will really own it.

...continued on page 30 ...

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TIME on SATURDAY - 5 PM		
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A Grand Welcome to Year 2010



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Human beings have received infinite blessings of God. Planet of Earth or *Prithwee* has 5 Great Elements constituting countless forms of life, vegetation, minerals, water, gases and various forms of solid.

Let us chant, memorize and assimilate the message of a Sanskrit prayer of Vedas that can help nourish our souls and energize the five bodies known as *pure consciousness, blissful, emotional, mental* and *physical*.

Man has 5 bodies or sheaths known as *Panch-Koshas*. We work on different emotional, mental, intellectual levels which are the functions of *annamaya, praanmaya, manomaya, vigyaanamaya* and *aanandamaya* bodies of man attached to the flesh but invisible to human eyes.

THE VEDIC MANTRA IS:

Om dyow shaanti antariksha gwum:
MAY PEACE REIGN ON THE HORIZON.

Shaantih Prithwee:
MAY PEACE BE ON EARTH.

Shaantiraapah:
MAY PEACE BE IN WATER.

Shaantiroshadhayah:
MAY PEACE BE IN MEDICINAL PLANTS.

Shaantir-vanaspatayah:
MAY PEACE REIGN IN ALL FORMS OF VEGETATION.

Shaantir-vishveydevaah:
MAY PEACE BE WITH GUARDIAN ANGELIC BEINGS.

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Sarva Gwam shaantih:
MAY PEACE REIGN IN EACH AND EVERYTHING.

Shaantir-eva shaantih:
MAY PEACE BE TO PEACE ITSELF.

Saa maa shaantir-edhi:
MAY THAT PEACE BE WITH ME.

Let PEACE be the theme of this new year. We need peace everywhere in the world. Positive thinking will surely bring positive results. What we think we shall become! Our thoughts make the realities when translated into words and deeds. We are here to bring heaven on earth. Happy New Year 2010!



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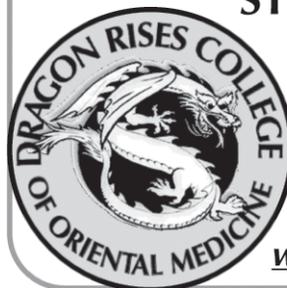
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"Aimer tous, servir tous"

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."

...continued from page 7..

is in the air by your mentioning it so quickly online in such a negative frame."

I didn't know what he meant by "a negative frame." I simply stated I'd had an experience when I wrote *I have butted in, got misunderstood and alienated a friend. Ah, well. I attracted it.* To me, "a negative frame" would have been if I had instead written "Tony is an ass becuz I've told him a million times how to fix his life and he prefers to whine about it and now he's pissed off at me cuz I told him to start telling a new story if he wants a new life."

That was my first clue that the 10 years I'd known Tony, he'd not understood me. Challenges come up all the time, even for me, that's part of life. And I write about them all the time, so he clearly does not read my blog. I just don't let the challenges throw me, and I sure don't see them as negative. If I'm travelling down a road and a boulder falls down and blocks my way, you can't label that a "negative" event. An event is simply an event. My perception is what makes it negative or positive. I don't use words like *negative* or *positive* for just this reason. But by Tony making his comments, I realized it went far deeper than what he initially told me he was irked at. I realized he simply did not understand all I was suggesting he do was *cut his usual pattern of self talk and shift his perception so he could attract what he says he wants to attract.* He took that as coming down on him in a negative response.

I used to really get my feelings hurt when it would happen to me: friends whom I thought for years really understood where I was coming from, suddenly taking a basic belief of mine and perceiving it as a personal attack, then cutting me off because of it. But now I know it's not about me. Someone can sit across the table and shout calculus at me all day and night for a month, but they can't make me do the work in my head so I can learn it. I have to do that for myself. I don't like math but I don't think doing calculus is negative. It's what goes on in my own head that matters, and that's subjective and no one can know that but me.

Albert Einstein said "The single most important decision any of us will ever make is whether or not to believe the universe is friendly." I learned the universe is a very friendly place once I figured out how it worked. So many times in the past I took things personally and harbored resentments and judgments, because that is how I perceived the world. The result of me seeing the world through that filter is that I was living in a world of struggle and just getting by. I resented that things seem to come more easily to others around me, and when my focus was there, my world was small and aggravating and I barely eeked out a living.

It took me years to see the connection between my beliefs, even beliefs about what karma I'd been born into and what my

current dharma might be, and what experiences I attracted to myself. When I got that, I got it slowly. It took many years to change my thoughts around, which I did via daily creative visualization. It was not a fast or easy process for me. I totally got why someone would have a hard time getting it. I had a hard time getting it.

So what do I do when friends misunderstand me and feel I am coming down on them? When they feel I don't get where they are? I back away. I realize I am not being a very good communicator if what I say is not clear enough to understand. I write so much because (1) that's my process and (2) I want everyone to know what I know, since I've figured some pretty basic things out. It's a reminder to me to work on learning how to communicate more effectively. I'm grateful for the lesson. It's my intent to be helpful, not to hurt feelings.

I used to think I was being helpful to friends by paying their bills, until all too often that ultimately caused problems and friendships were lost. Then I began sharing the *creative visualization process* with them. Then I'd share the importance of the daily practice of *programming your inner dialogue.* I learned that the few dollars I gave them was nothing compared to what they attracted by doing the daily visualization work. Anyone I've ever worked with who does the work gets the results, and there are no exceptions.

Anyone with a website, I always suggest they monetize it, get Paypal and have a donation button as a courtesy to their readers. Then spend daily creative viz time prepaving seeing the Paypal receipts coming in all day long. To not do so is just ignoring free money. I know, it sounds so easy that most people won't do it, although doing it can change their world. It's like the man on the roof during the flood who keeps turning away boat after boat and later wonders why God didn't rescue him. Don't ask me for suggestions on how to increase income with integrity and spiritual purpose unless you want to do it. I don't want to waste your time.

A favorite quote of mine is from Marianne Williamson, taken from Return to Love, often erroneously attributed to Nelson Mandela, who never used it. "*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.*"

Liberated from my fear? I've just learned to deal with it cuz I get so much practice at it, that's all. I'm still afraid. I just don't let my fear immobilize me is all. And when friends misunderstand, the best thing I can do for all concerned is let it go, move past it and get on with my good life. As much as I may want them to be included, I can't piggyback them into a happy future. Believe me, I've spent a lifetime trying.

Enjoy our offering this month. Hari OM

Andrea

Personal Development for Smart People



...continued from page 9...

Notice that emotional memories are much stronger than routine events. Such memories can draw the past back into your present, but they can also draw a powerful future into your present if you create powerful new memories of the future.

PARTIAL VISUALIZATION

One of the most common mistakes people make is that they fall into the trap of doing partial visualizations. They only imagine one or two aspects of their new reality but not the entire big picture. Or they'll imagine something that makes them feel a certain way, but it wouldn't actually be a part of their desired reality. For example, you may imagine seeing a pile of cash on your table and counting the bills. A lot of people suggest this exercise as a way of manifesting more money.

I think it's a lame idea though. If you really had financial abundance, would you actually have a pile of cash currency in your home? That seems unlikely. If you were already living it, playing with your money or obsessing over it would be silly and immature. That's the sort of thing someone would do only if they weren't already living it.

Partial visualizations manifest partial results. You may attract part of what you want, but it will be unstable because you've only locked on to some, but not all, of the necessary frequencies required to shift into that new reality. You may be able to visit it briefly, but you won't be able to stay long.

When I was around 24-25 years old, I read the book *Think and Grow Rich*, and I started doing partial visualization exercises to attract more money into my life. I imagined having about half a million dollars as a pile of cash on my bed. I felt the texture of the bills with my fingers. I saw it as very real and imagined what it would feel like to have that much cash all at once. Sometime after that (I don't recall how long – a few months maybe), I entered into a new game publishing deal with a total advance of \$675,000. I soon received the first installment in the form of a check for \$50,000, which was the biggest check I'd ever received at that point in my life. It appeared that my intention had manifested.

However, this situation was incredibly unstable. The publisher turned out to be extremely corrupt. First, they screwed up the deal with seemingly insane delays and nonsensical decisions. Then they unilaterally breached our contract. And

...continued on page 30...



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make a pathway in the mind. To make a
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again. To make a deep mental path, we
must think over and over the kind of
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Henry David Thoreau

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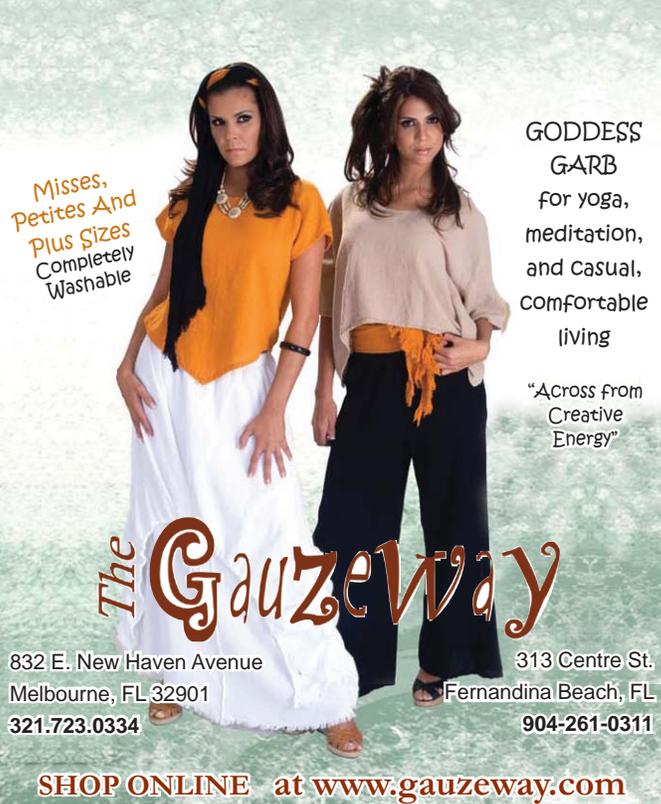


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The Doorway to Symbolism



Bird Dream Symbolism



Having a bird dream often indicates uplifting themes such as freedom, release, creativity, spirituality, imagination, higher ideals, heightened awareness. When birds wing their way into our sleeping minds, we are released from earth-bound limitations. Our deeper selves are free to fly where there is no limitation or boundary.

How does this translate into our waking experience? Here are a few thoughts about what dream birds could be telling us in relation to our every-day life experiences:

- Spread our wings, broaden our horizons, pursue new adventures.
- Consider a new educational goal or learn a new skill.
- Lighten up a little, incorporate more humor in our communication.
- Focus on “nesting,” paying attention to matters of hearth and home.
- Chart a new course, determine a navigation that moves ideas into reality.
- Follow feelings of faith over proof before we follow our hearts.
- Know we are fully equipped to live the life our souls soar to experience.
- Consider a bit of recreational travel.

Creatures of the sky speak to us of thoughts, higher ideals, spiritual enhancement, even enlightenment. To wit, primitive cultures factor birds as the closest creature to the heavens, and so they are also messengers of the gods. Also, the element of air is esoterically symbolic of thoughts as well as communication.

After having a bird dream, we can ask ourselves “What foremost and recurring (waking) thoughts do I have that my dreams birds can help me with?”

I’ve included a few common bird dream symbolism and some thoughts on what their appearance in dreams could indicate.

Blue Jays: Is it time to assert ourselves in a healthy way? A time to speak our mind?

Cardinals in dreams speak to us about compassion, hope, love, passion.

Magpies and Crows come when we have mysteries to solve. They are endlessly curious, but also fearless.

Falcons beckon a need for focus. They’ll come to remind us to exert discipline in our thinking patterns.

Owls in dreams ask us to listen to what’s being said, observe the people around us and our environment for clues to further our cause.

Sparrows ask us, for the moment, to make due with what we have rather than overindulge and overspend needlessly. Dream sparrows encourage us to find pleasure the simple things of life. They know simple thoughts and needs lead to simple joys.

A new year, a new look?



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Abraham-Hicks



...continued from page 8...

the trouble that most people have with this business of “You create your own reality.” Try as you will, you can’t buck that current, you see.

DORMANT BELIEFS DON’T AFFECT YOU

We don’t want you to try to buck that current. We want you to start setting a Tone that is more in alignment with the current that is really already you. You can be chuck full up to the brim with beliefs that do not serve you well -- and not one of them will affect you unless it is activated. And when it is activated, you’ll have a feeling response to it.

When a belief that is not in harmony with your Source Energy is activated, you’ll get that funny feeling in your stomach. And as you get that funny feeling in your stomach, what it is telling you is: This thought in this moment does not match who you are and what you are wanting. And so, you have a simple choice. You can go with it, you can try to beat it to death, you can get people together, you can try to isolate it, you can add to it and get it bigger and bigger, or you can, as Jesus said, turn the other cheek, and allow that vibration to become inactive again, while you are tuning your vibration to that which feels better.

If It Feels Good, Choose It And so, you see, it’s all about choices. Which feels better? Does it feel better to be connected to my Source, or not? Connected would feel better! Clarity or confusion, which feels better? Vitality or a tired body, which feels better? Abundance or poverty, which feels better? Connection or resistance...?

And so, it isn’t complicated, but we have to do such a sales job to convince you dear beings that it is right for you to seek that which feels good. Somehow you’ve come to believe that if it feels good, you should be feeling guilty about it. If it feels good, there must be something wrong with it. And we say, however did that become such a big part of your mass consciousness, when there is not a shred of evidence that supports that anywhere in the Universe?!

Everything’s out there pulsing. So here’s someone experiencing a terrible experience. And I see it. And I don’t want it. I don’t want it for them, and I don’t want it for me. But as I address it, my “switch” is on. So I’m not only adding to it for them, I’m adding to it for me. Now most humans would say, “Well, Esther, do not turn away from this and put your head in the sand.” And Abraham would say, Esther, turn away from this -- and achieve vibrational harmony with something else.

If Esther sees some horrible thing and she says, “No, no, I want not that, what I want is...” and out of this abhorrent thing a desire is born, and Esther is wise enough to turn her attention now only to the desire, and find vibrational harmony with the desire -- now that situation has benefited All-That-Is,

because something very powerful and very good has come out of it.

But if Esther does like many people do, and gets stuck in what she sees here, so she suffers, in despair, and adds to the negative, or even if she takes the next step where she says, “Oh I don’t want this, I don’t want it to touch me,” and looks away, but then feels guilty because she’s not helping -- no good comes from any of that. Then she has just started one of those other vibrations, so all kinds of bad things start showing up in her experience. And then, on her tombstone, it says, “See, I told you this is how it was.”

Esther is always reaching for the best possible feelings that she can find prior to one of these gatherings, because she wants to be as connected as she can to Source Energy before you begin summoning Abraham through her. And she said to Jerry, this morning, “What’s one of the best feelings that you can ever remember from one of these gatherings?” She was reaching for a feeling. And Jerry said “Are you asking for a room or a face or a question?” Esther said, “I’m reaching for the feeling.” And Jerry said, “Well, I always love the feeling at the end of the session, when everyone is feeling fulfilled and satisfied and connected and glad and empowered and secure, and knowing who they are.” And Esther said, “Yeah, that’s what I meant, that’s what I meant.” She’s reaching for the feeling, the feeling of empowerment. There isn’t anything in the world that feels better to a teacher than to empower another.

In This Moment, Which Thought Feels Better? Let’s say that someone made you feel a little insecure. And out of that feeling of insecurity is born, in this moment, a stronger-than-usual desire to feel empowered and know who you are. Use whatever means you need to, but just reach for the best feeling. How did it feel? What’s the best feeling? And so, here’s this new desire pulsing, this fresh new nugget. Oh, it’s alive and well, summoning Life Force through you, right here in the now. So here you’re feeling it, right now. This fresh, new desire. And then, you just try to remember ever having felt like you now want to feel. And just by reaching for that, just by saying, “Have I ever felt like that?..” right away, those things will become be active again in your memory of when you felt like that. And you’ll say, “I remember this, and I remember this, and I remember this... and you’ll cross the 17-second mark and the 34-second mark and the 51-second mark focused on that which feels good, and you’ll stand here in your powerful now, having activated every powerful moment that you’ve ever lived. And here it is, an apex, a vortex, right here and now. This is what you’ve achieved, all out of some little slight that someone offered you. Oh, what a gift that was!

THE ETERNAL EVOLUTION OF SPIRIT

Just go through your day-to-day experience, let your exposure happen as it will, because Law of Attraction says that it must, and when and if you get an emotional response -- whether it is positive or negative -- stop in the middle of that feeling, and acknowledge whether it’s connecting you to Source

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From the heart

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The second universal principle that will help you make real change is this: growth occurs not on a ladder, but in a spiral. If you are trying to walk or drive up a steep mountain, you will generally do better to ascend by either circling the mountain, rising in progressively smaller circles, or by way of a switch-back, which goes back and forth in gradual movements. Then you will not be exhausted when you arrive, and you minimize the chances of plummeting down a steep precipice.

Remember, too, when making your New Year's resolution or evolution, that the premise from which you begin will determine where you end up. If you begin with a faulty premise, you will not get anywhere. It is said, "Logic is a systematic method of coming to the wrong conclusion with confidence." You can indeed get wherever you want to go, but if the thought that originally drove you is erroneous, it will not lead you to anywhere you really want to go.

If, for example, you feel desperate to find a soulmate, have a baby, or win on American Idol to prove your talent, and you decide that you are going to do it this year no matter what, you are setting yourself up for disappointment and sabotaged results. Any act that proceeds from desperation will only increase your sense of desperation. Never do anything because you feel desperate. Desperation is an interpretation, not a fact. Act from strength, wholeness, and confidence, and you will attain results far superior to any that desperation has ever wrought.

If you would like a soulmate, baby, or the American Idol title, proceed from a sense of joy, fullness, celebration, and vision. Know that you can have what you deserve, but you have to own it inside yourself first. You have to know that you are worthy of your goal and that the universe can and will provide it without you having to struggle, strain, or sacrifice to get it. Then the good things your heart desires will show up as a natural byproduct of your consciousness, not a substitute for it.

One final note on your goals for the coming year: Seek experiences more than objects. In addition to your "to do" list, or instead of it, create a "to feel" list or a "to be" list. In wanting a new car, relationship partner, or promotion, you are really seeking to feel the good feelings you expect such things and events will bring you. If you got the person or the thing but not the experience, you would still feel hungry. But if you set your intention on the quality of experience, and that comes, the way and form in which it arrives will not be important. You will succeed because of something that happens inside you, not outside.

We are on to a bright new year—the best ever. Life always goes from good to better to best to off the charts. May this year bring you all of your heart's desires, one blessed gift at a time. You will have everything you want, and it will come in the perfect way.

Personal Development For Smart People



...continued from page 21...

finally they tried to sue me (unsuccessfully) to recoup the \$50K advance. Looking back, it appears that their goal was to tie up my team's project so that it wouldn't hit the market... while they had another team developing a potentially competing game.

The initial \$50K I received was spent on early development for a game that was never released. In the end I was left with a busted project and more debt than when I started. If I could have afforded the legal fees (which I couldn't at the time), I may have been able to successfully sue them for breach of contract, but that simply wasn't how I wanted to do business. I wanted to spend my time making games, not giving depositions.

Years later this same publisher was publicly exposed for a massive accounting scandal, and the company and several officers were sued by the SEC. If I recall correctly, their CEO was fined \$10 million and had to step down. That came as no surprise to me and many other developers who worked with them. Not a good manifestation! Although it seemed promising in the beginning, this attempt to manifest money completely imploded and left me worse off than when I started — aside from learning some very tough lessons, which in retrospect turned out to be quite valuable.

I hope you can learn from my mistakes here and not succumb to the trap of partial visualization. In order to manifest your desires, you need to lock on to the total package of frequencies and the full range of emotions that you'll experience in your new reality. And one of the best ways to do that is to get really, really clear about what you want.

COMPLETE VISUALIZATION

Don't just visualize one small part of your new reality, such as having more money come to you. Visualize the entire alternate reality you wish to enter, in as much detail as possible. It's okay to focus on one area of your life at a time. I personally find it rather difficult to visualize a whole new life for myself that covers career, finances, health, relationships, my daily habits, spiritual development, personal development, etc. So I generally focus on one area at a time, but I do my best to make sure it's congruent with my desires in other areas too.

A few years ago I focused on creating financial abundance. Career and finances are good areas to visualize together since most people generate income via their careers. Don't just imagine yourself having more money. Put in some detail about what is sustaining that flow of money. How is it being maintained? My initial attempts to manifest money

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Personal Development For Smart People



...continued from page 30...

flopped (or made things worse) because the big picture was incongruent. I was trying to pull money out of thin air, figuring it would come to me like magic. Well, this isn't magic... not really.

In the area of career and finances, what kind of person will you have to become in order to attract and hold on to the abundance you desire? What will it take to be worthy of that kind of flow? When I was in my 20s, a \$50K sum was too much for me to hold on to. I could attract such a sum on rare occasions, but I couldn't retain it. It would slip through my fingers like water. Eventually I stopped doing partial visualizations and began seeing the big picture. I realized I'd have to become a man who was worthy of abundance. This may mean something different to you, but to me it meant that I would need to be a kind and generous person who created a lot of value for others. That felt congruent to me. If I were a greedy bastard who was all about me-me-me, I'd feel I didn't deserve that kind of flow. In my visualizations I felt really good about centering my career around service to others, and I could see that this would be consistent with attracting and perpetuating a constant flow of good stuff through my life – money, good health, low stress, loving relationships, fresh opportunities, etc. The total package just made sense to me.

I had to work a lot on myself to step into that new vision of me, but it definitely worked. In the past five years, I've put out enough free content to fill a couple dozen books. That feels really good to me. And resources flow to me so easily that I simply take it for granted that I can relax and enjoy whatever I want to experience in life. This works because it's a congruent and stable situation. I use my creativity to put out a lot of value for others, so naturally I receive a lot of value in return. But in order to reach this place, I had to go through many internal shifts to step into this new reality.

In the area of social abundance, I do my best to be the kind of friend that's worthy of having amazing friendships. I support and encourage my friends to pursue their dreams, but I also love to joke around and have fun. Consequently, I attract and maintain relationships with like-minded people. I'm really good at attracting people who are loving life, who enjoy helping people, and who are very encouraging and supportive of me too. And I naturally repel people who wouldn't make good friends for me.

In order to manifest what you desire, the total package must be congruent. There must be harmony between what you're attracting and what's attracting you. Too often people fall into the trap of trying to attract something that

would naturally repel them, such as trying to manifest a flow of money without creating any value, or trying to attract a loving relationship without becoming a loving and attractive person.

This is largely common sense, which many people seem to lose sight of when trying to apply the Law of Attraction.

Will a health nut be attracted to a lazy couch potato? Will honest, conscious business people want to do business with someone who creates little value and is in only in it for the money? Will an adventurous growth-seeker be attracted to someone who's timid and security-minded? Even if these situations were to manifest, they're unstable and usually won't work out very well unless there's a strong attraction in some other area to compensate.

Manifestations can occur very rapidly and powerfully once this harmony is achieved. But until that happens, results tend to be minimal or negative.

WRITE IT DOWN

Imagining your new reality can be tricky if you try to do it all in your mind. You may find it helpful to sit down and write out what it will be like to experience your new reality, in as much detail as possible. For example, if you want to attract a certain type of person into your life, write out a detailed description of that person. Then you can use that as a guide when visualizing. Another option is to create a vision board by assembling a collection of photos or images (physical or digital) that helps you imagine the big picture.

I recently stumbled upon an old journal entry where I wrote out several pages describing in detail what I wanted to experience in life. My life at the time was nowhere close to that reality. Most of what I wrote about back then has already manifested. I'm now living it. Other parts of my reality have shifted so much that parts of my vision that seemed so far away are not nearly so distant now.

I can actually see steps that would make more of them possible and realistic. The big picture is sliding towards me. I was talking with Erin about this last week, and she asked me, "Why did you put that kind of detail into it? Why did it matter to you that an imaginary person was near-sighted?"

My best answer is that I found that a copious level of detail made it easier to see it as real. The vision became more believable. If the new reality is to become real, the people within it must be real too, not imaginary archetypes. Real people have height and weight. They may be near-sighted or left-handed. They may have pimples or unshaven faces. They wear certain types of clothes. They have unique personalities.

If you suddenly slid into your new reality, you would instantly observe all of that detail. It would be right in front of you. So put it in front of you now. Create it in your imagination. Clarity creates believability, which gives rise to stronger, crisper vibrations than foginess.

It takes practice to get good at this, but the more you practice, the richer and more vivid your visualizations will become. That richness makes it easier to lock on to the new emotional states you're aiming to create.

Abraham *Fun*



Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, Florida. E-mail: soulsongkaren@cfl.rr.com. Karen's blog: www.abrahamfun.com.

What About Feng Shui?

Feng shui ("fung shway") is a Chinese system that studies people's relationships to their environment, especially their dwelling or workspace, in order to achieve maximum harmony with spiritual forces believed to influence all places.

I became interested in feng shui while living in Oregon, and I bought some books on the subject. Noting my enthusiasm, people gave me books on feng shui, as well. Then I followed the books' advice and made various adjustments in the way my home was decorated, furniture placement, etc.

Nine years ago, when I moved to Florida, I used the principles when looking to buy a house: no L-shapes, no garage taking predominance, etc.

I wanted the chi to flow through my home, but not too fast. And I didn't want the chi to get bogged down, either. I applied feng shui type remedies such as hanging crystals where there were areas of my home that weren't optimum.

I made a point not to buy houseplants with sharp leaves. I applied feng shui principles when hanging pictures and mirrors.

And then I met up with the teachings of Abraham-Hicks, and I decided that there are really no viable rules as to the best way to live or decorate or evoke life force – it's all about what feels pleasing to each individual.

I gave my feng shui books to a friend who was interested in the subject, I let go of *do's and don't's*, and I started focusing on simply decorating my home in ways that felt good to me. I became my own expert.

So, I would say that if you find this ancient art to be fascinating and applicable, delve into it and try out its principles. You could consult with a feng shui practitioner, as there are many who are deeply appreciated by their clients. If, on the other hand, you find feng shui leads you to a place of feeling dogmatic and overly concerned with what you shouldn't do, then ease up.

I've come to believe that there is no intrinsic benefit in arranging your environment in any way other than what feels good to you.

For instance, even though I personally love my surroundings to be neat, tidy, and organized, I've known countless people to whom that is not important and who absolutely thrive while surrounded by clutter.

Well, they thrived until well-intentioned spiritual friends kept telling them that the clutter was hindering the manifestation of their desires and they had to rid themselves of it post haste.

While it's wonderful to create an environment that gives us joy, our surroundings are not the main thing.

OUR THOUGHTS about our surroundings are far more important.

OUR THOUGHTS about everything are paramount.

If you want to get the most reward for your efforts, keep gently nudging your mental focus towards things that please you, soothe you, thrill you.

And then watch the world around you, including your home and workplace, reflect your increasingly joyful state of mind.

And if you find yourself blithely rearranging the furniture or hanging a crystal or two, hey, it's all darn good.

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The Prosperity Project

...continued from page 11...

So on Day 3 of my Prosperity Project:

\$3000 goes into the imaginary checkbook

\$300 to my friend Marie friend who fell and broke her shoulder to help with expenses.

\$600 Wealth-Building Account

\$300 New 32-Gig iPhone 3Gs so I can take pictures with enough pixels to make a SendOutCard and the ability to record video. 32 Gigs will give me enough room to keep audio-books, videos, and lots of music on my phone. When I travel the world, I'll be able to have a powerful little tool that will do almost anything my laptop can do, except spreadsheets (I'll be able to hire my own bookkeeper). I'll give my current iPhone to my daughter as a house-warming gift.



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Today I'm going to the mall. I realized yesterday that I've never allowed myself to really shop before. I go to the store only to buy, and then only to buy absolute necessities as inexpensively as possible. I always have looked for the least expensive items in the store, because I believed that was all I could afford, and all that I deserved. Today I'm going to try on the most expensive clothing I can find, and I'm going to start getting used to the way they feel on me.

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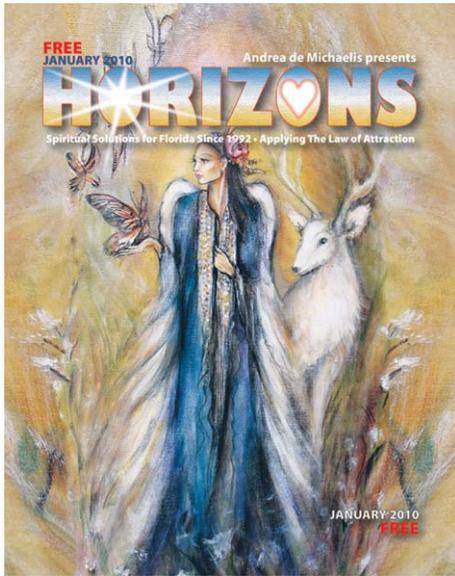
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COVER ART

Peace by Lori Hlavsa



Residing in Florida with her husband, [Lori Hlavsa](#) is an accomplished artist. "I hope to take the viewer to a place where Imagination and Dreams really do exist"

At a young age, Lori began to sketch and imagine freely. She began to work as a freelance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertising Design, from the [Fort Lauderdale Art Institute](#). In 1985 she and husband expanded their family, with a girl, and 1987 a boy.

Working part-time, her signs and murals brightened up, homes, daycares, and [Broward County](#) schools. Through the 90's Lori worked with handmade papers, to escape the commercial art. The paper sculptures evolved into humanlike figures of clowns, fairies and dancers, sold in art shows, as the children grew up. After 2000, Lori returns to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.

Lori was a featured artist in South Florida and in her 25-year career, she has displayed her work in over 500 exhibits and has received several awards. Customers comment that her work is magical and inspirational.

Visit her website at www.artbylori.com

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OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes
30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.
Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info.
No calendar listings taken by telephone. All listings must include time and physical location.

Wednesday MERRITT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

2d, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak 321-722-0291

Saturdays ORLANDO Pranic Healing Circle 2-4pm Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so, it's on the right, look for name on mailbox.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music 1st Sunday Potluck & Bring a Friend, 3rd Sunday Wellness Healing Service 11:30am

Sundays MELBOURNE 9:15 and 11:00am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit www.spirit-chapel.org

Sunday MERRITT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:45pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit www.spirit-chapel.org

January 15th Grand Opening - Church of Profitsea™, the Law of Attraction in Action, www.churchofprofitsea (321) 868-0605

Saturday, January 16th BOYTON BEACH 7:00 - 9:00pm The Crystal Garden presents RICHARD SHULMAN IN CONCERT: "Celestial Vibrations Through Music" Richard Shulman's Music for Meditation, Inspiration, Healing, Enlightenment. COVR award winning (2009 Meditational/Healing Music) keyboardist, composer, pianist, synthesist, recording artist Richard Shulman presents a concert to touch the center of the sacred within. Tune in to your own I AM Presence by resonating with uplifting and meditative music from his CDs and a piece composed spontaneously for the audience. Music from Camelot Reawakened, 11:11 Piano Meditations for Awakening, Sky Jazz and A Higher Dimension all available at the Bookstore. www.richheartmusic.com/performances.html and **Also Monday through Wednesday January 18th - 20th, MUSICAL SOUL PORTRAIT PRIVATE SESSIONS with RICHARD SHULMAN**, Music for your Soul inspired by your Higher Self www.richheartmusic.com/soulportraits.html. The Crystal Garden, 2610 North Federal Highway, Boynton Beach, FL 33435 Located 3 blocks north of Gateway Blvd on US 1 www.thecrystalgarden.com Email info@thecrystalgarden.com 561-369-2836



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Also visit Fred's syndicated radio show website at www.fmodyssey.com and experience the FM Odyssey radio journey. For 19 years, this syndicated, creatively-themed show has been using emerging artists and rock legends to feed your soul, week after week. Music with heart and brain. Interviews with spirit.

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10 TIPS To Heal Your Life

Patricia Crane, Ph.D. and Rick Nichols, partners in Heart Inspired Presentations, LLC, are licensed with Hay House, Inc., to train Heal Your Life workshop leaders in the work of Louise Hay. For more information about workshops, go to: www.healyourlifeworkshops.com. To learn about their training, www.healyourlifetraining.com

The work of Louise Hay has transformed the lives of millions! Here are some life-changing tips for YOUR life!

1. Be willing to love and accept yourself - no matter what! You don't need to lose the weight, have the relationship, or anything else first. Start NOW.
2. Pay attention to your thoughts. If your thoughts create your future (and we believe they do!) - are your "typical" thoughts during the day the ones you really want to be thinking? Change them.
3. Learn to create and use powerful affirmations to focus on what you DO want in your life.
4. Nurture your Inner Child. Talk to him and her with encouraging words and positive messages.

5. Be willing to change. Our egos tends to hang on to "the way things are." Trust yourself and Spirit as you change.
6. Meditate on a regular basis. This will help you listen to your inner guidance.
7. Listen to your body's messages. They will give you vital clues about the emotions affecting you.
8. Honor your emotions, but don't get stuck in them. Release anger, resentment, and guilt.
9. Forgive the past and free yourself from bondage.
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And if you have used the philosophy of Louise Hay to change your life and feel passionate about sharing it with others, consider becoming a licensed HYL workshop leader through our training. Join a group of dedicated practitioners worldwide helping people heal their lives. www.healyourlifetraining.com/teacher-training.htm

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Ask WhiteDove

...continued from page 15...

Dear WhiteDove: While so many people in the world seem to have had a horrible year, I actually feel that I have been very blessed. But I'm almost worried about my good fortune; I was thinking that I should volunteer or something to balance it out my karma. What do you think? **Humble in Houston**

Dear Humble: I do not know why people think that if life's journey treats them well that there will be some sort of punishment in store. Most people go through many trials and tribulations throughout their lives while others experience only a bit of negativity. It all depends on what you wrote into your life contract, what sort of reality you are manifesting for yourself, and what karma you are working out. Yes please go and volunteer this season when prompted to do so. My family and I always like to do some sort of charity a few times a year as it makes our hearts happy. But do it because you truly want to help, not because you think you need to balance your karma. We are all brothers and sisters here learning together. What we do to each other we do to our selves. There are no special rewards for living in poverty or wealth; it is what you do in any given situation that really matters. We come here to Earth to learn to give love freely, and many of us need to learn how to receive love. Give of your time, money, and talents with a joyful heart.

Dear WhiteDove: My husband and I have argued over the last two Christmas's over what to tell our five year old twin daughters about Santa Claus. It is unpleasant and I would like to have a resolution for when next Christmas rolls around. I want to let them keep believing in him and my husband feels like it's a lie. Is there any way that we can be honest while still keeping Santa alive in their minds? **Truth hurts in Tulsa**

Dear Truth: First of all Saint Nicholas was a real person. He gave his entire fortune to the poor and needy and spent his life helping to feed and cloth the less fortunate. As we all know just because someone's physical body dies, does not mean that they are gone forever. We often call upon the saints, angels and other masters from the heavens to help us. Well as a parent you can tell your children that Santa Claus is simply the "Spirit" of St. Nick that lives in many of us. St. Nick's spirit helps create Christmas miracles, and generosity that do give children toys and gifts when least expected. When you see a man dressed up as Santa Clause in the mall he is paying homage to the real St. Nick who is all around us during this season. This way you are not lying but you are allowing your children to embrace the Santa Claus tradition in a healthy way.

Ask your specific questions at www.MichelleWhitedove.com/contact.php And be sure to check her local appearances



Thinning Down in the new year

...continued from page 16...

lease. From people who no longer empower us, to bad habits, to possessions which will better serve others, we consciously make decisions for our new year by thinning out the herd of our life.

Forgiving, removing and releasing the old worn out patterns of thought and beliefs, taking a stand for yourself in a new beginning speaks loudly your resolution for change. No matter what you choose to discard in your life, it all points to your spiritual center - what you allow - or don't allow - to exist and affect you in your world. With the cacophony of society rising every year, our culture demands more and more of our attention to both the subtle nuances of life as well as the clanging cymbals (symbols) of reality. While we cannot control what and how much life puts in our path, yet we hold the power to determine how much affects us. By thinning out that which negates our highest and best life experience, we declare to life our focus and intention to live fully within what matters.

THIN SKINNED

We're human. We take things personally. We allow the microscopic disturbances of life to permeate our spirit and burrow into our very being. Absorbing the positive and negative components swimming around us, we lack the filters necessary to differentiate between that which empowers us and that which may harm us. Thin skinned may present as gullibility, vulnerability or instability, resulting in an unfortunate adaptation and consumption of energy separate from ourselves.

Differentiating between toughening and thickening the barrier of our spirit to prevent the invasion of foreign negativity, offers a vital challenge throughout our life experience. While our perceptions may bring us a wide range of understanding and acknowledgement about what we choose to admit into our consciousness, thickness (or depth) still provides for an interaction between the world around us and our inner selves. If we toughen our essence, we no longer observe the impact of potential good - or bad - on our lives; we simply construct a defensive barrier to all new ideas, thereby possibly denying the gift of growth in the process. Most importantly, remember that which happens outside of us, need not be incorporated into our spirit.

Whether who you are hiding behind a superficial veil of illusion, or your make conscious choices to simplify your pool of options, or you strive to allow life to impact your spirit, remember a new calendar year presents opportunities for growth and for thinning out your life. Return to the basics of your nature acknowledge who you are and proudly display your unique qualities! Keep those people, things and attitudes in your life which empower and bolster your journey, and finally, know what to absorb and to repel when the energies around you appear as a challenging opportunity for growth!

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OUR MISSION STATEMENT

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
Andrea de Michaelis*

HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

Let us know when your group meets so we can list it in the calendar for others to join you

• Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

• Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

• Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,





Solar & Lunar Celebrations of the Ancients

Roger Coleman is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at www.ironoak.org or www.ironoak.us

January 2010

Ahh yes! As I trudge through the snows of south Florida, I once again look forward to sitting in front of my roaring fire with a warm mug of cocoa, sipping slowly as I listen to the winter winds blow.

The birds are gone, the ground is white,
The winds are wild, they chill and bite;
The ground is thick with slush and sleet,
And I can barely feel my feet.
Winter Poems

Of course, this may not be actually happening when you read this. I am writing this in mid-December and there is not a hint of snow...not even a smidgen! Not even an itty bitty, teensy weensy bit! In fact, I'm wearing shorts and getting ready to put sun tan oil on before I go and work outside. I mean, how should I know what it will be like in a month? But, it could happen...right?

This is the month of recovery from New Year's Eve. So appropriate for this month is the celebration of Dionysus, the god of wine and fertility who is celebrated on the third of the month. Wine and fertility, hmmm, interesting combination, that! Dionysus was worshipped in several mystery sects in ancient Greece. These Dionysian Mysteries were rituals of great abandon and stories abounded of wine, dance and music. Was it true? Did secret orgies exist in ancient Greece? Did mysterious people walk the night streets, look both ways before knocking a door and asked for Kleitos? I'll never tell!

Drink, and dance and laugh and lie,
Love the reeling midnight through,
For tomorrow we shall die!
(But, alas, we never do.)
Dorothy Rothschild Parker 1893-1967

But, in case you didn't get an invite, have a happy year anyway!

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- Jan 1st - Shinto: Gantan-sai, Japanese New Year's Day
- Jan 2nd - Egyptian: Advent of Isis
- Jan 3rd - Ancient Greek: Lenaia, celebration of Dionysus
- Jan 5th - Ancient Italian: Feast of Befana, goddess of magic
- Jan 6th - Hispanic Christian: Dia de los Reyes (3 Kings Day)
- Jan 7th - Fastafari: Ethiopian Christmas Day (Ganna)
- Jan 8th - Norse: Feast of Freya, goddess of love and fertility
- Jan 14th - Sikh: Maghi
- Jan 15th - New Moon, 2:13 AM EST
- Jan 17th - Baha'i: World Religion Day
- Jan 20th - Hindu: Vasant Panchami
- Jan 30th - Full Ice Moon at 1:18 AM EST
- Jan 30th - Buddhist: Mahayana New Year

Abraham-Hicks



...continued from page 29...

or not. If it is connecting you to Source, go with it. Milk it for all it's worth. If it isn't connecting you to Source, but doing the opposite, then take your pivot: "I know what I don't want. What is it that I do want?"

Let the desire be born, and then try to find the feeling place of that. Try to remember something else like that. Come back into your power. And then stand on that new platform where you will now have access to things in your environment that a moment ago, you didn't have access to. This is the eternal evolution of the spirit that is pulsing within you.

Jerry and Esther checked into a hotel, and the person at the front desk was in a terrible mood. And as Esther stood there, she couldn't help but take responsibility for her rendezvous point with it. And that even irritated her more. It's bad enough that somebody's being rude, but to accept your responsibility in meeting up with them...

And so, Esther thought about it and realized that it was sort of where she'd last left her vibration about that hotel, and so it was logical. And as she was talking to us about it, she was still wanting to say, "But Abraham, don't you think that maybe it would be beneficial for the hotel to know that they have a really rude person behind the desk?" And we said, well, but which feels better, to pursue that thought, or to choose another thought that feels better? And Esther said, "Well, yeah, yeah, yeah. But Abraham, don't you think that under these conditions, shouldn't somebody call somebody? Shouldn't something be done about this?"

The business person in Esther, says, "Well, if my employees are mistreating people, I would like to know about it." And we say, no, you wouldn't. You're better off not knowing about it. In other words, let Law of Attraction shake it all down. You don't have to be the monitor of that sort of thing.

You have one question: Which feels better? Which feels better, this thought or this thought? Sometimes that seems like such a big thing to choose from, because there are infinite thoughts, but there are not infinite thoughts in this moment. In this moment, your environment is so perfectly established. In this moment, there are only a certain number of thoughts for you to consider. Not too many for you to choose.

As you start, on day one, deliberately choosing the thought that feels better -- on day two, you will have access to a whole different set of choices than you would have if you had not made those choices on day one. And on day three, there will be a whole different set of choices now available to you -- because each day you will have established your Vibrational Tone to your pure, positive Source Energy. Until in thirty days of playing with this, you can be a living, breathing, eating, light being.

...continued on page 43...



SUGGESTED READING WATCHING LISTENING

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

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Money & Manifestation

The Astonishing Power of Emotions

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Think and Get Slim - Abraham on Natural Weight Loss

The Autistic Revolution - Children - Time of Awakening

Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness

The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

[From www.hayhouse.com](http://www.hayhouse.com)

The Miracles of Archangel Michael by Doreen Virtue

Return To Sawyerton Springs by Andy Andrews

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When In Doubt, Make Belief by Jeff Bell

Raw Food For Real People by Rod Rotondi

Guardians Of Being by Eckhart Tolle, Patrick McDonnell

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The 21 Day Consciousness Cleanse by Debbie Ford is available at Amazon.com, bn.com or by visiting www.debbieford.com

MUST SEE DVDs

The Secret Behind The Secret www.abraham-hicks.com

The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although The Secret "extended version" has good info in it also.

The Living Matrix—The New Science of Healing

www.thelivingmatrixmovie.com

The Shadow Effect featuring Debbie Ford, Deepak Chopra, James Van Praagh, Marianne Williamson & more
www.theshadoweffect.com

Oh My God? A Film by Peter Rodger www.omgmovie.com

[From www.somethingunknown.com](http://www.somethingunknown.com)

Something Unknown is Doing We Don't Know What

Abraham-Hicks



...continued from page 42...

BEING DELIBERATE DOES TAKE PRACTICE

But it takes some practice to say, which feels better? Which feels better, this thought of my mother, or this thought of my mother? "But Abraham, you don't understand. This is who my mother is, mostly." That wasn't the question. Which feels better, this thought or this thought? "But Abraham, you don't understand..." That wasn't the question. Which feels better, is the only question--that's the only question that your Guidance System is asking. Which feels better, this thought or this thought?

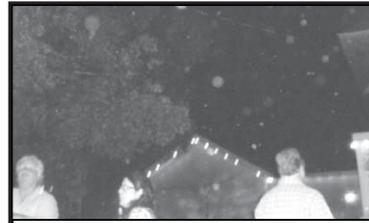
Which feels better, to praise or to criticize? "Oh, but you don't understand, there's nothing to praise and there's lots to criticize." That's not our question. Which feels better? Which feels better? "But Abraham, you don't understand. You didn't see what happened." No, we didn't. We're not vibrating there with you. But our question to you is, which feels better, which feels better? "But, but, but, but Abraham, you need to be here where we are so that you understand what we're trying to tell you." Which feels better? -- is the only thing that your Guidance System is asking you.

So which feels better, to pronounce to the world or to myself, I'm not free? Or to pronounce to the world, I can make more decisions?

Nobody can get inside your head and make you think. Sometimes it feels like it, because they're clamoring in your face so loud with whatever they're saying. But you have the ability, if it is your desire, to feel good. You have the ability to withdraw from whatever thought is bothering you, get off to yourself, and reclaim your connection to Source Energy. And that is the freedom that you are looking for.

You have the ability to look here where there is not resistance. Jesus said, to turn the other cheek, and that's exactly what he was talking about. Resist not evil. Turn the other cheek -- and achieve vibrational harmony with that which feels better.

All of you have access to Source Energy! It is always within you, always radiating through you. Sometimes you are providing a shadow that doesn't let it shine, more than others, and sometimes you are letting it shine fully. But the more you are letting the fullness of who you are radiate through you, the better you feel about everything -- and the more you are contributing to the whole of things. However, in any case, you cannot get it wrong!



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Aries: March 19/20 to April 19 "I Am". You are ready for a new approach and your life demands it. The way you greet the world says a lot about you and what you need from others. Your networking skills are great and everything you do, you do in a big way. You reach many but what the world is asking from you now is to fine-tune your priorities.

Taurus: April 19 to May 20 "I have". This last year your approach in life has been to receive all that is for your highest and greatest good. You have not been in a position to give a lot of yourself because of your own need to receive. The new Year brings a major shift in your energy whereby you feel strong enough to nurture another and give of yourself in a more practical way.

Gemini: May 20 to June 20 "I Think". Are you ready to talk yourself into riches beyond your wildest dreams? Be prepared for an influx of new energy about to enter your life. This new energy can come in the way of inventiveness, creativity and a profound new love. You thought that you had love before, and yes you did but you were very controlling of that person. Learn this lesson and allow your partner's strength to flourish.

HOROSCOPES FOR

Cancer: June 20 to July 22 "I Feel". You have a great ability to nurture others with good food and loving energy, so make a pact to spend the New Year having more fun with those you love. Your home is your refuge, a place to feel safe, supported and secure. As time moves closer to the end of this year, you come to terms with old resentments that have bothered you for the past 20 years. As you allow yourself to release old grievances and move toward forgiveness, you will find so much more fulfillment and happiness that you have never experienced before.

Leo: July 22 to August 22 "I Will". Your energies are designed to be expressed in creative ways. Anything that you get involved with this month will prove to be expansive. The arena where you will feel impulsive and adventurous is romance. Your creative juices are flowing as your second chakra begins to open. Friends play an important role in your life, they satisfy your need to have fun as well as build a spiritual network of like-minded folks to enjoy each others' company.

Virgo: August 22 to Sept 22 "I Analyze". This January you will be torn between playing with friends and the work ethic. Balance will be the key lesson here, work a little then play a little. Remember that you can love yourself for who you are and not what you accomplish, yes we all know that you are quite the slave driver for self and others. Take time more often to tune into what your heart is feeling. Nurture self first and your productivity will increase.

Libra: September 22 to October 22 "I Balance". This month it appears that you are walking the tight rope of an acrobat ~ balancing the inner world with the outer world is easy. But because you seem to be very compartmentalized in your approach to life, you have a tendency to overcommit. Right now, there is a tug of war going on between work, family, and intimate relationships. The struggle with your relationships is that they feel like they do not get enough of your time because of your commitment to your work. The lesson here is to reevaluate your priorities, be clear, establish boundaries and have the backbone to walk your talk and speak your truth.

Scorpio: October 22 to Nov 21 "I Create". You are longing for intense and deeper emotional bonds. Relationships are very important to you now. You know what its like to be alone. Its not like you have to have people around you all the time. You are just tired of the emptiness that has plagued you. A big change has taken place within you and the ability to reach out and connect with others means a great deal to your healing. Life has taught you recently that you have to believe in yourself and honor what has heart and meaning for you.



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Sagittarius: November 21 to Dec 21 "I Perceive". In dealing with your issues sent down by your parents at conception, you are now ready to release the untruths into the light. Your mother spent all the money and your father kept trying to fix everything or visa versa. You are put on notice that the timing is perfect for you to release any and all your blocks to your creative abundance. In order to move forward on this you have to forgive your parents and your childhood. Once you get to more of a place of compassion about your past then realizing that you chose the environment for this lifetime, you will feel at peace.

Capricorn: Dec 21 to January 20 "I Use". This month you have the open mouth/insert foot disease, you just can't believe what has been coming out of your mouth lately. Blame it on your transits or that you don't feel like yourself. The grounded goat is feeling a bit unpredictable, as well as rebellious and very independent lately. One thing for sure is that with all that crazy energy running through you this is the perfect time to tune into your creativity. You have to find an outlet for the intense flow of life force energy running through you.

Aquarius: January 20 to Feb 18/19 "I Know". Yes your dreams are manifesting now, because you have done the legwork in the physical arena, and worked with your spirit helpers on the inner dimension. Your interest in the metaphysical world has and will continue to meet your emotional and spiritual needs. It is time for you to slow down enough and focus on your spiritual practice. In this reality, you will hear messages from your higher self that can assist your life in many positive ways. The biggest issue for you right now is to continue to trust yourself. The hour has come for you to step into the spiritual teacher role that you were meant to be.

Pisces: February 18/19 to March 19/20 "I Believe". This month, your relationships are the area of spiritual focus. With transiting Uranus still on your Sun sign a few more years, your issues are literally being released from your tissues. The backbone in you has gotten much stronger, you are no longer the wishy washy wide eyed Pisces any more. The new you, yes is still very sensitive and spiritual, free from wearing your feelings on your sleeves. You have integrated independence, rebellion along with a do it my way or the highway scenario. The revolutionary process will have to do with integrating your individuality and independence into a committed relationship.

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Healthy Eating Habits By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind.

OUBE You Are Not The Body An astral flight out of the body

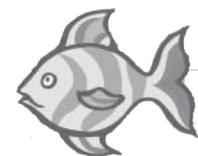
Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.



Sleepytime Recharge Science knows the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.



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Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise, and my new ideas are creating more income. Thank you for the kickstart. Jennifer Hudson, Orlando

Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. *I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa*

Healthy Eating Habits



By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. *Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa*



Oobe You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.



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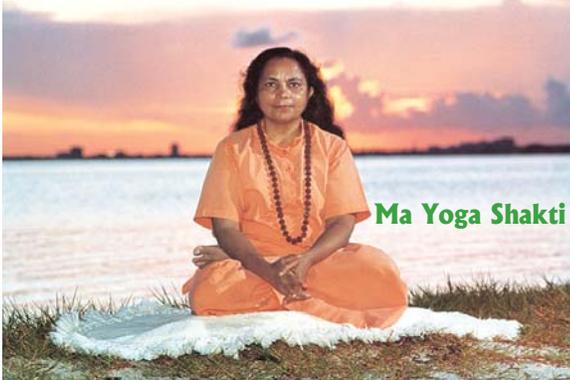
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