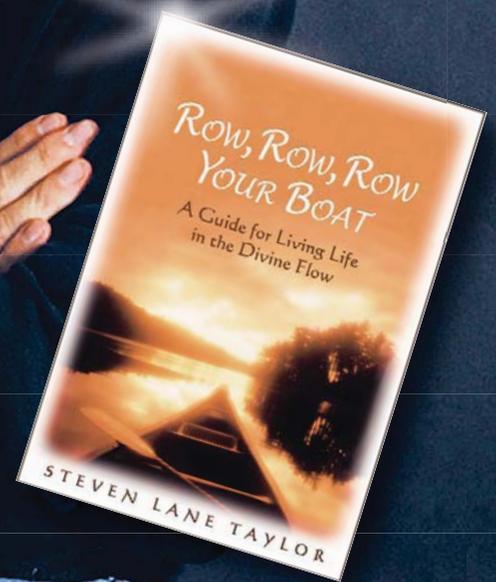
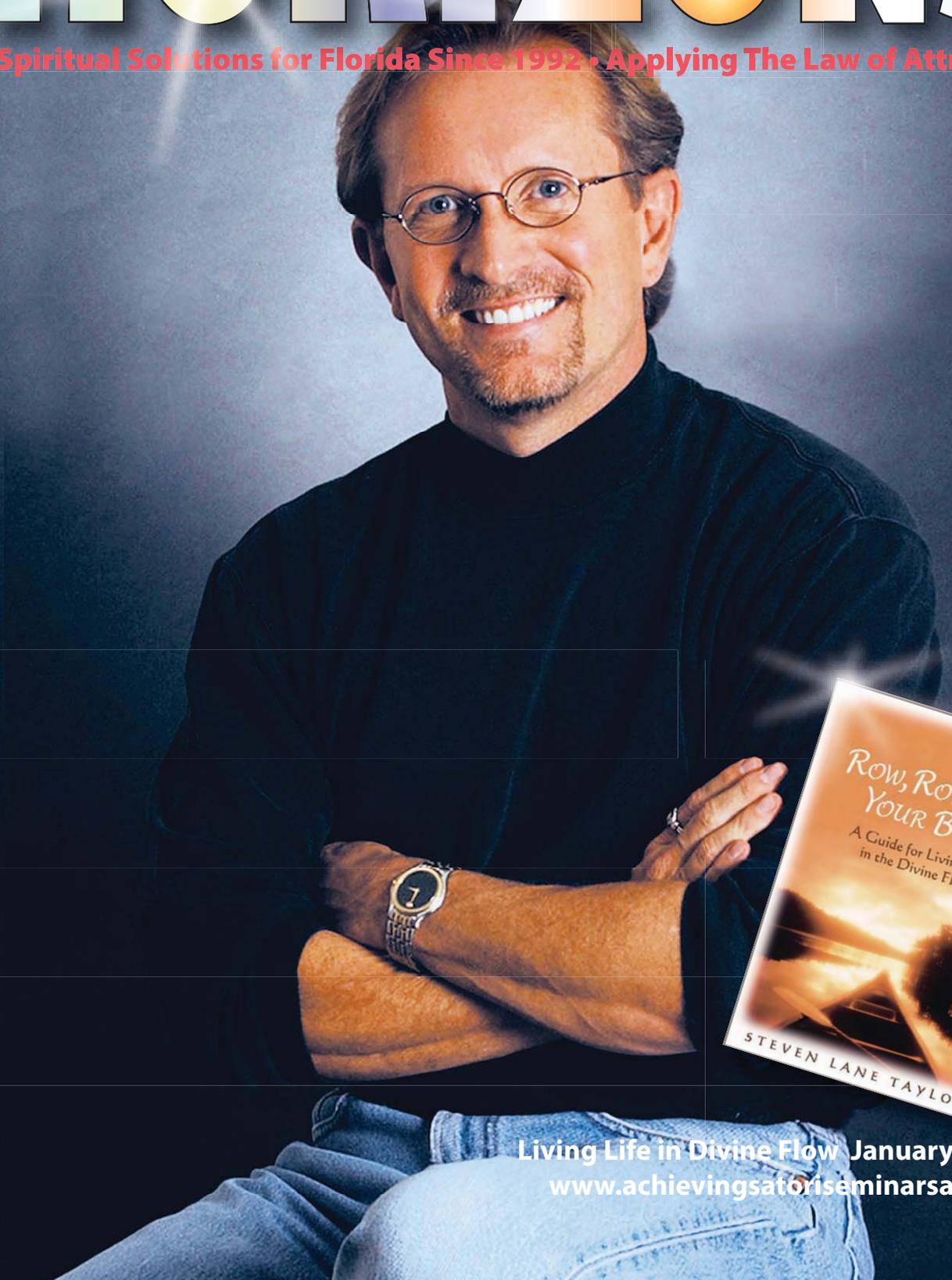


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# The Village Gathering

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for our choices and experiences. Our goals are peace, understanding, and compassion.

**The Village Gathering** was founded by **Rosalie Bianco**, a long-time student of **The Course**, who lovingly shares her insight with passion and humor. She is joined by her co-inspirator **Rev. Paula Langguth Ryan** who uses her experience and wisdom to host interesting conversations on Sunday nights with distinguished guests from around the world.

## Sunday Night Alive!

On the first Sunday of each month, **The Village Gathering** presents a fun and enlightening program called **Sunday Night Alive!** **Alive** features humorous sketches performed by the Gathering Players, helping us to examine our world, our lives and our hearts in a light hearted yet compelling way. Hosted by **Rosalie Bianco**, **Sunday Night Alive** brings to life the insights of some of today's amazing teachers, like **Dr. Becky Bailey** and **Carol Howe**. Energized with live music, and guest singers, **Sunday Night Alive** is a fun, once a month, spiritual evening out! Don't miss it!

**October 7th, 6 pm**

Season opening

**Sunday Night Alive presents**  
**Feeling your Powerball**

Come out and watch your baggage perform on stage during Rosalie's interpretation of **Dr. Becky Bailey's** teachings about retaining our power and owning our feelings. Join us promptly at 6 pm.

**The Village Gathering Band** will be performing at **Peace in the park** at Unity of Melbourne on the first Sunday of November- so there will be no **Sunday Night Alive** in November. Join us in Melbourne from noon to 5 pm.



Rosalie Bianco

*“All forgiveness is a gift to yourself.”*

— A Course in Miracles

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Mondays, 7 pm: **Prosperity and Love** with  
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Tuesdays, 7 pm: Reading from  
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Wednesdays, 7 pm: Lecture & Discussion of  
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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 300+ 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. Our ad rates are low because we are in this for the outcome, not the income. Please write us with your comments.

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto: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.





# 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

**Andrea de Michaelis**  
Publisher

**H**ello and welcome to the **October 2007** issue of **Horizons Magazine**. It's been a super busy last 30 days, with lots and lots of changes. We've now got a brand new website, thanks to beloved brother mine **Jerry**. Check it out at [www.horizonsmagazine.com](http://www.horizonsmagazine.com). And yes, this is the mysterious psychic brother whom I rediscovered in 2003 after 37 years apart. You'll find the whole story on the website under our Past Issues. Brother-Mine is updating the pages as fast as the energizer bunny, so check back often for what's new. We've got a bunch of cool links and quizzes planned for you. His own website is [www.vibrationsmagazine.com](http://www.vibrationsmagazine.com). Stop in and email him a hello from his site and tell him you saw him here in **Horizons!**

The many changes that have come about the past month have been fueled by a new process I've been doing: the Invisible Counselors process. Last month, I emailed my group:

"In the book **Think and Grow Rich** (available free at [www.sacred-texts.com/nth/tgr](http://www.sacred-texts.com/nth/tgr)) **Napoleon Hill** wrote that over a long period of years he held an imaginary council meeting with "invisible counselors". He wrote "The procedure was this. Just before going to sleep at night, I would shut my eyes, and see, in my imagination, this group of men seated with me around my Council Table. Here I had not only an opportunity to sit among those whom I considered to be great, but I actually dominated the group, by serving as the Chairman."

He asked them questions and listened to their advice. When he opened his mind to the invisible counselors, it made him receptive to new thoughts and ideas from his subconscious mind.

I am writing to ask, who would YOUR Invisible Counselors be? Who, living or dead, real or fictional, do you admire and would welcome as a mentor? Why do you admire them, for what characteristic? Below here I have pasted the section on whom he chose and why:

"In these imaginary Council meetings I called on my Cabinet members for the knowledge I wished each to contribute, addressing myself to each member in audible words, as follows:--

*...continued on page 47...*

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# THE SCIENCE OF DELIBERATE CREATION



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, The Law of Attraction and their newest dvd, The Secret Behind "The

Secret"! Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## VIBRATION OF FEAR, A FEELING OF POWERLESSNESS

### Question: What causes my fear?

**Abraham:** Fear is the feeling sensation that is present within you when you have both a desire and a belief that contradicts it. Fear is a response to the state of your vibration. You are a vibrational being, and every moment offering a signal.

Your vibration could be called thought, it could be called memory, it could be called fantasy, it could be called imagination, it could be called Energy. In other words, your vibration could be called, "As I stand in my now, and I think about the present, or I think about the future, or I think about the past -- all of that is thought. Whatever it is I'm perceiving is causing me to offer a vibration, and that vibration is being answered or matched by All-That-Is.

So when I feel fear, what it always means is, I am offering a thought that you might call desire and a thought that you might call belief that are contradictory. The presence of fear always means the presence of resistance.

The presence of resistance always means not allowing the Energy of desire to flow through me--always, without exception. Same with confusion; same with vulnerability; same with anger; same with unworthiness; same with guilt.

All negative emotions mean the same thing. You just call them different things because they play out differently in your experience -- but they all mean the same thing.

The vibration of fear is usually a very strong vibration, which usually means there is the presence of a very strong desire within you. Often, when you feel fear, it is because you have a belief that contradicts basic elements that are natural to you. Your natural instinct, from your broadest Nonphysical perspective, is to know your power.

Fear is a vibration when you feel powerless. Your natural instinctual Nonphysical vibration is to know your worthiness, know your rightness, know your value. And the feeling of fear is always when you are contradicting that thought.

We would want you to say, "Quite a bit of the time I feel fearful or vulnerable or limited, and what that feeling means is: I'm in that moment holding a desire that contradicts my past thought, or my beliefs..." Remember that a belief is just a thought you keep thinking, it's just a habit of thought. It's just sort of the way you've always thought it, and so it is the way you are now thinking it.

And so, as you are feeling fear, all it means is, "I've got a desire that my belief is not agreeing with. Now, what thought feels better about this? I've got hold of this stick, where my desire is here, my belief is here. What thought feels better?" And as you just softly talk to yourself about that subject, reaching for the thought that feels better, what happens is you shift the Energy.

It's like the teeter-totter on the fulcrum, and it's clearly down here, and you would like it to be up here. And so, you reach for the thought that feels better, and you reach for the thought that feels better, and you reach for the thought that feels better...and it doesn't look like anything's

...continued on page 24...

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# LIVING LIFE IN THE DIVINE FLOW

Steven Lane Taylor is the author of "Row, Row, Row Your Boat: A Guide for Living Life in the Divine Flow." For his talk and workshop schedule, or

to receive his weekly inspirational email, please visit [www.rowrowrow.com](http://www.rowrowrow.com). Steven currently lives in Sedona, Arizona, and can be contacted at [sltaylor@rowrowrow.com](mailto:sltaylor@rowrowrow.com).

**H**ow would you like every moment of every day to feel like one miracle happening after another? How would you like to accomplish your goals and realize your dreams without undue struggle or strain?

It's possible. It's called living life in the divine flow.

Whether you are consciously aware of it or not, there is a divine flow in your life that is continually guiding you toward the effortless fulfillment of your heart's desires. The trick is learning how to recognize and cooperate with that flow, instead of blocking or restricting your experience of it.

Fortunately, that's not a very difficult thing to learn how to do. In fact, there are two fundamental steps that you can take right now to begin living life in the divine flow.

Step one is to simply pay attention. The divine flow is continually guiding you toward the effortless fulfillment of your heart's desires . . . continually! But to take advantage of that guidance, you must be aware of the subtle ways that the flow is attempting to guide you.

Here are three ways that you receive guidance from the divine flow:

First, you are continually receiving direction from your own intuition. Your intuition is the most valuable and reliable source of guidance you have. It is the spirit of the divine within you. It is the spirit of the divine that is you! Your divine spirit always knows the next right step to take. And it is continually trying to tell you what that step is. So take the time to slow down, get quiet, and listen to that still, small voice. Honor it. Respect it. Follow it.

*...continued on page 25...*

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# Empress feng shui



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Lori Gear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress" is available on the web at [www.empressfengshui.com/](http://www.empressfengshui.com/)

## FENG SHUI AND FRONT DOORS

I know, I know, you expect me to tell you to get out the red paint, right? Red is the color associated with power, and is very popular in the Far East on doors that are facing the South. I would rather discuss the ways you can create a powerful entry without too much effort.

In feng shui, the front door is vitally important. It is the "mouth of chi". Chi is the life's breath of a house, its energy. It is from the front door that all good, positive energy and opportunity comes to us.

Many people never use their front door, choosing instead to enter their homes through the garage, or a side door. Because of this, front doors and the areas around them tend to get neglected. To encourage energy to flow well into your space, it is important that you begin by using the front door. I enjoy my garage door opener as much as the next person, but every morning I go out the front door

to get my newspaper, and I go out in the afternoon to pick up my mail. Each time I reenter the house I try to stir up a bit of energy in the space. I may ring the doorbell, (yours should definitely be working!), or shake the wind chimes.

Begin revving up the energy here in small ways. Grab your broom. Install new lighting or at the very least a new bulb or two! Check to make sure your doorbell works.

Next, treat yourself to a wonderful new welcome mat; one that actually says 'welcome' is an excellent choice! I often suggest that my clients take 5 shiny pennies and place them face up underneath their welcome mat. This way anytime that someone crosses your threshold they will be bringing money energy into your house!

Make sure your door hardware is shiny and not rusted. A new door opener is an inexpensive way to create a whole new look! Look at the door itself. Does it open and close smoothly? Does it squeak and scrape the ground around it? It is a widely accepted belief in feng shui that if your front door does not open freely opportunities will not be able to come to you. If your doorknob sticks and needs to be jiggled to open it means you will have to work harder than normal to achieve your goals.

Often the entryway becomes a haphazard mess of shoes and jackets. We need to keep this energy center clear! Remove anything that DOESN'T belong. Throw out all of the broken objects that have taken refuge here, including the chipped planters or the rusted plant stands.

Your entry should be beautiful and should work to bring you in the energy you desire. If only a small amount of energy is getting in the front door there is only that small bit of energy to support the whole house, whereas if a lot of energy is getting in, there is definitely more potential for benefits to the whole house and the individuals who live there. Keep things open and clear and watch the good come to you!



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## FROM THE HEART

This month's article is an excerpt from Alan Cohen's new bestseller, *Don't Get Lucky—Get Smart*. Alan is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore*. Join Alan for his life-changing Life Mastery Training in Hawaii, February 10-16, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



### GOOD ENOUGH TO BE TRUE

I have struggled through a long string of disappointing relationships," a seminar participant recounted. "I was engaged 3 times, never made it to the altar. One guy changed his mind. Another wanted an open marriage. Another died . . . My track record with men is dismal.

"Six months ago I met a guy I really like. Our connection is awesome—better than any I have ever had. I think we have all the elements of a great relationship, and so does he. But after so many letdowns, meltdowns, and breakdowns, I don't want to get my hopes up. Things are going so well, they seem too good to be true. What do I do now?"

Some people have experienced so much pain, confusion, frustration, and loss in relationships, that when a wonderful connection comes along, they question it and just wait for the other shoe to drop. But love, harmony, and safety in a partnership seem too good to be true only because they defy a familiar pattern to the contrary. The truth is that good relationships are good enough to be true. Through repeated disappointment and observation of poor role models you may have overdeveloped your propensity to endure misery. Now you need to develop your propensity to endure happiness. Then a good relationship will feel like the most natural experience in the world, and anything less will seem an anomaly.

**Here are some tips on how to proceed when a relationship comes along that seems too good to be true:**

1. Hold your old beliefs about relationships up to the light. Where did you get your ideas about relationships? As a child, did you observe role models of unhappy couples? Have you practiced a limiting belief for so long that it seems real when it is not? Do you have the power to make new and better choices for yourself? When you question the notion that great relationships are supposed to be elusive or hard, you will recognize that you have far more possibilities available to you than you realized.

2. Practice loving yourself so much that you become a love magnet. Love attracts love, and when you cultivate love from the inside out, the universe will deliver it from the outside in. Then, when someone perfect shows up, it will seem like the next easy, natural step.

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3. Proceed as if you deserve the good that has come your way. Thank the universe for sending an answer to your prayer. Accept as much happiness as you can, as if you deserve it. Give yourself credit for your courage to persevere through all the frogs you kissed, which led you to the empowered place where you now stand. Keep letting the love in and giving it out.

4. Don't just sit around watching and waiting for something to go wrong—like discovering her photo in the yellow pages under "Escort Services"; or his secret wife and five kids showing up at your doorstep. Why hunt for skeletons? If one jumps out at you, deal with it. Until then, enjoy your partner and all he or she has to offer. Besides, you have more meat on your bones than a skeleton, so in any such confrontation you will prevail.

5. If you have an upset or notice a possible red flag, keep it in perspective. Don't overanalyze or create a drama that sinks the relationship before it gets out of the harbor. As often as I have seen people miss red flags, I have seen others turn minor incidents into excuses to bail. So what if he gets a call from an old girlfriend? If he tells you he is done with her, take him at his word. If you catch him in bed with her, you can kick his butt on the spot. Until then, give him the benefit of the doubt. "Never trouble 'til trouble troubles you."

6. Hold the relationship lightly. The tighter you squeeze or try to control, the less clearly you see, and the more you deny your relationship's natural unfolding. Say to yourself, "If this relationship is good and has substance, it will last and grow in a joyful, healthy way." Love is more about allowing than manipulating. Flow and trust will get you what you want far more effectively than worry and forcing.

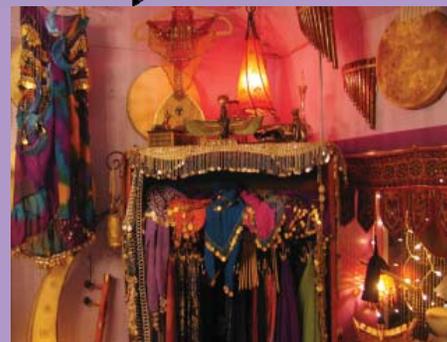
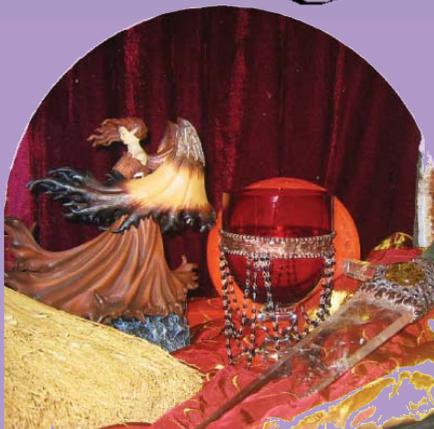
7. Find and focus on role models of people in the kind of relationship you aspire to. If happy couples are in your field of experience, this means that at least part of you is a match to that kind of relationship. Now all you have to do is pay more attention to what makes a relationship work, and less attention to what undermines it, and you are well on your way.

A great relationship doesn't just happen to you; it is something you choose. More accurately, it is something you allow. No matter how long your relationships have been difficult or dysfunctional, they can be easier and work. Ease and success are far more natural than struggle, and love is far truer to your nature than loneliness. Don't accept misery as a fact of life; it has nothing to do with who you really are or what you truly deserve. Why live in a soap opera, when you can star in a great love story?



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Ginkgo is the herb of choice when considering memory. Studies show this herb to work with dementia, Alzheimer's and other memory disorders they found the earlier you begin with Ginkgo the better the outcome will be. Ginkgo helps by improving overall circulation bringing needed blood, oxygen and nutrients to the brain, Ginkgo also supports neurotransmitters in voluntary and involuntary nerve transmissions and it provides potent antioxidants to protect and regenerate damaged nerve cells.

Clubmoss and Ginsengs contain Huperzine-A said to protect brain cells from injury and toxins it has been found to sharpen mental acuity, speech and learning potential. Ginseng lowers homocystine levels, which seems to be higher in people with memory conditions. Plus Ginseng helps the body to better cope with day to day stress and fatigue.

Menthol containing herbs like Peppermint, Spearmint, Rosemary and Basil help the brain hold onto acetylcholine, a neurotransmitter important for memory and learning. Many people who have Alzheimer's, dementia or other memory conditions develop neuritic plaque that causes a breakdown of nerve terminals lowering acetylcholine in the brain.

Gotu Kola improves memory; strengthening mental ability even in children with learning disabilities, it improves circulation to the brain plus it has a calming effect on the whole body.

Since ancient times Rosemary has been know as the herb of remembrance I wear an essential oil locket with Rosemary, Marjoram and Sage when I study or take tests it helps me to remember and it keeps me focused and alert. I also use an herbal formula containing equal parts of Peppermint, Rosemary, Clubmoss, Ginkgo, Sage, Gotu Kola, and Eluthero either as an extract or as a tincture when I need



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AURA PHOTOGRAPHY

CROSSOVER READINGS WITH MARIA

If you like John Edward, you'll like Maria

to be alert and focused. I have a child with ADD he would often use this when he was having trouble focusing.

Some other things that may help the memory besides herbs are exercising your mind read, do puzzles the mind needs stimulation and becomes dull if it's not used. Avoid fatty foods, fats cut off the needed glucose that supplies the brain with energy. Block fluoride and aluminum toxicity by cutting back on foods with additives, preservatives, antacids, deodorants, relish, tobacco and canned sodas. Get more Vitamin A, C, E, and B, folic acid, lysine, COQ 10, essential fatty acids, boron and lecithin from your foods, supplements or herbs to support, protect and nourish your brain.

And don't forget to drink water dehydration is a major factor in "Brain Fog".

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# SECRETS

*Excerpts from*  
**Secrets of Spiritual Happiness**



Writer-producer-artist-musician Sharon Janis is the author of Spirituality For Dummies, Secrets of Spiritual Happiness, and Never to Return: A Modern Quest for Eternal Truth. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: [www.sharonjanis.com](http://www.sharonjanis.com)

## ARRANGE YOUR PRIORITIES

Every time you wake up, ask yourself, "What good things am I going to do today?" Remember that when the sun goes down at sunset, it will take a part of your life with it.  
 - Native American Proverb



One quick step toward spiritual happiness is to take some time to contemplate and clarify your priorities, and to compare them with where you are spending most of your time, efforts, and money. If most of your resources are going for things that you don't really care so much about, then you can begin to contemplate ways to change that percentage. Choose what areas are most important to you, and focus your attention primarily in those areas. Read about them, think about them, and talk about them - continually clarifying and empowering your interests and areas of greatest priority.

If your children are your greatest priority, then make sure your work load is not keeping you from spending an appropriate amount of time with them - even if that may mean choosing to live a simpler life. If success is your priority, then don't spend all your time with those who have no interest in achieving success, with people who don't believe in your potential, or in social circles that do not support and nourish your goals. If spirituality is your priority, then find a way to make time for spiritual retreats - whether personal retreats at home, or in group gatherings.

What are your priorities in life?

We've all had many experiences of having to rearrange our priorities. Just in the process of growing from a child into an adult, our interests and goals have changed many times.

*...continued on page 32...*

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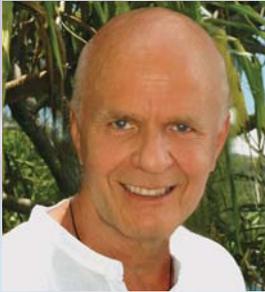
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# YOUR DAILY WALK



Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.

"I find no force so devastating as the force of "can't". Within its meaning lie the roots of powerlessness. Within its vulgar four letters lies the destruction of lives: lives not lived." Anonymous

# MEDITATION

**D**o not allow yourself to be a victim to the tremendous power of "can't". You can certainly do anything you desire. Break beyond the boundaries of your ego and access the power of your spirit. Within you lies the unlimited potential and ability to accomplish anything you desire. Never, NEVER allow yourself to believe the illusion and limits created around you. You, as a unique human being, establish your own personal and spiritual limits and have the faculty to accomplish anything you apply passion and determination to in your life.

# PERSONAL JOURNALING

How will you obliterate the boundaries of your ego today and gain access to the infinite possibilities of your essential nature?

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# WHY AURIC DETOX IS VITAL TO OUR HEALTH!



Barbara Brennan, PhD, is a world-renowned spiritual leader, healer, educator, and the best-selling author of *Hands of Light*,<sup>®</sup> *Light Emerging*, and the inspirational *Seeds of the Spirit*<sup>®</sup> series of poetic channelings. She is the founder of the Barbara Brennan School of Healing<sup>®</sup> and the Barbara Brennan School of Healing Europe...global healing institutes where students from around the world study her unique modality of healing through the human energy field. Please visit [www.barbarabrennan.com](http://www.barbarabrennan.com).

**H**owever considerate - or not - we are towards our bodies, virtually everyone these days is aware of the damage caused by toxins.

Miraculously, but not surprisingly, the body has its own built-in detox abilities that it exercises through the digestive and other systems, including the urinary system, the blood, the lymphatic system and the skin.

The key organ in this regard is the liver which can take a terrible pounding but has an amazing resilience. That's not

to say that its functioning doesn't get slowed down by the sheer volume of what it is asked to do. When that happens, the effect on our wellbeing is felt immediately. Of course, we already know most of this. There are books by the hundred on the subject.

What's missing in detox programs that focus on the physical is the subtle energy factor, a very important element. I also wonder how many people realize that our own negative thoughts and beliefs can often be just as toxic to the body as any chemical additive.

Why should the energetic/spiritual factor matter? Because it gives us the opportunity to be fully in tune with our bodies at every level. When we can truly appreciate the body as our own private sacred space in this lifetime, we add a whole new dimension to the way we look at health - and happiness.

Think of the body as a complete symphony with all its parts making up the various sounds of the orchestra. The heart sets the rhythm with its constant regular drumbeat that initiates and powers the resonant frequencies of all the cells and organs.

If you listen carefully to the pulsations of each organ you will notice any discordance that exists. This can take a bit of practice, best done in a meditative state, but it is quite palpable. You are tuning in to the rhythm of life. Rarely is our orchestra in complete harmony but by bringing our conscious awareness to each part of the body, we find the missing notes.

We can then return these parts to their natural resonant frequencies by resolving the issues that interfere with the flow of life and therefore stifle their functionality, leading to ill health. Each time we find a solution to a psychological situation by surrendering our limited perspective and bringing dualistic opposites together in wholeness, our entire energy field - or aura - shifts.

There is a flowing of the life force through the field, an erasing of the duality, a letting go of toxins, a cleansing of the body and field - in other words an energetic and physical detox.

All that is easier said than done, you might feel. And you'd be right. Letting go of the negative beliefs that we've put in place since childhood to protect us from life's injustices is invariably difficult and rarely something we can do alone. The support of an experienced healer/teacher who understands the complex relationship between health and belief systems is a real necessity.

There is no easy way to educate the ordinary person into understanding that, from the holistic perspective, the physical cannot remain healthy unless the emotional does too. There has to be a willingness on their part to look beyond the quick fix to the root cause.

*...continued on page 33...*



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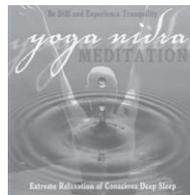
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Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For a free catalog call (800) 654-5126 or fax: (800) 650-5115. Please visit [www.hayhouse.com](http://www.hayhouse.com). For info on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 U.S. & Canada, or at (760) 728-8783 internationally.



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Dear Louise, I'm 43 years old and have had acne since I was about 12. What might you suggest regarding core issues I might be storing that have contributed to this long-standing problem? I wish to release toxins, traumas, and old scripts associated with this condition! H.E., New York City

Dear H.E., After observing myself and so many other people for many, many years, I've come to the conclusion that food and thinking are the two things at the core of almost all of our issues—that is, the thoughts we choose to think and the foods we choose to eat. The first thing to look at is your diet. Sometimes the simplest changes can make a big difference in your health. I personally do not eat dairy, wheat, sugar, corn, soy, or caffeine. On the metaphysical level, anything to do with the skin relates to self-worth and your individuality. So, there's a part of you that feels that you're worthless and have no right to exist. All affirmations of self-worth and self-love are great for you. Affirm: I love and adore myself. I am worthy of the best in life. I love my face. I am beautiful and everybody loves me. I am worth loving. Bye, bye, acne—it is time for you to disappear. Life loves me.

Dear Louise, For most of my adult life (I'm 55 now), I've been drawn to live in California. I've come to feel and believe that my life would become more meaningful spiritually and I'd prosper, and that I'd also meet that special woman there. I did live in Los Angeles, San Francisco, and even briefly in San Diego, but I've come back to the East Coast to retire. Is this all in my head, or is it my destiny? Something within says, "Take the chance and live," meaning move back. What do you suggest? B.D., Atlanta, Georgia

Dear B.D., There's a branch of astrology that answers just this sort of question: Where are the best places in this country, or on the planet, for me to live? It's called AstroCartography, or Relocation Astrology. Go to [Google.com](http://Google.com) and you'll find what you're looking for. Also, I'm sure that there are astrologers in Atlanta who could be of help to you. Good luck in your quest, and remember to always follow your heart. Affirm: I now attract to myself the answer I am looking for.

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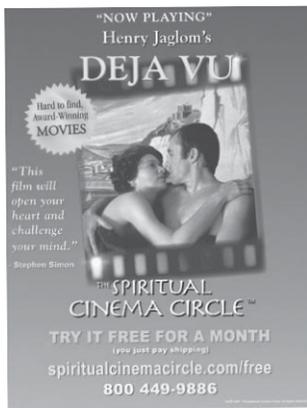
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Dear Louise, I'm aware that fear is the dominant vibration in my life, but the more affirmations I focus on, the more fear I seem to generate, and I have frightening vision problems. I affirm: "I choose to see clearly with eyes of love," but have yet to achieve a place of safety and love within myself. I'm also working on releasing bulimia and osteoporosis. Is there a key that I'm missing? U.S., Montreal, Canada

Dear U.S, I heard a suggestion recently: Put a smile in your liver—meaning, keep yourself so full of smiling love that even your liver is smiling. There's a little girl within you that longs to be loved and comforted and accepted just as she is.

I suggest that you put your arms around yourself, with your left hand on your liver (on your ribcage, just below your right breast), and say tenderly and lovingly: I love you so much that even my liver is smiling. You cannot love and fear at the same time. Just love your liver for now. When your liver is healthy and happy, your whole body will sing with joy. This will soothe your inner child.



# DÉJÀ VU

Spiritual Cinema Review



Stephen Simon produced such films as *Somewhere In Time* And *What Dreams May Come* And

Directed And Produced The Film Version Of *Conversations With God*. He is also the co-founder of [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com). See ad on page 3 of this magazine.

In *ETERNAL SUNSHINE OF THE SPOTLESS MIND*, one of the most underappreciated films ever in **Spiritual Cinema**, the central theme emphasizes our ability and desire to retain our memories of loving another person.

If a relationship ended badly, or if the memories were just too painful would we and should we erase that memory entirely if we were given such an opportunity to do so? Just hit "delete" as we would a document on a computer. If we did so, and we met that person anew, would we fall in love yet

again?

In essence, then, are our "soul mates" hardwired into our system so completely that any attempt to convince ourselves otherwise is the ultimate fool's errand?

Henry Jaglom's brilliant 1997 film *DÉJÀ VU* asks those kinds of questions and is THAT kind of love story. It challenges us to look at our belief systems in a very frank and some might feel challenging and even controversial way. At the core of the film, it holds up a mirror to all of us who are in relationship and shines a very powerful light on the very underpinnings of that relationship.

What happens if you meet the person of your dreams, the one you've always known was out there somewhere, and that person is with someone else? And, to add an Olympic degree of difficulty, so are you. *DÉJÀ VU* posits just that question, and weaves it into a brilliantly conceived and deeply spiritual love story.

To delve too much into the plot of the intricately-woven screenplay that Jaglom co-wrote with the luminescent star of the film, **Victoria Foyt**, would be unfair to those of you who might have missed this "hidden gem" of a film when it was theatrically released in the late 1990s.

I will not, therefore, get into a discussion of the storyline here, other than to say that the film pivots around a serendipitous meeting between a woman (Foyt) who is engaged to be married and a mysterious painter whom she meets.

The painter is played by the extraordinary **Stephen Dillane** whom many of you might remember as the husband of **Nicole Kidman's Virginia Woolf** in *THE HOURS*.

*DÉJÀ VU* is an adult film about adult issues that moves our heart and challenges our minds. The kind of film that you want to see and then enjoy a long dinner of discussion and reflection. The kind of film "they don't make anymore." A classic in **Spiritual Cinema** and a hidden gem indeed.

Members of **The Spiritual Cinema Circle** are receiving *DÉJÀ VU* as part of the October 2007 DVD collection which also includes three outstanding short films. For a limited time, new subscribers to The Circle can receive a free trial membership (nominal shipping fee) by visiting: [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com) or by calling: (800) 556-0129.

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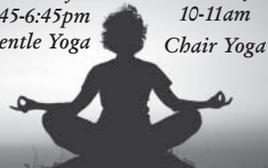


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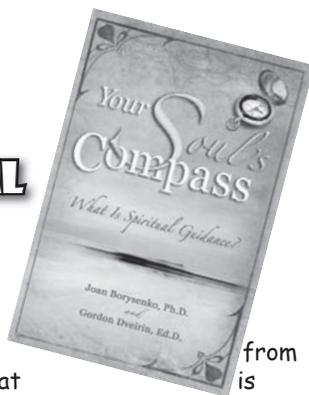



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# YOUR SOUL'S COMPASS: WHAT IS SPIRITUAL GUIDANCE



The following excerpt is taken from the book *Your Soul's Compass: What is Spiritual Guidance*, by . It is published by Hay House (October 2007) and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)

## CHAPTER ONE = OPENING THE CONVERSATION

It was the summer of 2004, on a surpassingly beautiful day in **Barcelona, Spain**. We were privileged to be attending the **Parliament of the World's Religions**, where I (Joan)—as a scientist interested in consciousness studies—had been invited to participate on a panel about prayer. Perhaps the most fascinating session we attended at the Parliament was a conversation about fundamentalism. The participants were **Rabbi Michael Lerner**, a political activist and the editor of *Tikkun* magazine (tikkun is a Hebrew word meaning "to heal and repair the world"; former nun and respected writer on world religions **Karen Armstrong**; and female Islamic scholar **Kamah Kamaruzzaman**.

Drawing on her seminal book **The Battle for God**, Armstrong discussed the recent rise of virulent forms of fundamentalism in virtually all world religions, characterizing it as a reaction to a soulless and technologically driven Western worldview. Lerner described modernity itself as a form of secular fundamentalism. The Islamic scholar Kamaruzzaman, who was the last to speak, passionately affirmed that the way to transcend these two competing yet interrelated fundamentalisms was for us to discover the common ground of our shared humanity.

An awareness of that common ground can emerge from a special kind of spiritual conversation that goes beyond external differences in belief. One of the Sages whom you're about to meet in these pages, **Father Thomas Keating**, convened an annual conference at St. Benedict's Monastery in Snowmass, Colorado, in 1984, inviting participants from a variety of religious traditions to converse in just such a special way. One of the basic tenets of the **Snowmass Conference** is that participants speak from their tradition—sharing their experiences of God or Ultimate Reality—but not for their tradition in terms of dogma. This kind of dialogue is called interspiritual, and it's a profound form of interfaith understanding and communication.

Interfaith conversations occur at two levels:

1. Externally, they focus metaphorically on the varieties of flowers in the garden of faith and cultivating an appreciation for—or at least a tolerance of—the differences among them.

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2. Internally, they focus on a shared spirituality that transcends differences in belief. These internal, interspiritual conversations reveal the common ground out of which the diverse flowers grow and the sunlight, wind, and water that nourishes them all.

In his beautiful book **The Mystic Heart**, **Brother Wayne Teasdale** writes: The real religion of humankind can be said to be spirituality itself, because mystical spirituality is the origin of all the world religions. If this is so, and I believe it is, we might also say that interspirituality—the sharing of ultimate experiences across traditions—is the religion of the third millennium. Interspirituality is the foundation that can prepare the way for a planet-wide enlightened culture, and a continuing community among the religions that is substantial, vital, and creative.

The 15 spiritual leaders from the **Snowmass Conference** arrived at a consensus on the principles of authentic interreligious conversation—principles that you'll come to recognize as being interspiritual as you eavesdrop on some of the highlights of the discussions we had with the Sages in the pages that follow.

**Father Thomas Keating** outlined these guidelines in the book *Speaking of Silence*:

- 1) The world religions bear witness to the experience of the Ultimate Reality to which they give various names: Brahman, the Absolute, God, Allah, [the] Great Spirit, the Transcendent.
- 2) The Ultimate Reality surpasses any name or concept that can be given to It.

...continued on page 34



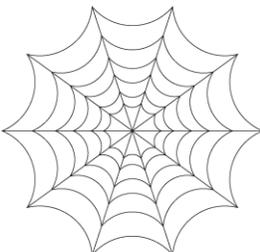
# ANIMAL SPIRIT GUIDANCE

By June K. Brown Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at moonmother8@gmail.com

## SPIDER



h, the webs we weave! Just as the Spider weaves her web to catch the unsuspecting bug, humans weave webs as well. Everyday we create one thing or the other, through our words, actions and thoughts. We create webs, that we or others may get trapped in. We might get stuck in the sticky, outer edge of the web, like that unsuspecting bug. Our words, actions and thoughts could also place us in the center of the web, where we will have a great advantage in this world and be well. Our placement in the web is up to us. Negative words, actions and thoughts get us stuck, while the positive will take us to the center.



I have been coming across spiders everyday this past month. It's a little scary because, well, they just scare me.

Fortunately, I am only seeing one or two spiders a day. They seem to be in every corner I walk around and in every bush I walk by. They are there for a reason. They are sending me a very clear message: Hey, June! What the heck are you doing? You haven't been writing very much lately. Don't you have a business plan that needs revamping? An article that needs to be finished? And what's up with your

husband? He needs to move on! He hates his job and really needs a career change. And your kids, they are kind of out of whack, you know? They are having a difficult time balancing homework, friends and chores. They don't have anytime to play and create. You better do something, girl! You guys are stuck, stuck, stuck!

Native Americans call Spider, Grandmother. In my bio, above, I give thanks to Grandmother Spider, as she is my Spirit Guide. When I am feeling stuck in the web of life, I know that I need to reconnect with Grandmother Spider and move myself from the sticky outer edge of that web to the center, where I can move freely. Grandmother Spider helps me write about Animal Spirit Guidance, so that I can send out a positive message to those who read it. She constantly reminds me that I am creating a web of knowledge and history with every word that I type. I must constantly be aware of what I say and do.

That concept is hard for me. Words pop out of my mouth and the next thing I know, my foot has been inserted to stop the flow! That is why writing is better for me; I can edit my message to the readers and keep it positive. And when I am having an off day, the awesome editor of this wonderful magazine tells me so, and I get the chance to re-write everything! (See what I just did? I may have just put Andrea in the center of her web, all because of a little compliment!)

Everything you do and say creates a web. It can be a web of love and joy, or a web of lies and deceit. It can be a web to help or hinder. Either way, you are the one that creates it. Be aware, or beware.

One of my favorite sayings is this:

- Watch your thoughts; they become words.
- Watch your words; they become actions.
- Watch your actions; they become habits.
- Watch your habits; they become character.

Watch your character; it becomes your destiny.

*What type of web have you created lately?*

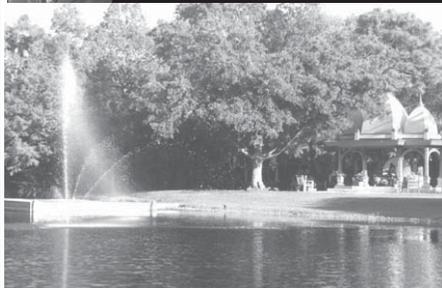
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# HAPPINESS NOW



The following excerpts have been taken from the book *Happiness Now* by Robert Holden. It is published by Hay House, and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com).

## MILKING THE "SACRED NOW"

**T**he world has changed greatly in recent times in an effort to accommodate our desire for happiness now. Everything has speeded up. We live life fast—faster than ever. Fast technology, fast travel, fast careers, fast relationships, and fast results are all the rage in our "I want it now" world. Indeed, the world is fast becoming a vast convenience store where you can get everything in an instant—instant coffee, microwave foods, minute-meals, half-hour film developing, 24-hour banking, drive-thru funerals, quickie divorces, television shopping, home delivery of everything, and, of course, instant credit.

One way of looking at our "I want it now" world is to see it as a highly egotistical and selfish pursuit of happiness that is fueled by impatience and greed. Another way of seeing our "I want it now" world is that this clamor for happiness now reflects an instinctive wisdom and a great spiritual truth, which states that . . . everything—absolutely everything—is available to you "now."

There's a famous story from the Zen tradition that tells of an encounter between a young, eager student and a well-respected Zen master, noted especially for his perpetual grace and happiness:

"Master, I dream of everlasting happiness. What is the highest wisdom you can teach me?" asked the student.

The master smiled. He took his brush and wrote, as if for the first time: "Attention."

"Wonderful," said the student, "And what comes next after attention?"

The master smiled. He took his brush and wrote, as if for the first time: "Attention. Attention."

"Yes," nodded the student, utterly perplexed. "Anything more?"

The master smiled. He took his brush and wrote, as if for the first time: "Attention. Attention. Attention."

"Okay, so what does 'attention' mean?" asked the student, unable to see.

The master spoke: "Attention means attention."

"Is that all?" asked the student, obviously dispirited.

"Attention is all," said the master. "Without attention, happiness is nowhere; with attention, happiness is now here. Attention is freedom from all. Attention offers all."

## ALLI KAUSAYPA CEREMONY in the Tradition of the Yachakkuma Imbaburaq (Shamans of Imbabura) Lineage of the Caras, an indigenous People of the Andes of Ecuador



The Ceremony for Good Fortune is an ancient ritual of the Yachaq Shamans of Imbabura. Good Fortune is a Spirit, an Energy with which we interact. For most of us our interaction with the Spirit of Good Fortune fluctuates, that is, we are connected for a time, then disconnected. This pattern repeats itself over and over.

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**Tom Arcuti** Yachak Shaman of Imbabura

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Every authentic school of wisdom and spirituality teaches you that now is the most abundant moment of your life. The bibles of the world, be it the Old Testament or the New, the Koran or the Bhagavad Gita, the Dhammapada or the Tao Te Ching—indeed, any true spiritual text—all agree that now is an eternal treasure chest dripping with beautiful, everlasting gifts of peace, happiness, love, and joy freely available to all on a 24-hour "Don't pay now—don't pay later" basis.

Now is sacred! This is what the Zen master is trying to tell the eager young student in the story above. Indeed, talk to any spiritual teacher or guru worth their mantra, so to speak, and this person will tell you that now is always sacred. But why and how is now always sacred, you may ask? What if you've just been stood up on a date or you've just opened a bill or you've just chipped a tooth or your football team has lost again—how sacred is that?!

One approach to milking the sacred now is to place your attention on what is happening around you right at this minute and aim to appreciate, respect, and value it as much as you believe possible. You can do this right now. Before you read on, look around you and appreciate fully for a moment what your senses pick up. When you do so, you'll experience firsthand how pleasurable appreciation can be. Events sometimes seem to make this exercise hard, but willingness can overcome this.

*...continued on page 46..*



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# SCIENCE OF DELIBERATE CREATION



*...continued from page 8...*

happening. And then, all of a sudden, one more time, you reach for the thought that feels better, and there it goes! The fear is gone without even knowing it, just by reaching for the thought that feels better. There is so much reward in just feeling better in your "now". Because, so often, you're wanting to reach for the thought that feels better because, "Whoop-de-doo, this is big time good fun!" In other words, "I want to get there! I would like every effort to take me there. I would like every thought that I think, and every time I go to a workshop, and every time I make a little bit of effort, I would like it to take me there!" And it's irritating that it doesn't take you there, to that manifestation.

We want you to not get so hung up on the manifestation, and start taking pleasure in the incremental relief. Pleasure in the fact that this feels a little better. Pleasure in the fact that you can actually, with your own will power and your own determination, choose a thought that feels better.

## IT IS UNNATURAL TO NOT FEEL GOOD

We offer an analogy, about the cork bobbing on the body of water. It's up here floating, floating, floating. And in our analogy this cork is bobbing in the place of Pure Positive Energy. When you take hold of the cork and hold it under the water, that's what negative emotion is. You're not allowing the natural quality of the cork, you're doing something that does not allow the cork to do what it usually would do. You're holding it in an unnatural place with your attention to this thought of something that you do not want.

But when you withdraw your attention from it, and you let go of the cork, it bobs right back up there. It is natural for you to be in this pure positive place. It is unnatural for you not to feel good. But what happens in your physical environment where you've been trained by other humans who didn't feel so good either, is that you've come to accept the way you feel as being the natural way that you feel.

*...continued on page 35..*

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# LIVING LIFE IN THE DIVINE FLOW

*...continued from page 9...*



A second form of guidance comes to you through the wisdom of others. The divine flow often speaks to you through the people who cross your path. It is through their wisdom—their intuitive guidance—that you are often led to your next right step. That doesn't mean that you have to accept and act on everything that everybody says to you. But you should at least be open and receptive to others, and willing to consider what they have to say.

A third way that the divine flow communicates with you is through signs, coincidences, and synchronicities. These occurrences are not mere chance or happenstance. They are meaningful. They are divinely designed to open doors for you and create opportunities for you in direct response to your desire. But you have to pay attention to those signs and synchronicities. And you have to act on them. You have to go through those doors and take advantage of those opportunities.

Which brings us to the second step for living life in the divine flow: You must let go of what you think you know. The divine flow often guides you to your good in a way that is far different—and far better—than anything you would ever come up with on your own. But to take advantage of that guidance, you must be careful not to hastily dismiss it or overrule it because "you know better."

That doesn't mean that you have to forget everything you have been taught, or ignore the conclusions you have drawn based upon your experience. It simply means that you must keep an open mind—and realize that there is always more to know than you currently know. As certain as you are about something, if you are willing to admit that there could still be something that you just haven't considered, you will leave an opening in your mind that is wide enough for divine direction to get through.

So there you have it. Let go of what you think you know. And pay attention to the flow. Stop trying to force things to go the way you think they should go, and be willing to move in a direction that is different from what you planned on or expected.

Do those two things, and you will begin to live a life that is dramatically more fulfilling, immensely more joyful, and, on top of it all, remarkably effortless!

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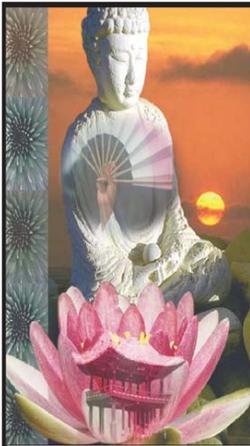
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Dr.'s. Barbara and Paul Daniele

## SECRETS

Excerpts from  
Secrets of Spiritual Happiness



...continued from page 15...

What this secret asks us to do is to put some effort into arranging our priorities consciously - looking to see what they are, putting them in some order of importance, and fixing up any minor priorities that are contradicting or interfering with other, more important priorities.

Taking time to contemplate and arrange your priorities will help you to move forward with a clear vision and intention. You won't have to keep falling into valleys of unhappiness, realizing that you haven't found what you truly want because all of your time and money went toward ambitions that did not fulfill your deepest needs.

Before you get swept away by society's expectations for you, or by your family's and friends' wishes for you, first take some time to really contemplate what in life brings you happiness. Delve into the depths of your spirit, and ask your soul what is your mission in life? Look back on your life, from childhood on. What do you most like to do? What gives you the greatest sense of meaning? What are you here to learn? What are you meant to give? What will bring you in tune with your most wonderful nature? What will give you the kind of steady contentment that will remain with you until - and perhaps even beyond - your last breath in this body?

For example, we can consider that many smaller enjoyments of life would be available if we forfeited certain other large expense items, including large houses, fancy cars, and even children. Raising children is certainly a long-term large expense of both time and money - this is an investment that is worthy of contemplation, especially in this time of world over-population.

If you want to have children, houses, or fancy cars, of course, that is absolutely fine. The problem arises when people move only through the grooves of wants and needs that have been set by others, without looking within themselves to find their true priorities and passions in life.

Even while living within the boundaries of common social acceptance in whatever culture you live, you can still contemplate what it is that you want to give to this world, and what you want to receive from this world. This is your life; live it! If your deepest joy comes from climbing mountains, by golly, go find a way to climb some mountains!

...continued on page 36...

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# AURIC DETOX

...continued from page 18...



This is happening in many countries. More and more people are realizing that the body, mind and emotion are completely inter-related. Every healing I have given has included all the levels of our being as well as our intentionality or purpose, spirituality, higher mind, higher will, relational issues with others as well as ourselves, and how we take care of our bodies.

Physical illness invariably relates to an unmet need that usually goes back to the very early years when the child was not sufficiently nurtured, loved or acknowledged. Once the child is taught neglect and self-rejection in this way, it repeats the habit throughout adulthood. Repeated emotional injury eventually becomes physical.

For example, a person with a pancreatic problem will have experienced a lack of sweetness in early life. Not knowing true sweetness, such a person will seek the sweetness elsewhere. So he deliberately takes in toxins. The world is full of sugar!

Since energy healing works directly on the pathways between our emotions and our physical bodies, it results in our learning to meet our true needs.

So what can we do by way of a simple self-help exercise to clear and recharge the energy field and therefore help with the detox process? You can start by bending and unbending the knees while standing feet apart with your back straight. As you bend the knees, stretch your arms out front, palms down, and breath out. As you rise, and bring your arms close in to your body and breathe in.

You can add the visualization of colors to this exercise. Breathe them in from the earth through your feet and hands and from the air around you as you rise - and out again as you bend. Start with red, seeing the whole balloon of your aura fill with that color, then breathe it out. Do this several times before moving on to orange, yellow,

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green, light blue, violet/indigo and white, each color representing the major chakras.

this is a great beginning but only a beginning. The process of detoxifying the aura and the body, bringing them both into blissful harmony, can be long and at times painful as we deal with the many emotional issues that diminish the life force. But the journey back to inner and outer health, to love, to living our passion, is a glorious one. It is, after all, the purpose of the soul.

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**Edely Wallace, BA, CYT, RYT**  
22 years teaching experience, trained in Belgium, Brazil and former US, Yoga Consultant for Orange County Public Schools, and formerly on the Executive Board of Yoga Alliance and author of "The Missing Link in Yoga."



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# YOUR SOUL'S COMPASS

...continued from page 21...

3) The Ultimate Reality is the source (ground of being) of all existence.

4) Faith is opening, surrendering, and responding to the Ultimate Reality. This relationship precedes every belief system.

5) The potential for human wholeness—or in other frames of reference, liberation, self-transcendence, enlightenment, salvation, transforming union, moksha, nirvana, fana—is present in every human person.

6) The Ultimate Reality may be experienced not only through religious practices but also through nature, art, human relationships, and service to others.

7) The differences among belief systems should be presented as facts that distinguish them, not as points of superiority.

8) In the light of the globalization of life and culture now in process, the personal and social ethical principles proposed by the world religions in the past need to be rethought and re-expressed.

The fourth basic principle—that “faith is opening, surrendering, and responding to the Ultimate Reality” and the recognition that this essential “relationship precedes every belief system”—is a way of saying that guidance is available to all human beings.

A dinner conversation that we had with our friends **Sara** and **Rachael** spoke to this guiding function of Ultimate Reality in a very down-to-earth way. Recounting some of the startling synchronicities that had occurred during the past year that had deepened her spiritual journey, Rachael—who’s petite, vivacious, and seriously smart—laughed and told us, “God leaves bread crumbs to show us the way back home.” In other words, we can count on a beneficent force—like the prince’s parents in the Hymn of the Pearl from the Introduction—to help us find our way to becoming more skillful, loving human beings.

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But if we can rely on spiritual guidance to lead us to a realization of our true identity, then how come the journey seems so difficult and the road so long and so often disheartening? As **Dr. Ed Bastian**, another one of our Sages, remarked with a laugh, “If we’re the Buddha, then how come we don’t know it?”

Perhaps the reason for our ignorance is that there’s a second variable in the equation of spiritual growth (as the fourth principle of the Snowmass Conference states): surrender to, and cooperation with, the force of guidance. Surrender and cooperation aren’t always easy. They entail letting go of our own agenda and waiting patiently for the path to open step-by-step.

Releasing ourselves into the unknown can be scary. Most of us would rather chart our own course if for no other reason than that it helps manage fear. But letting go of the steering wheel and trusting in a greater compassionate intelligence not only has the potential to be anxiety producing; it’s also paradoxical.

On the one hand, surrendering to guidance involves the bone-deep realization that we’re helpless—no matter how hard we try to control things, we’re ultimately not the sole author of our experience. On the other hand, in some mysterious way entirely beyond the capacity of words or rational thought to convey, we’re one with the author of all experience. The realization of that oneness is at the heart of the spiritual journey and our ability to trust that a wisdom greater than our own is helping us evolve.

The journey home to our true nature and to God-realization—which are one and the same thing—has three parts according to **Father Thomas Keating**:

1. First, as the journey begins, there’s a compelling experience of a Mysterious Other.

2. Second, as we progress along the way, there’s an effort to come into union with that Mysterious Other.

3. Third, at the point of realization, we understand that there never was an Other. Our own true Self—the answer to the question Who am I?—is Ultimate Reality.

If this sounds abstract, confusing, or heretical to you, you’re in good company. From the beginning of time, people have struggled to find words for what can’t be said but may only be realized in the laboratory of the heart. Our hope is to make this all as transparent and clear as we can, giving you the means for discerning your part in the ongoing symphony of life.

Both of us, your humble authors, as longtime students of the world’s great wisdom traditions, are somewhat familiar with various theories and stages of the spiritual journey. But there’s an enormous chasm between head knowledge—the rational concepts we have about things—and direct, embodied experience. The former is like a menu that describes what we could experience; the latter is the actual meal, which can only be appreciated when tasted. When rational thought gives way to direct experience, the events of daily life become a revelation and a mystical, mythical journey—whether (as you’ll read about in the next chapter) spiritual guidance comes dressed in a robe of glory or in the rags of stress and disappointment.

# SCIENCE OF DELIBERATE CREATION



...continued from page 24...

And now, through meditation, or through consciously reaching for the better feeling, you set higher standards. Until then it becomes consciously uncomfortable for you to dip into the lower Energies. You will never be at a place where you won't feel negative emotion. Nor would we ever want you to be at that place, because that would be like shooting Novocaine into your fingers so that you don't feel anything hot or sharp. You say, "Well, it sure is a lot better now that I can bang my hands on things. You know, I can shut my hands in car doors and it doesn't even bother me any more. I feel no pain." But it's not good for your fingers. Pretty soon you have flat, little flabby hands flapping around. You've destroyed your hands, even though it was painless.

And so, that's what that fear is. It's sort of an acquiescence. It's submission to a vibration that's not natural to who you really are. And you're awakening now to those higher standards.

Take mood checks and ask yourself, what is my mood? Well, I'm feeling fearful. And then ask yourself, well overall, do I have reason to fear? And as you reach for the more general statement, you recognize, you don't have anything to be fearful about.

We think what you're doing is sort of very specifically, channeling the worries of a larger mass consciousness. You are susceptible to Energy. And so, for example, if you were living in a retirement community where there were many people who were feeling vulnerable about their money, or feeling worried about what their future would provide, and you are sensitive to Energy, you could very well be picking up on the consensus of the group around you, even though it has nothing to do with who you are.

But you must have a little spattering of that within you, or you could not be finding harmony with that greater consensus. Every thought that has ever been thought exists. And then, by Law of Attraction, those thoughts coalesce, so that there are pockets of Thought Forms. And so, very often, just driving from city to city, if you are sensitive to vibration, you can feel different Energies in different cities. Well, what we are wanting you to do, is get so good at setting your own Tone, that it doesn't matter what the fluctuations of Energies are around you, you are always holding a steady course.

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# Soulsongs

Karen Williams of Winter Springs, FL, e-mails "Soulsongs" several times weekly to subscribers worldwide. For a free subscription, e-mail her at [soulsongkaren@cfl.rr.com](mailto:soulsongkaren@cfl.rr.com). She also writes a humor column, "Funny Side Up," for *The Seminole Chronicle* (Florida) newspaper. Visit <http://www.karenwilliams.net>



## WHICH HEALER DO I CHOOSE?

**M**any healers - conventional and alternative - are available to help me. It's wondrous to live in a time of such variety in treatment methods. But which one do I consult for a physical problem? The naturopath, chiropractor, aura reader, medical intuitive, acupuncturist, faith healer, herbalist, Reiki master, Peruvian shaman, past-life regressionist, traditional physician, or (whew!) one of the many others?

The most important thing I can know about healing is that no one can jump into my experience and heal me until I am mentally/vibrationally ready to receive it. And once I'm in that state of being lined-up with what I desire, any healer, any doctor will be the right one.

How, then, do I become mentally/vibrationally receptive to healing? By thinking more about the health I want and less about the problem I have. And, in all areas of life, by thinking more about what I like and want and less about what I don't like and don't want. That is the only way to permanently change what shows up for me.

I can take a powerful healing treatment now by relaxing deeply, becoming still. The moment - the very moment - I quiet my mind in this way, the health I've sought begins to flow to me, unimpeded. I need no one as a catalyst, as nice as that may be.

When I slip my mind into neutral for a while, ceasing to analyze my problem or trying to push it away, I allow my cells, tissues, and organs to spring back into natural balance and harmony. I can envision myself bathed in white or golden light - or any mental picture that I find soothing - but it's not necessary. All I need do is get the feeling of being passive and receptive.

It is through my habits of thought that I developed physical symptoms, and it's through changing my habits of thought that I'll change my health. Spending some time each day in no-thought will serve me very well, too.

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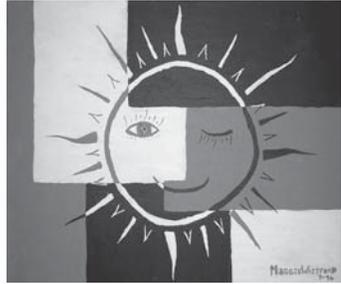
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Don Jose Tamayo is a yachak – “one of the sacred ones”. He is a 4th generation Yachak Imbaburaq – Shaman of Imbabura – and began his shamanic education at 8 years old under the tutelage of his father, the esteemed Don Esteban Tamayo. In 2003 Don Jose completed his final initiation as the Sun King. The sun provides energy to sustain life on earth, the Sun King provides spiritual energy to sustain the spiritual life of the community, that is, the human community. Don Jose has traveled to the USA since 1990; he has conducted ceremonies and given workshops from California to New York. He is a powerful healer, yet with a gentle and loving manner.

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            Saturday, November 10, 2007    Time: 10:00 am    Cost: \$85.00  
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# SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is Principal Minister of the Church of Iron Oak, ATC and the East Coast Presiding Elder with 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## OCTOBER 2007

**A** stark wind blows the few remaining leaves from the trees. They drift down, driven by the cold wind like a madman seeking his final revenge...a revenge that no one can know; no one can little understand. Barren trees stand like rigid, silent testimony to the coming bleak winter. It is not long now. It is the beginning of the end...

of summer... The alarm rings, you wake up and the approaching cold... well... it went poof in the morning sun's rays, didn't it? After all, it's Florida! But in ancient times in northern Europe, it was coming of a bleak time and fall holidays became witnesses to the fear of the coming winter. The October time was the time to remember those who have passed over. In ancient Lithuania, it was believed that at death, the soul separates from the body and in the fall at the end of October and early November, it returned to its home to live out the winter with the living.

These special holidays were celebrated by those who fear that they too might pass during the cold winter. The fear was this: Gather your food at the harvest, celebrate those that have passed over and hope the same doesn't happen to you. Life was simple then and many didn't make it past winter.

- Oct 4th - Judaism: Simchat Torah, day of rejoicing in Torah
- Oct 4th - Egyptian: Festival of Het-Hert (Hathor).
- Oct 7th - Greece: Pallas Athena's Day celebrates goddess of Wisdom, patroness of art and science
- Oct 12th - Hinduism: Beginning of Dashara, Celebration of the goddess Kali's victory over demon god Mahishasura
- Oct 14th - Egyptian: Festival of establishing Heru as King
- Oct 20th - Bahai: Birth of the Bab (the Gate of God), the forerunner of Baha'u'llah
- Oct 11th - New Moon at 1:02 AM, EDT
- Oct 25th - Hinduism: Start of Diwali, celebration to welcome Lakshmi, goddess of wealth
- Oct 26th - Full Blood Moon at 12:53 AM, EDT
- Oct 27th - Belarusian: Dzyady, celebration and ritual dinner to honor dead relatives
- Oct 31st - Wicca/Pagan: Samhain ('summer's end') honoring of spirits of ancestors and loved ones. May be celebrated any time over next two weeks
- Oct 31st - Hallmark: Celebration of Halloween



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Wednesdays COCOA VILLAGE, 7PM, Belly Dancing with Jeanette, \$10.00, at What You Love To Do, 602 Brevard Ave, 321-504-0304

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Thursdays COCOA Course in Miracles discussion Group 7pm at The New Church - call Eddie at 321-264-1911

Thursdays PT CHARLOTTE Channeling and Messages with one of Starchild's Psychic Mediums. 7PM - 9PM. Prepayment required. \$25. Starchild. 941-743-0800. [www.starchildbooks.com](http://www.starchildbooks.com).

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! [www.SuzieMiller.com](http://www.SuzieMiller.com) email [Aquaaura@gmail.com](mailto:Aquaaura@gmail.com) 321-254-0000

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

3rd Thursdays COCOA VILLAGE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings at What You Love To Do, 602 Brevard Ave, Cocoa Village, Call Pegatha for details. 321-951-2528

Fridays, INDIALANTIC Spiritual Discussion/Meditation Group, 2 PM Center for Spiritual Awareness 501 Oakridge Dr, 321-634-5188

Friday, COCOA VILLAGE, Preparing Raw Gourmet Desserts with Raw Joy, 6:30 -8:30 PM, PRE-REGISTRATION NECESSARY, What You Love To Do, \$25.00, 321-504-0304

Friday, COCOA VILLAGE, Breaking Molds and Setting Goals with Christopher Tims, 7 PM, What You Love To Do, \$25.00, 321-504-0304

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

2nd Friday NEW SMYRNA BEACH 6th Sensory Lightworker Group meeting Oct. 12th at 633 US 1, NSB Call Judson for topic more info. at 386-847-2367

2nd & 4th Fridays - WEST PALM BEACH - All Message - 7PM, UMC 528 S. Haverhill Rd, 561-686-0217

Saturdays HOLLYWOOD 11:00am Yoga with Glenn Allen at Hollywood Metaphysical Chapel 954-923-0066. \$10.00 per class

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Private readings available by appointment. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

3rd Saturday WEST PALM BEACH Psychic Saturday 11AM-4PM United Metaphysical Church 528 Haverhill Rd 561-686-0217

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully accepted. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 10:30-11:45am Family Health and Wellness Center on AIA 321-626-5333 [Rivers97@rocketmail.com](mailto:Rivers97@rocketmail.com)

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Drive. 321-634-5188 [www.gardenchapelcsa.org](http://www.gardenchapelcsa.org)

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

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

Sundays WEST PALM BEACH United Metaphysical Church Services held at Unity in the Pines 6037 Summit Blvd. Healing 5:30 PM Worship 6PM 561-686-0217

Sundays ST. AUGUSTINE 6:15 pm Psychic Development Classes at 47 San Marco Ave. Ph: 888-753-3290

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane, Cocoa (520 and I95). Learn more about the ancient religion of Light & Sound. This month's topic is "Tips on how to Understand Your Experiences" Free Booklet

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

Tuesday NORTHPORT, FL from 7-8:30 pm Suzanne St. Onge PhD, RN leads a group on JOY and HEALING through CHANT and MOVEMENT. \$10.00 per class. Explore CHAKRAS and Develop your Voice and Intuition. Call 941-258-1547

Sunday, Sept 30 COCOA VILLAGE Guest Speaker/Musician Cliff Rubin 'Guitar Lessons' 10:30 AM, Center for Spiritual Awareness, 5 Rosa L. Jones Dr., 321-634-5188

Sunday, Sept 30, COCOA VILLAGE, Cliff Rubin in concert!!, 12:30 - 1:30 PM, LOVE OFFERING, Center for Spiritual Awareness, 5 Rosa L. Jones Dr., 321-634-5188

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

Call to confirm events before attending  
to learn of last minute changes

October 2, 2007 7 PM MELBOURNE Experience the Energy of Your Own Life Force with Master Stephen Co. Activate your heart and crown chakras to flood your bodies with Divine Love, Peace and Bliss! Master Stephen Co is the author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Unity Church of Melbourne, 1745 Trimble Rd. Directions: 321-254-0313. Love offering for Unity. Details at [yourhandscanhealyou.com](http://yourhandscanhealyou.com) and view CBS News coverage online.

October 3, 2007 4 PM WINTER PARK Experience the Energy of Your Own Life Force with Master Stephen Co. Activate your heart and crown chakras to flood your bodies with Divine Love, Peace and Bliss! Master Co is author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Winter Park Library - community room - 400 E. New England Ave. Directions: 407623-3279. Free. See [yourhandscanhealyou.com](http://yourhandscanhealyou.com) and view CBS News coverage online.

October 3, 2007 7 PM ORLANDO "SuperBrain Yoga® and Pranic Healing® with Master Stephen Co. Ancient Tools for Harnessing the Energy of Your Own Life Force." Master Stephen Co is the author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Christ Church Unity, 771 Holden Ave, Orlando. Directions: 407-852-3940. Love offering for Unity. Details at [yourhandscanhealyou.com](http://yourhandscanhealyou.com) and view CBS News coverage online.

October 3rd 2007 COCOA VILLAGE "Basics of Real Botanical Aromatherapy" We will explore the blossoms, leaves, peels, seeds, resins bark and roots of various plants, which have extractable essential oils. Cost: complimentary. 6-8pm at Nature's Haven 602 Brevard Avenue 321-632-1221

Sunday October 7th MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

Tuesday, October 9th WINTER PARK Guided Meditation / Visualization as an aid to healing - 7:00-8:30 PM - Learn how to use meditation/visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park.32792. Donations welcome. 407-673-9776.

October 10th 2007 COCOA VILLAGE "Botanical Blends for Relaxation and Massage" We will explore how the application of therapeutic blends enhance well being by promoting beneficial brain responses and nourishing the skin. \$20 cost includes a 1/2 oz bottle of selected Nature's Spirit blends. 6-8pm at Nature's Haven 602 Brevard Ave 321-632-1221

Friday October 12th NEW SMYRNA BEACH 6th Sensory Lightworker Group meeting Oct. 12th at 633 US 1, NSB Call Judson for topic more info. at 386-847-2367

Saturday, October 13 VERO BEACH Psychic Fair 10-4pm The Inspired Heart 772-569-2877

October 14th 2007 SusieCool [susiecool2001@yahoo.com](mailto:susiecool2001@yahoo.com) Mix Reggae and folk music with wry humor and Mandala-ic harmony to achieve riveting entertainment! Nature's Haven 602 Brevard Avenue 321-632-1221

October 17th 2007 COCOA VILLAGE "Release/Clearing ~ How to Help the Lymphatic Glandular System Detoxify Itself" In this workshop we will explore how and why botanical blends help to enhance the lymphatic processes. Cost: \$35 - includes a 1 oz bottle of the Nature's Spirit blend "Release/Clearing". 6-8pm at Nature's Haven 602 Brevard Avenue 321-632-1221

Thursday, October 18 4pm. "Are You Ready to Take Control of Your Healing Arts Business?" Free tele-class to learn how to leave your job behind and create the lifestyle you've been dreaming about. To reserve your spot, call Jenny at 1-888-357-7427 or go to [www.ProPower-Now.com](http://www.ProPower-Now.com)



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Saturday, October, 27th 2007

6:00pm to 11:00pm

Eastmonte Civic Center

830 Magnolia Drive

Altamonte Springs, FL 32701

Tickets: \$25 by mail or on-line...[www.wrcf.org](http://www.wrcf.org)

Tickets at the door: \$30

Children 10 and under attend free with paid adult

**CALENDAR CONTINUED ON NEXT PAGE...**



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Science, and Philosophy  
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## Meditation & Visualization

As an Aid to Healing

Tuesday, October 9th 7- 8:30 PM

Tuesday, November 6th 7-8:30 PM



IFSK Director  
Marilyn Jenquin

**Private**  
**Readings**  
In Person  
or by Phone



[www.ifsik.org](http://www.ifsik.org)

Both workshops held at:  
Winter Park Church of Religious Science  
3425 Forsyth Road  
Donations Welcome.

## On-going Psychic Spiritual Development Classes meet 7-9:30PM

Melbourne ~ Monday, October 22

Jacksonville ~ Tuesday, October 23

Tallahassee ~ Thursday, October 18

De Land – Winter Park / Orlando

**407-673-9776**

# OUR CALENDAR OF EVENTS

Call to confirm all events before  
attending to learn of time changes

Saturday, Oct 20th or Nov 10th 2007, NEW SMYRNA BEACH, 9:30am - 4:30pm Workshop "SPEAKING PEACE" - Introduction to Nonviolent Communications. Join Internationally Certified Trainer, Cathy Hartman and learn to: express yourself and listen to others without blame or judgment, break patterns of thinking that lead to arguments, anger, pain and depression, and have more trust and Fun in your relationships! \$125 (\$100 early registration). Call or email to register or for more information. 386-847-3943 [heartful@cfl.rr.com](mailto:heartful@cfl.rr.com) [www.cnvc.org](http://www.cnvc.org)

Oct. 21st. Sun., ORLANDO 1-5pm, Dr. Robert presents Repurposing Your Life Workshop: Tools, Templates & Training for Achieving Business Success, Happiness & Balance. Christ Church Unity, 717 Holden Ave., Tel. 407-852-3940. Fee: \$25-65 love donation. [www.RepurposingYourLife.com](http://www.RepurposingYourLife.com) or [drrobert@drrobert.com](mailto:drrobert@drrobert.com)

October 24th COCOA VILLAGE "Broom Sweep" Experience an added dimension to the task of sweeping. Cleansing should be done on a daily basis; physical and emotional. This synergistic mix of all pure and natural essential oils will lift the spirits up in our mind and out of the air with any negativity. Cost \$9.00 this includes a 4 ml mixture of this neat essential oil blend. 6-8pm at Nature's Haven 602 Brevard Avenue 321-632-1221

October 28th Charlie Groth [rainbowpr@juno.com](mailto:rainbowpr@juno.com) [www.cgmusicman.com](http://www.cgmusicman.com) Plays round the entire world. Master musical artist and storyteller. Nature's Haven 602 Brevard Ave 321-632-1221

October 31st COCOA VILLAGE Happy Halloween Songwriters Sunday @ 2 Pm \$7.00 Tickets at Nature's Haven 602 Brevard Avenue 321-632-1221

Friday-Sunday, November 2-4 - ALTAMONTE SPRINGS - This Florida Journey "Exploring the Communication Gateways," provides hands-on tools and instruction in working with energy, intuition, clairvoyance, clairsentience, altered state, healing, mediumship and more. No matter your level of experience, this retreat allows you to work with four primary Journeys instructors and is designed to assist you in making a heart-soul connection with your purpose and abilities to apply to daily living. Complete info online at [www.journeys-by-design.com](http://www.journeys-by-design.com) or call 407-949-0472.

Saturday, November 3rd - ALTAMONTE SPRINGS - 6:30-9:00pm - Mediumship Demonstration Event - Meet 4 of the primary Journeys instructors as they work with spirit in this demonstration of platform mediumship and intuitive linking. Reservations Required. \$20 pre-registration until Oct 22nd/\$30 at-the-door. Hampton Inn Complete info online at [www.journeys-by-design.com](http://www.journeys-by-design.com) or call 407-949-0472.



Saturday November 3rd INDIALANTIC from 7-9pm CD Release Party for Jook Bourke's third solo CD "Just A Minute" at Crowne Plaza Hotel, Melbourne-Oceanfront, 2605 N A1A Highway Hotel Front Desk: 1-321-777-4100. Live performance of the new release "Just A Minute" and some selections from earlier CD's, CD and Tee Shirt prizes, FREE  
[www.jookbourke.com](http://www.jookbourke.com)



January 21-25, 2008 from PORT CANAVERAL Steven Lane Taylor "Living Life in The Divine Flow Seminar at Sea! Presented by [www.achievingatoriseminarsatsea.com](http://www.achievingatoriseminarsatsea.com) special pricing! Only 60 Cabins Left! 1-888-278-0270

Saturday, January 25, 2008 MELBOURNE Special Event! Steven Lane Taylor Top Selling Author, Row, Row, Row your Boat: A Guide for Living Life in the Divine Flow" "Open Discussion & Book Signing", 2 - 4 PM Barnes & Noble Booksellers, 1955 West New Haven Avenue, Melbourne, FL 1-888-278-0270

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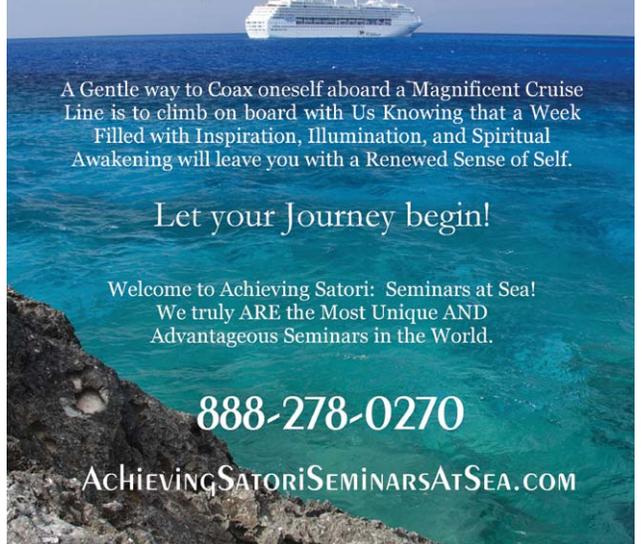
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October 13th 2-4pm  
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**TWO DATES**

October 18th 6-8pm at  
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**Email Lifecoaching7746@aol.com**

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# HAPPINESS NOW

...continued from page 23...

The real secret to milking the sacred now is to place your attention not out in the world about you, but within yourself—your inner, unconditioned Self. In truth, the sacred now is an inner potential. It is eternal and abundant; and its geography is spiritual, not physical. In other words, the sacred now represents a permanent potential within you to experience love, freedom, and joy regardless of time, place, or circumstance.

The gift of happiness is wrapped in your heart, not the world. Thus, your happiness will never be mailed to you! And it can never get lost in the mail! In truth, your happiness has already been delivered, sitting in your inner mailbox—your heart—waiting to be opened. This is what the sacred now is really all about. In essence, then, you are the key to happiness. More than what happens to you, it is your perceptions,

your thoughts, your beliefs, and your overall response that are essential; your Self, your original Self, is the real key. The real reason now is so naturally abundant is because when you allow yourself to be unrestrained by fear and uninhibited by worry, it is you who is so naturally, originally abundant. In truth, then . . .

Now has enough wisdom to last you forever, because within you, right now, there is all the wisdom you listen for in others.

Now has enough love to last you a lifetime, because within you, right now, there is the love you continually cry out for.

Now has enough peace to last you an eternity, because within you, right now, peace of mind is one thought away at most.

And now has enough joy to outlast the world, because within you, right now, the joy you chase is not in things—it is in you.

The problem with our "I want it now" society isn't that we want happiness now, but that we've lost sight of how to experience it now. In particular, we say, "I want it now," but we doubt and don't really believe that "it is here now." We've lost faith in now and have placed all of our faith in some imagined future. Similarly, we've lost faith in our Self and have placed all our attention on the world outside. Now it is the world, it seems, that must "make us happy"—and herein lies the source of all of our misery.

As long as you believe that it's the world that must make you happy, you leave yourself open to great disappointment and much sadness. Why? Because as long as you refuse to see your inner potential for happiness now, you will not see it in the world. How can a mirror change the way you look? Think about that, for the world is only a mirror. You will only see in the world what you're prepared to see in yourself—nothing more and nothing less.

Know, therefore, that the journey to true happiness and to happiness now is not a journey of physical distance or time; it is one of personal "self-recovery," where we remember and reconnect consciously to an inner potential for joy—a paradise lost—waiting to be found. One moment we look within and we see happiness nowhere; the next moment we look within and this time we see happiness now here. This is a revelation. This is enlightenment. This is joy!

The faster we chase the world and the future, the quicker we appear to overlook the possibility that happiness is here already. Every morning as we wake up, the alarm clock sings "now," and from that moment on we do not give now another thought as we desperately chase our future. But are you so sure that happiness isn't already here with you now? Have you really looked? I mean, really looked?

Milking the sacred now is excavation work. It's about rediscovering an inner potential for original joy—a potential that already exists but has been buried beneath a pile of fears, doubts, guilt, conditioning, and history. Think of this potential for original joy not as something to arrive at, but as something you bring with you wherever you go. Recultivating this potential is our task, and the task begins with the realization that . . . joy waits on welcome, not on time.

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## THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 7 ...

"**Mr. Emerson**, I desire to acquire from you the marvelous understanding of Nature which distinguished your life.

"**Napoleon**, I desire to acquire from you, by emulation, the marvelous ability you possessed to inspire men, and to arouse them to greater and more determined spirit of action.

"**Mr. Paine**...from you the freedom of thought and the courage and clarity with which to express convictions.

"**Mr. Darwin**... from you the marvelous patience, and ability to study cause and effect, without bias or prejudice.

"**Mr. Lincoln**... your keen sense of justice, untiring spirit of patience, sense of humor, the human understanding, and tolerance.

### end of email excerpt

I received many responses back from the email, and now have some friends who are doing the process and sharing their results with me. One thing that many wrote back to me was "**Where are the women on this list????**" hahaha

### WHOM WOULD I CHOOSE?

I considered whom I might chose as my Invisible Counselors. And why. This was my initial list: **Alice Bailey** as her work laid a foundation for the consciousness growth movement, **Charles Leadbeater** for his occult work regarding thoughtforms, **Louise Hay** author/publisher entrepreneur, **Brother Lawrence** practiced the presence of **God** until he became that presence, **Joel Goldsmith** was a healer and Christian mystic who taught in simple fashion about invisible supply, **Abraham-Hicks** has crystal clarity on how it all works, **George Washington Carver** was a creative genius thru meditating on his object, **Paul Bragg** knew a lot about health, nutrition and natural alternatives, **Pablo Picasso** for seeing things in a new way, **JP Morgan** was a business mogul who saw himself as a force for good and eschewed competition, the **Dalai Lama** for wisdom and peace in the face of opposition, Stephen Hawking for his knowledge of relativity and quantum mechanics.

### WHO ARE MY ROLE MODELS?

I will have to research who might be good role models for the areas of my life I want to develop, so I'm still in the stage of deciding who my Invisible Counselors will all be.

### WHAT ARE MY GOALS?

I thought "what are my goals?" In general my goals are, to have a fun and happy life, to live close to friends I enjoy, to live in a large new space, to feel guided in what I do each day, to feel I serve some purpose and do some good, to feel I'm using much of my potential and taking advantage of opportunities, to have compatible partners and to inspire each other in our goals, to be part of something that makes a difference, to find my niche.

### INVISIBLE COUNSELORS FIRST COUNCIL

When I decided to do my first council, I first sat at the altar to meditate about 4am and afterward stumbled coming into my darkened room for the meeting, having gotten disoriented with no lights on. Taken as a metaphor, that message reminded me to have clear direction, make sure my footing is sound, and to persist and get up after I stumble.

The reason I called this meeting was to establish a cabinet of counselors, name them and their reason for inclusion, and establish a course of action to be followed to increase income.

As the meeting was beginning to start, I was surprised to see my brother **Jerry** walk into the room and take a seat at the table. I wondered what he was doing there and he said "The first thing you have to do is get your website going because it has the most potential for passive income." Then he walked out. Okay...

Most of this meeting consisted of me constructing in my mind what I wanted the conference room to look like. I had it be a room about 15x30, with golden paneled walls lined with books on shelves and a large rectangular conference table in the center with 12 high back swivel chairs around it.

There were no windows in this room, as it was a room for inner work to be done. There was a large, high chandelier of the room in the center above the table, and also ambient lighting above the bookshelves at the ceiling, giving an other-worldly glow. I pondered names as they came to me, who might I invite to the table? I did not get a lot of response but knew that would change as I got into the process.

**Afternote:** later that morning I opened **Jerry's** email containing his new proposal for the **Horizons** website re-design. I made a mental note to include him at future meetings.

...continued on page 48..



# THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 47...

## INVISIBLE COUNSELORS 2ND COUNCIL

Two days later, we met again. As the meeting was about to start, my (deceased) mom stepped in to the conference room to tell me to remove my gold bracelet and neckchain when I go in the ocean tomorrow, so it doesn't attract the barracuda. Then she stepped back out. She used to tell me that as a kid when we'd go to the Florida Keys. I'd forgotten about that. And she's right, I had a date to go in the ocean the next day.

## THE MEETING TOOK ON A LIFE OF ITS OWN

The meeting took on a life of its own after that in almost a whirlwind that kept me frantically writing notes and wishing I was at the keyboard but not wanting to get up and move

and break the flow of information. We outlined areas of life to be assessed for goals, including income, products, services, investments, health and fitness, organizational goals, jobs to create and work to delegate. We listed repairs and upgrades for office, home and yard, spiritual goals such as to deepen personal understanding, travel goals such as visiting all the stores that carry Horizons, and fun mountain retreats. We listed educational and conference goals, what classes I'd like to take, what new skills I'd like to acquire.

## WHHAAAAAT JUST HAPPENED?!

A surprised 40 minutes later I was out of my "meeting" and sitting at the table reflecting on what just took place. What I end up with pages and pages of was not what I expected, nor did I expect it to come pouring out so fast I could barely keep up with it. It was not unlike the automatic writing that occurs during psychic mediumship sessions but I got the sense of it being dictated to me from those sitting at the table with me. I was surprised at the indepth suggestions I got for organizing my personal time, acquiring personnel, and for income sources I'd overlooked.

## HOW DOES THIS HELP?

As I later typed my notes into the computer, I thought "Great, now I am feeling overwhelmed, like all I got was a list of more things to do when my time is limited as it is." I knew to morph that thought into a better one, which was "I know I have to balance play and work and know I do the work of many people by myself. I know I deserve the play time I take and I know that my play time is a key component in my attraction process."

## INVISIBLE COUNSELORS 3RD COUNCIL

Three days later, we have the 3rd meeting. I asked myself, am I really ready to receive what this process is handing me? Am I ready for my life to change in the way I know it will change?

I thought, "Sure, the Universe will provide for me in abundance no matter what just because my thoughts stay relatively high for the most part. But to test out this Invisible Counselors process, I will choose specific things to "want" in order to exercise what I know."

I do these exercises to carve those neural pathways, to go thru the mental muscle memory in my mind and become practiced at it so I can do it most effectively and with least effort and teach to others in a way they can do themselves.

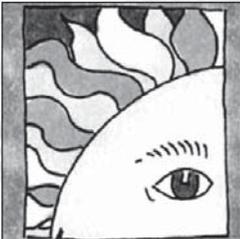
## WHY NOT MAKE TWICE AS MUCH MONEY?

As the third meeting begins, a loudspeaker from above booms "why not make twice as much money?" My first thought was "Because I don't want to limit it, even if it doubles every day". The voice boomed "Good answer." Great, even my imaginary friends are smart alecks.

...continued on page 49...

## HOW TO USE HORIZONS MAGAZINE TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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



# 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 48 ...

## THEY KNOW THE NEXT RIGHT STEP

In this meeting, we discussed the status of the dozen new projects initiated after the last meeting 3 days earlier, and the next steps to be taken in each. They have a better memory than I do, which is cool - since we're all One, they can be the brain sometimes. And since I no longer have to worry about the next step, I can let them suggest it, and am no longer surprised when they do.

## AN INVITATION FOR YOU TO JOIN ME

So I'm having a lot of success and a lot of fun using the Invisible Counselors process and would like to invite you to join me in it. Email me at [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com) and let me know who's at your council, living or dead, and why. Let me know what insights you get and how you're applying them.

## ATTRACTING SATORI

After the last Invisible Counselors session, through an interesting series of synchronicities, I connected with Teri of **Achieving Satori Seminars** and we are going to work on some cruises and marketing projects and do some road trips together. It is through Teri that I met **Steven Lane Taylor** and read his **Row, Row, Row Your Boat**. One timely piece of advice he gives is about taking the next right step. Not fretting about what the 3rd step might be and the 4th step and so on, just taking the next right step. You know how you hear something a dozen times before it really sinks in how huge it really is in a particular moment? He was that a-ha moment for me.

I also synchronistically re-connected with my good pal **Denise** and she's going to help run the Horizons office with me. She's already helped my schedule ease up. In fact, I'm now scheduling readings again and am taking appointments for January 2008. So it you've been waiting to get on the schedule, thanks for your patience!

Enjoy our offering this month.  
Life is good!  
Hari Om



Andrea

# ATTENTION Psychics & Psychic Fair Promotors



You're invited to be part of our newest project. As a sincere psychic or psychic fair promotor, I know you have great interest in making psychics available to those looking for readers. Horizons Magazine is now compiling



## PSYCHIC FLORIDA: A DIRECTORY OF PSYCHICS & ASTROLOGERS

Free!

This directory will be distributed free of charge to all metaphysical and health food stores throughout Florida. Since the directory is free, it'll be readily picked up and read by thousands of potential clients. Since the directory will be available online at [www.horizonsmagazine.com](http://www.horizonsmagazine.com), the possibilities are staggering



Image [www.thaliatook.com](http://www.thaliatook.com)

## PSYCHIC FLORIDA: A DIRECTORY OF PSYCHICS & ASTROLOGERS

won't just be a directory; we'll include articles I'll ask you to submit, and any tips you have for contacting inner guidance and developing psychic abilities, as well as any personal psychic experiences you wish to share. Our purpose with the directory is to offer the widest selection of spiritual counselors and psychic readers Florida has to offer, and to build a network of readers. The directory will include psychics, mediums, spiritual counselors, astrologers, and stores that hold psychic fairs.



TO LEARN MORE, EMAIL ANDREA AT  
[HORIZONSMAGAZINE@AOL.COM](mailto:HORIZONSMAGAZINE@AOL.COM)  
WITH "PSYCHIC FLORIDA"  
IN THE SUBJECT LINE

# SUGGESTED READING & LISTENING



**The Law of Attraction: Teachings of Abraham**  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

**Secrets of Spiritual Happiness** by Sharon Janis  
**Spirituality For Dummies** by Sharon Janis [www.sharonjanis.com](http://www.sharonjanis.com)

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

**The Astonishing Power of Emotions** by Esther and Jerry Hicks  
**Happiness Now** by Robert Holden  
**Your Soul's Compass** by Joan Borysenko & Gordon Dveirin

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

**Hidden Beauty of Everyday Life** by Kent Nerburn  
**Soul Mind Body Medicine** by Dr. Zhi Gang Sha

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

**The Mirror Cards** by Geoff Charley & Lucy Lidell

MUST SEE DVDs

**The Secret Movie** <http://thesecret.tv/>  
**The Secret Behind The Secret** [www.abraham-hicks.com](http://www.abraham-hicks.com)

From [thecrystalgarden.com](http://thecrystalgarden.com) by Margaret Ann Lembo

**Meet Your Master Guide: A Guided Meditation**  
**Color Meditation: Align Your Chakras**  
**Short Meditations For Busy People**  
**Meet Your Power Animal: A Drumming Journey**  
**Open Your Heart To Love**  
**Crystal Singing Bowl Meditation**



LEVI CHEN 陳 DEVOCEAN



From [www.LeviChen.com](http://www.LeviChen.com)  
**Devocean**, backed by **Liquid Gardens**. Levi Chen's most visionary album ever. A masterpiece of remembrance and bliss, accompanied by full orchestral arrangements. Includes DVD of Sound And Recent Sorrow video.

## 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, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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.

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*

We're on the way to your enlightenment.

Stop in and see if what we offer nourishes your soul...



*Rev. Beth Head welcomes you*



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# Unity Church

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www.unityofmelbourne.com

## Sunday Services 9:15am & 11am

If you enjoy Louise Hay and Wayne Dyer you'll enjoy Unity of Melbourne

### SPiritual Economics EACH SUNDAY IN OCTOBER

9:15AM and 11:00AM  
Join Reverend Beth as we learn the truth about substance and how you can have security in a changing world. Use the principles and process of true prosperity to help live in a world of unconditional love and infinite possibilities. This series is based on the book *Spiritual Economics* by Rev. Eric Butterworth.

### SPiritual Economics CELEBRATION CIRCLES

Sundays at 1:30PM OR Wednesday at 7:00PM  
Join a Celebration Circle to have the opportunity to discuss prosperity principles and to have a personal prayer group. Call the church to reserve child care.

### EXPERIENCE MASTER WU WEDNESDAY, OCTOBER 10TH,

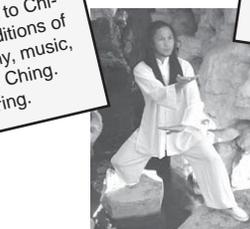
10AM Introduction to Chinese Wisdom Traditions of Qigong, calligraphy, music, astrology and I Ching.  
Love Offering.

### KEITH PACHECO SAT. OCTOBER 6TH NONVIOLENT COMMUNICATION

is a method of communication that helps us to participate in the joy of giving. As humans we enjoy giving and making life wonderful for others. Come and learn to live without criticism ...learn to get in touch with your feelings and needs. Give and receive empathically and more...10AM - 3PM

### FRIDAY, OCTOBER 12TH, 7PM PRACTICE TIGER

**QIGONG** a powerful 24-movement form that imitates the actions of the tiger and increases the harmony of the entire body. This ancient shamanic practice enhances chi flow to all the Meridians, increasing energy,



### vitality and overall well-being. Love Offering. See www.masterwu.net OCTOBER 13 9AM-5PM OCTOBER 14 1-5PM FIVE ELEMENTS QIGONG, HEALING & MEDITATION WEEKEND WORKSHOP

Strengthen your Chi. Enhance your healing power. Lift your spirit. Learn new techniques of spiritual cultivation. Connect with nature and experience the essence of Chinese



### THURSDAY, OCTOBER 11 7PM CHINESE SHAMANIC HEALING QIGONG

a potent practice designed to improve health and deepen our spiritual connection to universal energy.  
Love Offering.

## OUR SUNDAY MUSICIANS ROCK!

shamanism. Suggested Donation \$125.

### CHAPLAIN ORIENTATION SUNDAYS OCTOBER 21 OR NOVEMBER

4 12:30PM Are you being called to take the next step in your spiritual growth? If the answer is YES, come to

### our chaplain orientation. Chili and Dessert Cook Off Sunday, Oct. 21st,

1:00pm-4:00pm  
Entry fee is \$25 per entry (you can enter more than one time).  
Trophies for 1st, 2nd, and 3rd place. Chili, desert, hot dogs, fun, food, and fellowship. Sample all the goodies for \$5.00 per person, children under 5 free. All recipes will be entered in our church cook book to be published in the spring. Pick up entry form at the church or call 321-254-0313 and the form e-mailed, faxed, or mailed.

### PEACE IN THE PARK NOVEMBER 4TH

Calling all artists to show and sell. Download an application form at  
www.unityofmelbourne.com



**DIRECTIONS TO US:** I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go north (left) on Wickham Road, then west (left) on Trimble. Trimble is north of Eau Gallie Cswy, south of Aurora Road.

*Tap Into Your Intuition and  
Build the Power Within ... with  
"Dr. Orloff's Living Room Series"*

*Learn to interpret dreams, tap into  
your intuition and protect your  
energy from draining people*

... in free video mini-courses on YouTube.

*Welcome to Dr.  
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**Judith Orloff, M.D.** is offering a special yearlong series of FREE video mini-courses on youtube.com

based on the materials in her best-selling books, Guide to Intuitive Healing, Positive Energy and Second Sight. In "Dr. Orloff's Living Room Series," the renowned psychiatrist and intuition expert will help you build the power within, offering expert information you can immediately put to use in your life!

**Videos ( 2-10 minutes long) include:**

- The Art of Remembering and Interpreting Dreams
- How to Tap Into Your Intuition
- The Sacredness of Energy
- Combat Draining People
- How to Protect Your Energy in an Overwhelming World

Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition and energy. She passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness.



Go to [www.youtube.com/judithorloffmd](http://www.youtube.com/judithorloffmd) and enjoy the mini-courses that are now showing. Learn when new courses are posted and find more inspiration by subscribing to her free E-newsletter at [www.drjudithorloff.com](http://www.drjudithorloff.com)



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [barbaralee21@verizon.net](mailto:barbaralee21@verizon.net)

**Aries: March 20 to April 20 "I Am".** September 26 at 12:45 pm Pacific Time, the Harvest Full Moon is in Aries. What a powerful time to be alive. You begin to see where your life is going, as you venture forward in all of your endeavors. This Fall is a great time to spend time with your Libra friends, Enjoy the New Moon in Libra on October 10.

**Taurus: April 20th to May 21 "I Have".** Time spent at home this October will be very well appreciated. Your focus is more penetrating and wrapped around doing physical improvements. Structurally as well as esthetically. This Fall, manifestation and productivity are the keys to your peace of mind. Mend any holes in your plans for success now and they will not come back to haunt you.

**Gemini: May 21 to June 21 "I Think".** In your efforts to have some fun this Fall, be sure and include your best friends. You better think about putting those weights around your ankles this month, because you need to work on staying grounded. Fun you will have, but it has to be of fellowship attitude. Transiting Jupiter is in Sagittarius pulling you towards the light.



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# HOROSCOPES FOR OCTOBER 2007

**Cancer: June 21 to July 22/23 "I Feel".** With transiting Mars in Cancer aspecting your Sun sign, your ego will be working over time to get you busy and keep you working. You are driven by a passion for productivity. You will be driven to tidy up around the house, by cooking, cleaning and remodeling. Just avoid any overindulgence in sweets. For you this is the month to get ahead.

**Leo: July 22/23 to August 23 "I Will".** Opportunities, especially this month. Give those close to you a chance to share in the limelight with the added bonus of you being proud of their accomplishments. Harmonious relationships will be the key to your happiness all year long. So let the fun begin and you will reap the benefits of a loving relationship when you can put them first, at least once in a while. The time is now.

**Virgo: August 23 to September 23 "I Analyze".** This is a time of major transformations on every level of your life. Change is equal to a sort of death, not your own but a change in the way your life used to be. Just because things are different does not mean that somehow everything is ruined, that is not the case. When you let go of the control and the fear of not having control, you will be transformed.

**Libra: September 23 to October 23 "I Balance".** The reality to see life as it truly is is quite a gift in itself, but to live it fully is the joy and the reason for being. Remember to be diplomatic in your approach for making others understand your point of view. Your integrity self has many choices, what can you live with is the key. Nothing to hide keeps you out of trouble.

**Scorpio: October 23 to November 22 "I Create".** Any recent adventure or anything that has been swept under the carpet will come out in the open. Secrets will be revealed in unusual ways. When out on the information highway be observant of how people communicate with each other. Know that what we talk about we create. Do you like what you see?

**Sagittarius: November 22 to December 21/22 "I Perceive".** With transiting Jupiter on your sign you are being nudged to move forward in life. Through your soul seeking process, you know what is important to you and who you choose to spend it with. New friends you meet will inspire you with deeper compassion and stronger values than before.

**Capricorn: December 21 to January 20 "I Use".** Now more than ever it is important to follow your instincts. It may be that your patience has paid off. Caution and discernment are good qualities to aspire to as you greet the world. Having enough patience will allow you to take an honest look at the situation so you can't jump to conclusions. Compassion breeds understanding.

**Aquarius: January 20 to February 18 "I Know".** The month of October is always really powerful for you, now more than ever. You are being pushed to the highest aspects of your self and your life. Driven yes you are to learn and love as deep as you can. A steady pace of learning new things will fulfill your life for the future. Take one day at a time. Happiness is being centered in your self no matter what happens.

**Pisces: February 18 to March 20 "I Believe".** You are being guided to go after your hearts desire. Boundaries make good lessons to remember. If your heart is not into what you are doing then find something else to do. The key is to have the strength to walk your talk, even though people you love do not support your path. Think of the bigger picture.

## Brain Mechanics with Kim Potter, PhD

Have you tried to make changes in your life only to discover the same repetitive patterns re-appear? Learn to: let go of emotional patterns, understand the mind-body relationship, improve your relationships, experience less stress and much more.



### Discover Yourself, Stop Destructive Repetitive Patterns

Dr. Potter will assist you in discovering why you have these repetitive patterns in your life. With 30 years of development, this technique has changed the way people understand themselves which has enabled changes that come in line with their desires. Previous attendees have related back: that a new job was attained, weight has been lost, stress has gone away, sleep has improved, "I laugh more", "I think more positive thoughts", "I think more clearly".

### Ready for change? Don't miss this workshop

**Saturday October 13, 1-5 pm**  
Heaven Sent Wellness Center  
4455 Pinewood Road Melbourne  
Cost \$75  
321-253-1552

**Sunday October 28, 1-5 pm**  
The Herb Corner  
277 N. Babcock St., Melbourne  
Cost is \$75  
321-757-7522

Publisher's note: I have attended several of Kim's workshops and benefited greatly by the changes his work was the catalyst for. Andrea de Michaelis



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### **UNLOCK THE FUTURE.**

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This report describes future trends, particularly psychological and environmental changes you are likely to encounter. **What cycle are you in?** This report will show you where planets are NOW, where they are headed **and how to make the most of it.**



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Character analysis unlike you've seen before, revealing strengths, talents, abilities, potential challenges and blind spots, pointing you toward your soul's mission in this lifetime

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**REPORTS**

*by Andrea de Michaelis*

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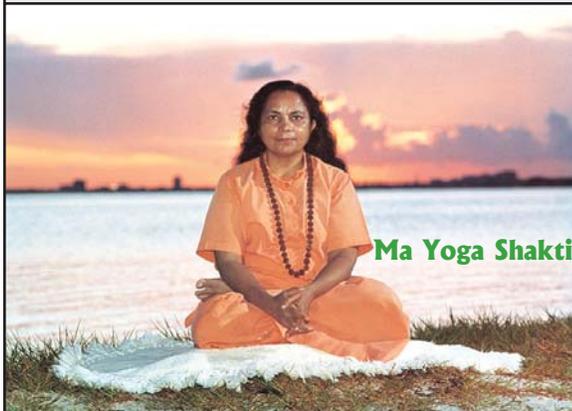
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# YOGA SHAKTI MISSION



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First Saturday of  
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\$7 Per Class  
\$25/mo unlimited evening classes

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Gajendra - 7:00-8:00 p.m.

### Tuesday

Maryann and Jim Loafman  
7:00-8:00 pm

### Thursday

Val Anderson  
9 -10 am

### Thursday

Chip & Shyama  
Iacona  
7-8 pm

### Full Moon Puja

Satya Narayan Katha

*Bring Fruit, Flowers  
and a Pure Heart*  
5 pm on Oct 26, Nov 23

### Ramayan Chanting

Sundays 10:15-11:15 am

### Bhajans/Kirtans

First Wednesday of Month  
6.45- 7 45 PM

*Christmas  
Pageant  
Dec. 22nd  
at noon*

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DECEMBER 28-30, 2007**



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Yoga Aasana Chart \$2  
Chandogya Upanishad \$5



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

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### Meet Master Co in October!

**Tuesday, October 2nd, 7:00 PM**

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**Unity Church of Melbourne**

1745 Trimble Road, Melbourne (321)-254-0313 • Love Offering

**Wednesday, October 3rd, 4:00 PM**

*"Experience the Energy of Your Own Life Force"*

**Winter Park Library, Orlando**

Lifelong Learning Institute Community Room (407)-623-3279 • Free

**Wednesday, October 3rd, 7:00 PM**

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