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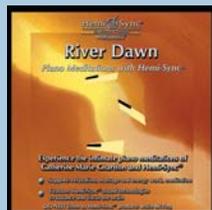
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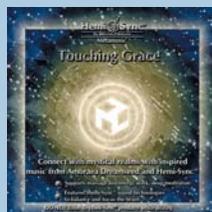
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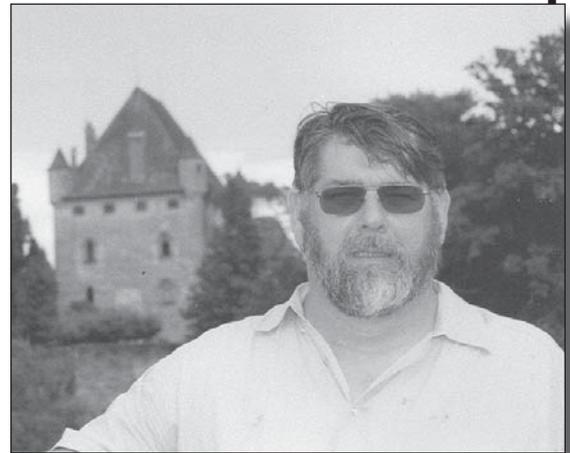
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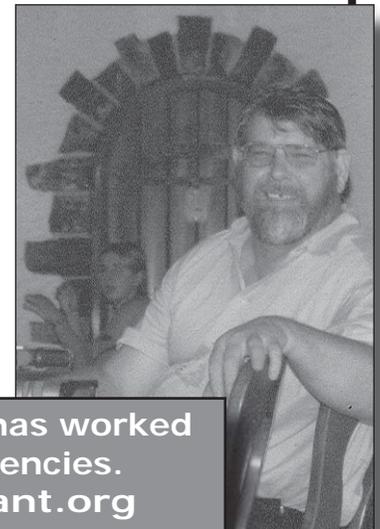
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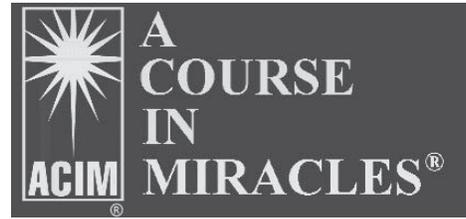
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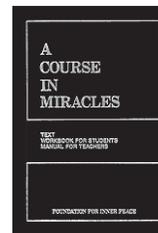
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**And the day came
when the risk to remain
tight in a bud was more
painful... than the risk it
took to blossom.**
Anais Nin

**Horizons thanks
everyone willing
to take the risk**

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

"In the company of one who
is living Love, you can't help
but spring into that Love."
- Sri Sri Ravi Shankar

Although I'm not yet ready to talk about my Monroe Institute experience, I will say this: Friends have been asking me if I had an out of body experience during the **Gateway Voyage** program. And that was the first thing I used to ask friends who attended Gateway before me. Hey, we've all read **Robert Monroe's** book **Journeys Out Of The Body**, right? And even though the Institute will tell you it is not the purpose of Gateway to give you an OOB, we all kinda hope and expect that, right? Now that I've gone through the program, I know that - in the entire scheme of things - going out of body is only a fraction of what is possible with what Gateway teaches you. It's kind of like, on a whirlwind weekend you meet someone that you fall madly in love with, someone completely compatible in every possible way, and you know this is the person you want to spend the rest of your life with. You go home in a blissful daze, contemplating your everlasting future with this awesome partner, and as you walk in the door, your brother asks: "So, did you get laid?" Crash back down to Earth. Just by asking his dumb question, he has let you know that his consciousness and yours are not on the same wavelength, so he will only hear an answer that says "yes" or "no". There is no way he is capable of understanding the immensity of what actually occurred for you during your magical weekend. In the grander scheme of things, it's irrelevant whether you had sex with your new love or not, because the enormity of the total relationship is and will continue to be more than you could ever have wished for.

One of the first things that happened at Monroe was they took our watches away, and the clock had no hands. We were summoned to events with a bell. This was to ease us out of a time/space mindset so we could experience existence outside a linear

...continued on page 28...

Hello and welcome to the **November 2006** edition of Horizons Magazine. Wow! It's been a whirlwind month of first, my week long stay at **The Monroe Institute** in Virginia where I took their 6 day **Gateway Voyage**, then two weekends in Orlando back to back, doing **Pranic Healing Level II** with **Master Stephen Co**, and then attending the **Hayhouse I Can Do It! Conference** where I took the pre-conference workshop with **Abraham-Hicks**. As you can imagine, my mind has been blown wide open and I can barely keep myself from bouncing off the clouds. Life is good! All things are possible! We are only using a small fraction of our potential. We have inner resources that are amazing. And we all have it, it is in all of us.

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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* and *The Amazing Power of Deliberate Intent* (The teachings of Abraham). Visit them at www.abraham-hicks.com.

QUESTION & ANSWER WITH ABRAHAM HICKS

HAY HOUSE: A while back you had addressed the topic of forgiveness; there are more teachers and different things that I've been reading lately, where they're saying that forgiveness is such a key thing to allowing the energy to flow purely through you. Can you address that?

ABRAHAM: Well think about it. We have been a little glib about that in the past by saying you don't have to forgive if you have never passed judgment to begin with, but of course no one really likes our joke very much because there is almost no one who has been in that place because in your physical environment it is so easy to find things that you are pushing against and so, of course, that is a natural part of your experience.

Knowing what you know about this emotional scale that we've been talking about, think about where a feeling of blame might be or guilt let's say. A very dense vibration. In other words, there's a lot of resistance in it and then think about reaching for the feeling of forgiveness and feel what a different place on the emotional scale that is. In other words, it's up there with love and appreciation.

So, of course, you want to be in a vibration where you no longer hold that vibration of blame and we would say that the best description or definition of forgiveness would be releasing the vibration that is what blame or guilt feels about, but you can't really stop blaming without starting something else and so you have to pick something somewhere up the emotional scale.

And we notice as people talk about forgiveness, usually because they have not deliberately taken that feeling of blame and incrementally worked themselves up the emotional scale, their idea of forgiveness is just changing the subject and so that feeling of blame goes away, but then they haven't really forgiven because whatever it was they were feeling blameful about is still active in their vibration.

You might know people who are always after somebody. In other words, they blame that one and then the only reason that they stop blaming that one is because they find someone else to blame and so true forgiveness is about caring so much about yourself that you are just not going to put up with this feeling of negative emotions that is present when you hold yourself in a vibration of blame or guilt and you just insist that you're going to move into a better feeling place and the thing that most teachers understand is that getting really mad at somebody is a step in the right direction because anger has much less resistance in it than the blame that you had before and so sometimes getting really mad at somebody is a step in the direction of forgiveness although people usually don't know that and then getting frustrated with them is a step further in the right direction and then feeling appreciation of them is certainly another big step in the right direction.

HAY HOUSE: And then is "allowing" a further step yet or is that going backwards?

ABRAHAM: That's a very good question.

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The 12 Steps Based on Eastern Wisdom



Richard A. Singer Jr. is a therapist living in the Cayman Islands. He has recently released his new book, "Your Daily Walk with the Great Minds of the Past and Present" and signed a contract for a second edition to be released in Feb. 2007. To learn more about Mr. Singer and explore updated information, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.

The 12 Steps Based on Eastern Wisdom

Step One

We admitted that we were bound by the illusion of ego-created pleasures and that our life was full of suffering. Step one allows an individual to admit and recognize what is controlling his/her life. It is a chance for the person to become aware of the immense control that the ego has in their life and what this demanding control is causing in regards to the self-created suffering. This awareness is necessary in order to initiate the process of internal growth and recovery from the demands of the ego.

Step Two

Came to believe that the universal consciousness, that pervades the cosmos and resides within our being, could restore us to our true nature and eliminate suffering. This step allows one to tap into that which has all power - the universal consciousness. This source will allow for connection with the pure-self and the true nature of the universe. This restores the individual to pure-thought and right-action in order to get rid of self-created suffering and karma.

Step Three

Made a decision to detach from our insatiable ego and the illusory world and connect to the pure consciousness of the universe. This step is about taking the initiative to begin searching for the true-self and detaching from the illusion of the ego. Once this decision has been made practice of meditation begins. This is a crucial step upon our journey because it gives us hope that there is something else besides the world of boundaries and limitations.



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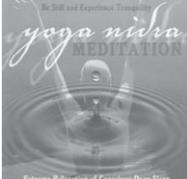
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Step Four

Contemplated and expressed in written form our desires, fears, regrets, and attachments of the ego without judgment. This is a vital step, which requires meditative and analytical thought about the nature of our worldly life without passing judgment on the past. We begin to realize that these actions were part of our illusion of what reality was and realize that now through meditation and growing awareness that we DO NOT have to act this way again.

Step Five

Allowed ourselves to become fully aware of our egoic attachments and delusions in an accepting manner. This is when we look at all the past actions and current attachments of step four and recognize the true reality of the illusion. We now are able to let go of the past and live in the present moment with full awareness.

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Remembering Your Future: The Path to Recovering Intuition



The Following excerpt is taken from the book "Remembering Your Future: The Path to Recovering Intuition," by Colette Baron-Reid. It is published by Hay House (October 2006) and available at bookstore or online.

What Blocks Intuition?

Each of us has a filter through which we individually decipher six-sensory information. We first receive intuition in the initial flash of knowledge that somehow breaks through our personal bubble. We then translate this information through the filter of our life experiences and personalities, since we've defined ourselves as separate entities.

When we forget our true spiritual natures and identify predominantly with form, we can't help but remain in our bubbles until we're able to transcend them. Everything we've experienced is patterned into this filter that can distort the information that's received, since it's part of the human condition to put everything into form. This is the domain of the ego, the Me bubble that can only work with the five senses—but intuition tunes us in to the nonlocal reality outside of this limited perception. Our ego uses the bubble to create a sense of separation in an attempt to maintain a unique Me identity, and this is what blocks intuition.

Here's an example: You resent someone who you believe has wronged you. The expression "nursing a grievance" conjures up an image of holding a baby and feeding it your life force in order to keep it alive. You may not be aware of this all the time, but your resentment is always influencing you. Think of it as a radio that's constantly projecting a jumble of ugly sounds into the airwaves of your mind. How are you going to tune in to the sound of your intuitive voice with all that noise going on?

Try it yourself by revisiting a former grudge or calling to mind one that you may currently be holding. How does it feel? Notice the sense of constraint around your chest and throat. You feel cut off, right? What sensation do you experience in your heart? Do you feel open with love and compassion or closed down with anger and fear? Negative emotions keep us trapped inside our bubbles, cutting us off from our true spiritual natures and binding us to our egos.

The Goblin

I have a nickname for the negative chatter in our minds that keeps us addicted to defining our experience by the form of the bubble—I call it the "Goblin." This is how we miss the opportunities pointed out to us by our intuition.

The Goblin lives inside every human being and is the manifestation of an unhealthy, wounded ego. It's fed by our thoughts of resentment, anger, fear, shame, guilt, sloth, envy, indifference, competition, greed, lust, and every other expression of lack and limitation. The Goblin is in charge of keeping us in "separation mode" and would just love it if our personal bubbles were made of fortified steel so that we'd never have a glimpse into our limitless connection. The Goblin depends on the concept of separation to maintain a unique Me identity.

If we transcend this perception, the Goblin has no identity or purpose and dies or falls into a deep sleep.

..continued on page 32...

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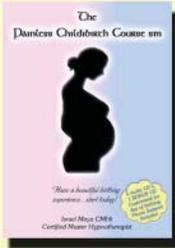
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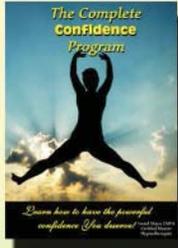
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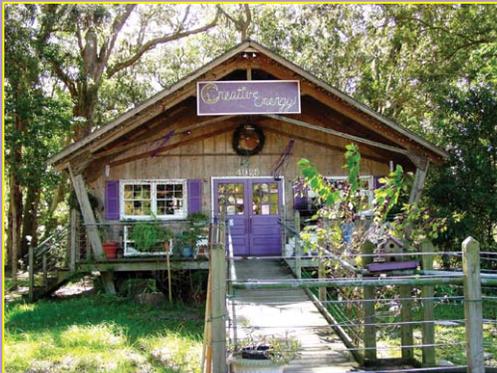


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Herb Corner

Cecelia Avitabile is the owner of The Herb Corner and Learning Center in Melbourne Florida. She began studying and working in herbal healing over 19 years ago. She is a Certified Holistic Health Practitioner with a Masters of Herbalism Degree from the Australasian College of Health Studies; she is a member of The American Association of Drugless Practitioners, the American Herbalist Guild and The Plant Saver Society. You may reach Cecelia at 321-768-1551 or email HerbCorner@cfl.rr.com

Let's talk stress- who out there has not experienced this? Just the drive home from work can cause our somewhat calm day to go totally off of the scales. Everyone comes under stress, the pressures from society leaves us all at times feeling as if we are not doing enough. Stress, anxiety, and tension they are all the same and they are all a threat to our health. Between 50- 80% of all illness can be triggered or related back to stress.

So how do we eliminate stress? Unfortunately we can't just quit our jobs or move to a deserted island. But we can find the triggers to our stress and begin to communicate with others about what is bothering us.

For others of us it is an overload of tasks. For me, it was taking on the new responsibilities as the owner of **The Herb Corner**; at the same time that I was making all the dresses for my daughter's wedding (including the brides dress), and having yet another child graduating from high school. When I started getting a bit short tempered I made up a formula for myself with:

- 1 part schisandra berries
- 1 part Lemon Balm
- 1 part Gotu Kola
- 1 part Siberian Ginseng
- $\frac{1}{2}$ part Hops
- 1 part Passion Flower

This formula helped me to calm my nerves, it lowered my blood pressure, lowered my anxiety level (blocking the effect of adrenaline), and it helped my body to resist stress and to adapt better to it. It also helped me to sleep better at night. I made this into capsules at first and then I also tintured some. I was also drinking a tea to help support and strengthen my nervous system at this time using:

- 1 part Lemon Balm
- 1 part Lemon Grass
- 1 part Oat straw
- 1 part Passion Flower
- 1-part Rose Hips
- 1 part Skullcap
- $\frac{1}{4}$ part orange peel

I believe that these blends of herbs helped me get through what could have been an extremely stressful time with relative ease.



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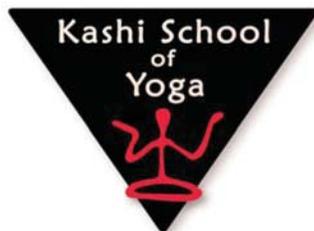
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Dear Louise...

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*. For the past 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing.



Dear Louise, I moved to my home six months ago, and there is a serious problem with spiders. Can you please tell me what belief created this situation and how I can clear it? U.R., Houston, Texas

Dear U.R., Well, spiders have been around a lot longer than people, so I wonder how they felt about your becoming a serious problem in their home. You've probably inherited someone else's spider problem. It may have little to do with you. These critters aren't the enemy; they're just trying to co-exist. Spiders are actually very beneficial since they keep away many other insects. However, we do all want to live in harmony.

I would suggest that you talk to them. Tell them how much you appreciate them and how well they took care of the home before you came. Now it's time for them all to move on and find a new place to live. Give them two weeks to move or you'll have to take other action. I'm sure most of them will be gone by then.

Once the home is clear, affirm: I always live in harmony with all of life.

Dear Louise, I have a friend who's been diabetic for the last ten years. She eats well and takes care of herself, but lately (the last six months), she's had extreme sugar highs and lows that neither she nor her doctors can explain. I'm very concerned for her. She isn't into the metaphysical, but I wanted to introduce the idea of a daily affirmation to her and see if she likes it. I was wondering if you had any suggestions. P.A., Toronto Canada

Dear P.A., There are several patterns relating to diabetes that shows up in people: a feeling that they don't deserve to have their needs met and that they have no sweetness or joy in their lives; feeling like martyrs due to childhood neglect; and worry, anxiety, and/or fears about survival. Any one of these could be surfacing now to cause the setback. In addition to eating well, she needs to forgive the past and all those who she feels may have hurt her.

Forgiveness opens the door to the heart, and your friend needs to have the love flowing from her own heart, enveloping her being. The love and acceptance she's seeking reside within her. Going to the mirror a few times a day saying "I love you, I really, really love you!" would bring sweetness and joy into her life, and her body would balance out.

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Dear Louise, My mom just found out that she has ovarian cancer. How can I help her . . . how can she feel better? H.B., Brazil

Dear H.B., The ovaries represent the creative flow in a woman. Many women are completely fulfilled in this need to create by having children. Others need to express this desire even more by having additional creative outlets. What has your mother always wanted to do but felt she couldn't because . . . [fill in the blank]? It would be wonderful if you could get her to take up a hobby. It would shift the negative energy within her. Although she may be filled with fear at this time, this mind-set can be changed. Also, I've suggested this affirmation to thousands of people, and it's made a big difference in their lives: Every hand that touches my body is a healing hand. All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe.

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From the Heart

Alan Cohen is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore* and *Why Your Life Sucks and What You can do About It*. This January 1st Alan begins a six-month Personal Mentorship Program. For information on this program or to receive Alan's daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Your Secret Smarts

As I was walking to breakfast at a retreat center, a woman sitting beside the path asked me, "Do you know what time it is?" Not having a watch, I took my best guess and answered, "I think it's about 9:15."

"I don't think so," she came back quickly. "It was 9:15 about half an hour ago."

"Then why did you ask me?" I had to ask her.

"I guess I was just looking for confirmation," she replied.

Likewise, while you may be wrestling with many questions about your life, there is a place inside you that already knows your answers. You may seek guidance or direction, but you will accept only that which resonates with what you already know. "A consultant is someone who borrows your watch to tell you what time it is."

A friend of mine advertised himself as a psychic counselor. He was not particularly psychic, just clever. He would ask each client to pick several cards from a Tarot deck, and then he would lay them out in a formation. Then he asked his client what they thought the symbols meant to them. "Ah!" a client would exclaim. "This affirms that I should move ahead with my business plan." "That's right," the counselor would agree. His next client surveyed her cards and declared, "I knew it — this relationship is killing me and I need to get out!" "It is so," the "psychic" agreed.

If a client did not get an obvious answer to a burning question, the counselor would ask them, "What would you like to do here?" When they stated their preferred route, he would say, "I believe that would be a wise course of action." This fellow had a high success rate with many repeat customers, and his clients were happy to pay him for his services. In my opinion he was not a charlatan. He was simply helping people tune in to their own guidance, and eliciting their confidence to follow it.

Alan Watts wrote a classic book entitled, *The Book on the Taboo Against Knowing Who You Really Are*. There could deservedly be a sequel entitled, *The Book on the Taboo against Admitting What You Already Know*. After working with many seminar and coaching clients, I observe that most people are a lot smarter than they realize. We have been hypnotized to believe that we are dumb, while we are actually brilliant. Every answer you seek is available to you either inside you or through someone you can access without a lot of struggle. Seeking is not the problem; our angst issues from the notion that the answer is beyond our reach. Yet if you can conceive of the question, you are just around the corner from bearing the answer.

One of my favorite cartoons portrays a classic truth seeker clawing his way to the top of a Himalayan mountain, where he approaches a bearded guru sitting in deep meditation. At the guru's feet the aspirant reads a simple sign etched with the words, "**The Hokey Pokey**." The stunned seeker, eyebrows raised, asks, "That's what it's all about?"

The cartoon's quip unveils a profound truth: While you may think you have to perform esoteric rituals, pass rigorous tests, undergo arduous initiations, pay off lifetimes of karma, and run the gauntlet of sacrificial struggles, the good you seek may be right where you stand.

Just because other people don't know, doesn't mean you don't. When **George Danzig** was a math student at **U.C.L.A.** he arrived at a class late one day. Noticing several math problems on the blackboard, George copied them into his notebook, and did them for homework. Late the night after he handed in his work, he heard someone banging on his dormitory door. Befuddled, Danzig answered, to find his professor aglow. "How did you do it?" the teacher shouted.

"Do what?" Danzig replied.

"You have solved two classically unsolvable mathematic equations!" the professor announced.

"You mean those two on the board?" the student answered incredulously. "I thought they were homework!"

Danzig, you see, did not know the problems were impossible. He was too smart to know how dumb he might be.

Genius is not a gift reserved for select few. It is given to all, yet few act upon it. Ten-year-old art prodigy **Alexandra Nashita**, hailed as "the next **Picasso**," noted, "the difference between me and others is that I am willing to do what I am good at." When you and I have the same confidence in who we already are, we can and will rock our world as Nashita has rocked hers.

Live as if you already know. Imagine that you have access to all the answers you seek, and trust your inner wisdom. Then you won't have to ask anyone for the time, for all your time will be your own.

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Encouragement



Margaret Ann Lembo has been facilitating workshops, weddings, and private sessions for 17 years, always with the intention that Divine Love and Higher Spiritual Realms are providing the guidance. Margaret is owner and creatress of The Crystal Garden, a Book & Gift Store, and Spiritual Center in Boynton Beach. Call 561-369-2836.

To encourage is to inspire with courage and confidence. It means to give support to; to foster; hearten. To be encouraging is permitting one to be confident or hopeful. It has the word, courage and the Latin word, cour within it. En cour . . . in the heart. Life is about staying within our heart centers as we learn, grow and evolve here on Planet Earth.

When we believe in ourselves, we can achieve great things and truly make a difference in the world. Having self-confidence may propel us to achieve our heart's desires. Our belief in ourselves is what also may help many other people and provide service to the world, our community and our own family. It takes courage and self-confidence to go out and do, be, create, step forward and be counted!

So, what does it take to have good self-esteem without getting stuck in a big fat ego and caught up in self-importance? Mentoring from a loved one helped me. The echoes of my Mother's voice still assist me when I am getting too big for my britches! To this day, I still can hear my Mom say, "SPS, Margaret!" when I get too full of myself AND I can also feel the echoes of how proud she is of my achievements. So, what is SPS? Self-Praise Stinks! One of the many gifts my Mother taught me was to believe in myself, acknowledging and recognizing achievements and humility. There is a balance between self-confidence, positive self talk and overbearing ego!

When we do our best and really step up to the plate to complete tasks with pride in our work, we will be recognized for our good efforts and contributions to the world. It never goes unnoticed. God/Great Spirit knows. To be recognized and acknowledged is a normal human desire. We want to be patted on the back and hear, 'Job well done! Good Job!' Wanting that requires that we truly show up, be present and actually do a good job completely. Why do we sometimes sabotage ourselves by doing a job or being a friend only part of the way?

What prevents us from being the best we can be at all times? Is there an inner voice telling us that we are not good enough? Do we actually believe those negative echoes of things repeated to us from our past? In some instances, I do believe that those of us that did not have encouragement from adults or elders as we developed in

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our younger years may still affect us today. It may either make us do such an impeccable job that we are neurotic about it (just to prove a point!) or we do something in the midst of a job to make it not quite good enough. It is either a need to prove the echoes of those voices wrong or to prove those negative voices right, i.e. self-fulfilling prophecy.

There is a balance in needing and wanting recognition, doing your best always, being proud of a job well done and being humble. And it is about time to rid ourselves of any echoes of negative voices right now! All that we are, all that we do and all that we can be is between us and Creator. No other opinion or comment from any one other than Creator or ourselves really matters. It is about being in alignment with our own integrity and doing our best always.

When we do our best, people have a tendency to want to imitate or copy our successes and the way that we do things. Sometimes this is perceived as 'stealing our ideas' but actually, copying and imitating what someone else is doing is one of the greatest forms of flattery. There are very few 'new' ideas rolling around in the ordinary existence that people actually connect with. Much of what we have learned and use is copying others, or connection with ancient teachings and traditions that have been handed down through the centuries.



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Spiritual Tender

Rev. Beth Head is Minister of Unity Church of Melbourne, where she welcomes you to the 9:15am and 11am Sunday morning services at 1745 Trimble Road, Melbourne. Call her at 321-254-0313 or email at RevBethDH@aol.com.

I think most of us are interested in living life prosperously. Part of the appeal of **Unity** is the belief that each of us is a beloved child of **God** - and that all of our needs are met by **God** who is our source. This morning, I want to share the concept that prosperity comes to us in the form of ideas.

In his book **Like A Miracle**, **Ernest Wilson** said "Prosperity is basically an attitude of thought and feeling, only secondarily a matter of money. For ideas are coin in the mind realm."

Dollar bills and coins are the legal tender here on earth - but, when we are praying for prosperity, *God* doesn't open a heavenly billfold and hand out bills and coins - no, when *God* is paymaster, Ideas are the Spiritual Tender of the universe. To be prosperous, we can't discount or throw away *God's* divine ideas.

One Sunday, I heard Unity minister, **Rev. Chris Chenoweth** tell this story of a man who couldn't come up with any new ideas. This man was a cartoonist and this occurred in 1950. He had a little cartoon column in a local paper, but he wasn't making enough money to support his wife and small son.

He sat at his drawing table and prayed "**God**, I know that you are the giver of all good ideas. Now I have my pencil in my hand and I know through you I can have a cartoon strip that will be successful not only here in this town, but will be successful all across the country. I give myself to you. Here is my hand, here is my pencil, here is my mind, give me the idea."

He didn't even have the chance to open his eyes before his wife came storming into the room shouting. She said, "Your son is a menace!" He said, "You mean Dennis?" A light bulb went off in

his head and he drew all day and all night long on the comic strip **Dennis the Menace**.

He prayed for an idea and a simple ordinary event, his son misbehaving, triggered something really big.

In the 17th chapter of **Matthew**, the disciple **Peter** is concerned how he and **Jesus** would pay their Temple tax. **Jesus** told him to "Go to the sea and cast a hook, and take the first fish that comes up, and when you open its mouth you will find a coin; take that and give it to them for me and for yourself."

Jesus told **Peter** to go fish and take the coin from the mouth of the first fish that comes up. Metaphysically, fish represent ideas in which there is great possibility of increase. It says that **Jesus** frequently used fish to illustrate his teachings because he was a living demonstration of ideas and that all that **Jesus** did was in the realm of ideas rather than in the real of effects.

The miracle of the coin being in the fish's mouth emphasizes the fact that divine substance is at hand to meet all needs. *Gold* in the fish's mouth tells us that plenty exists in the most unexpected places. We should never limit supply channels by our thoughts, but we should keep our consciousness receptive to the idea of abundance so that good can manifest in any of *God's* ways.

So how do we get and capitalize on these divine ideas?

For us to be prosperous in any area of our life, we must pay attention to the ideas that come to us. Then we must spend time with that idea until it becomes a clear picture in our mind. And then we must take action to bring the idea into manifestation.

Being from **Louisiana**, an example of a great idea that I am familiar with is **Tabasco Sauce**. In 1868, **Edmund McIlhenny** of **Avery Island, LA.**, created this wonderful condiment. He had an abundance of ripe red peppers that he needed to use. He took the ripe red peppers, mashed them up with a small amount of salt and aged them. Today, they are aged in white oak barrels for up to three years. The "mash" is then blended with vinegar and bottled. The box says that it is made and aged much like a fine wine.

Following through with his idea, has not only prospered the **McIlhenny** family, but **Avery Island**, all of the people who work for the **McIlhenny** Company, and the state of **Louisiana**. Now you can buy green jalapeno **Tabasco** sauce, and you can buy ties, T-shirts and all sorts of **Tabasco** memorabilia. **Tabasco** is so well known, **Tabasco** ties are available at the mall here in

...continued on page 41...

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Things Don't Have to Be So Hard

The good, the bad, hardship, the joy, the tragedy, love and happiness are all interwoven into one single, indescribable whole that is called life.
 -Jacqueline Kennedy

Many spiritual books, including this one, tell us that we should learn to grow from our pain and to bear all the obstacles of life with faith in the ultimate goodness and perfection of this universe. However, it is important to realize that we can grow, not only through hardship, but also through joy.

One of the main secrets of spiritual happiness is that things don't have to be so hard. Spirituality doesn't have to be so hard. Life doesn't have to be so hard. Learning our lessons doesn't have to be so hard. Some people always seem to look at life through the glasses of "everything is hard," and you can be sure that such glasses are bound to affect their experience of happiness and unhappiness.

One fairly advanced level of spiritual growth is to learn to be happy even during trials and tribulations. However, even if we're not always able to stay perfectly happy during bad times, we can at least learn to be happy when things are going well! I know people who have great blessings in their lives, but who complain about being depressed and appear to be much more upset about their few challenges than grateful for their massive blessings.

Some people even find that they are actually happier during tough times, because their appreciation for small and large blessings becomes more sensitized and awakened. Challenges may require us to drop our layers of superficial boredom and dissatisfaction and to draw upon inner resources of strength, fortitude, courage, gratitude, wisdom, prayer, and a positive mindset.

If we can't be happy even when things are going well, then what option does our kind and loving destiny have but to try another approach and shake us into gratitude and happiness through trauma?

In fact, troubles and strife can become somewhat of a habit for some folks. They can give a rush of mental energy, and a stimulus of emotions, and therefore, these catastrophe rushes can actually become addictive habits. Don't you know some people who seem to just land in one tragedy after the other? I've seen some like this, and it's almost like God is using these tragedies as a medicine to shake them into wakefulness, or to help them to feel more alive.

Nevertheless, with spiritual practices and wisdom, we can learn to create the same kind of excitement, enthusiasm, and growth inside ourselves without having to go through so many hard times.

Remember, sometimes life is hard, and sometimes life is not so hard. When it is not so hard, don't make it hard!

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The Science of Deliberate Creation



...continued from page 8...

The ultimate allowing is the ultimate step in the right direction because what allowing really is is moving yourself up the emotional scale until you are such a vibrational match to your source energy that there is no difference in the vibration of your being and the vibration of your source energy. That is the ultimate allowing. That is what allowing means. Allowing myself to be in vibrational alignment with who I really am.

HAY HOUSE: Something that's been amazing is the build-up to this interview. I have been writing down all these questions and that's all just been answered.

ABRAHAM: That is because 99.99% of every creation is completed vibrationally before the physical evidence of it, so this meeting gathered before your physical body gathered.

HAY HOUSE: That brings me exactly to my question because it's about the finer 1% of manifestation. A friend and I have really felt recently, on the brink of this spiritual business, that a really big idea which started a year ago guided us to all of these things and we're at the point now where we just know any moment something is going to happen. It's like, we pick a card from this angel deck and we pick them simultaneously. We've got two decks and all these things are happening. I remember hearing a tape of you several years ago that talked about a click you can actually hear when the manifestation clicks to 100 -- I was wondering what that is.

ABRAHAM: Well what it is, it was not necessarily an audible sound as much it is as a feeling of something clicking into place and it isn't the final 1%. In other words, you start feeling that clicking at about 76, 77, 78, 79. In other words, once you get most of the resistance out of your vibration, then things begin to fall into place and you just know it. It's like here is the best way of describing it.

...continued on page 29...

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The following excerpt is taken from the new book, "Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, and Open Your Heart" by Doreen Virtue, Ph.D. (October 2006 Hay House). It is available everywhere.

No matter where I am in the world or what's on my schedule, I begin each day by reading an inspirational book and then meditating and praying. Whenever I devoted time to my uplifting practice, I was always rewarded with a magical day, new opportunities, and a deep sense of fulfillment. God and the angels want us to lead happy and healthy lives, and they're available to all of us every moment of every day. My prayer is that you'll allow heaven to help, guide, and love you.

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HSP – The Vital Tool in Energy Healing

For many people, the subject of high sense perception (HSP) is something out of Hogwarts School of Wizardry. Some would classify it among the dark arts. For others, it is as natural as breathing.

The majority, however, have little idea what HSP (or extra-sensory perception, as it is sometimes known) is all about or are highly skeptical that it even exists.

The reality is that HSP is normal for all human beings. It has been used in different cultures for millenniums, in religion and in healing work. Many native people still rely on it for gathering information about those who are ill and how to heal them.

When Christianity and then the scientific revolution swept Europe, the Church forbade the use of HSP, associating it with darkness, paganism and the devil. As science came to power, it increasingly regarded HSP as superstition and fantasy. Under that kind of pressure, it rapidly fell out of use.

Now, in the new millennium, the importance of high sense perception is being rediscovered. Eventually, we will develop scientific instruments to measure both it and human energy field (HEF), that other piece of disputed territory. These will prove the correlation between how well the HEF is functioning and the health of the individual, physically and psychologically. They will also help people develop their own HSP.

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By detailed 'reading' of the HEF, which is similar to an electro-magnetic field, and observing carefully how it functions - and how distortions within it result in disease - I learned how to create healing techniques that repair the damage to the field, bringing it and the body back into alignment and health.

At this point, it's worth noting what the HEF looks like. The many levels of the field consist alternately of finely structured lines of light (called nadis in ancient texts) and soft cloud-like energy. Illness shows as disfiguration, tears or shattering of the structured levels and as stagnation or blocks in the unstructured levels.

These distortions will be very clear to a healer with good HSP who will use techniques that focus on them directly. So the ability to see, feel and know what is going on in the client's field is a great advantage and makes healing much more effective, direct and efficient.

It's often said that you only need to put your hands on a person and the energy will go where it is needed. That can be true, but only to a degree. If the lines of light in the client's field are broken, the energy accumulates at that point and the result may be in the negative.

There is another important ingredient in healing through the human energy field and that is consciousness. Physics recognizes what is called the observer effect: when we observe something we interact with it and thereby change it. In most instances, this change is minimal. But the deeper we search into the foundations of matter and into biological systems, the greater the effect. And in the bio-energy field of the HEF it takes another leap because consciousness is part of its basic structure. It is impossible in the HEF to separate energy from consciousness.

Therefore, in a healing, the energy-consciousness in the field of the healer has a considerable effect on that of the client each time we place our hands on a person. And if our fields are not balanced, that effect can be detrimental to the client. Healers who are aware of this will check and regulate their own fields before and during healing work.

With HSP, the healer can also directly read and work on the psychological issues that are part of the cause of the illness, including the deep-seated negative beliefs that damage the field. These also show as dark forms or blocks that disrupt the healthy flow of life energy.

The complexity of the human energy field illustrates the absolute value of HSP not only in working with clients and in our own healing process, but in bridging the gap between energy healing and science.

Ultimately, the ability to perceive beyond the normal physical senses will help direct the research needed to make healing a commonplace practice that is understood and accepted by all.

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This month's thoughts about things...



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time frame. While disorienting at first, it was very freeing and allowed new perceptions to emerge. That was only a warm-up to many very mind expanding sessions using **Hemi-Sync** technology.

I surprised myself by memorizing everyone's name after the first session! I thought that alone was a great testament that something important was happening "inside" my mind.

We'd have several morning sessions and several afternoon sessions, with pre-briefings and de-briefings in between.

We also had a group session where we attained the same state of consciousness without the guided recordings, to let us know we did not need the guided tape to access these mind states, that we could also do it on our own.

It reminded me of meditation retreats I'd done in the past, where we spent several days having various intense meditation sessions.

We'd begin the day in silence, walking long winding paths thru nature as a group, watching carefully each step we place on the ground, then there would be an hour of gentle yoga and some time to journal before breakfast.

Next we would have silent breakfast as a group, then move on to the hall and chant for an hour and afterward sit in silence for two hours, with the vibrations of the chant still running through us.

There would be time to journal before silent lunch as a group and afterward,

another walking meditation through the grounds. Then another hour of chanting, 2-3 hours of sitting meditation, then a free hour before dinner.

During dinner sometimes we could talk and, by the end of several days' silence, everyone's thoughts had quieted down a lot, so the talk was gentle and sparse.

Then back to silence and more yoga before dinner and a group walking meditation afterward, then retire for the evening to journal our thoughts and sleep.

I find retreats like this recharge me like nothing else. I love the silence and love to be alone in nature.

I also love to feel the energy of others keeping silence with me, especially in nature. It is very powerful and soothing. You begin to feel the subtle permeating substance around you of Love, pure Love, connecting us all to each other.

The concept that All Is One falls away as you come to feel and to know that All Is One. That We Are All Connected. That whatever you do to another, you indeed do to yourself.

And then, after I've rebooted that internal computer in my mind, I must come back to 'the real world' and determine how to best apply what I have just learned.

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The Science of Deliberate Creation



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As you're living your experience, out of it is born this new idea and something that we know that you don't quite know that we want so much for you to know is that as you and your friend give birth to this idea, the majority of that which you are in terms of nonphysical energy becomes it.

In other words, that spiritual business that you are talking about has already in terms of the ethers, in terms of vibration, it's already become and the nonphysical part of you, the inner being part of you is that now and is calling you toward it.

So when you get an impulse that really feels good and you follow that impulse, you feel that clicking sensation because you have followed the call of source energy and when you get into close vibrational proximity with that dream that you have dreamed, and the idea occurs to you and you follow through on the idea, there's just no sensation of I wonder if I'm making the right decision. The attitude within you is more like I don't care what anybody thinks, I know that this is what I'm going to do.

The fastest way - and we agree with you - we can feel you on that brink point - the fastest way to close the gap between where you are and where you want to be is by making peace with where you are by saying things such as this is unfolding perfectly and I really don't want to rush it and I'm happy that the laws of the universe are bringing things together for me and I know that everything that we're reaching for and even things that we don't know that we're reaching for yet are being held for me in vibrational escrow and I know that it is unfolding and isn't it fun to see it unfolding and isn't it wonderful right where I am and as you beat that drum of things are good and getting better, things are good and getting better, you close that gap quickly.

But as you know, you've heard this promise before. You never close that gap completely because while you are fast on the heels of your own vibrational escrow, you're also adding to it

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The Science of Deliberate Creation

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so it's always squirting out just ahead, squirting out just ahead and isn't that a wonderful thing. That's where inspiration comes from isn't it.

HAY HOUSE: Yes. So, if you're doing your job and looking at a future job, should you be imagining yourself in the next job or the current job?

ABRAHAM: You would be better off appreciating right where you are because you see the thing that most people don't get about this deliberate creating business is that let's say that you're in a job that you don't like and all through the day you see things you don't like and in the midst of knowing what you don't want you launch rockets of desires about what you do want and those are held for you as we said in vibrational escrow. So then if you are then your work is just to find a way to become in vibrational alignment with what you've been asking for. So as you are looking for things right where you are that you appreciate, then you line up that energy. Creation is about identifying what you want and then not offering a vibration that opposes what you want and so since there are so many positive aspects about where you are, it's bringing

you the money you need right now. It's a consistent platform on which you are standing. There is stimulation within it that is helping you to launch greater clarity into your vibrational escrow. In other words, it's like the story that we tell about Jerry and Esther on their way from Phoenix to San Diego and a good deal of that journey, they're not in San Diego, but they are happy because they are on their way to San Diego and where they are right now is beautiful to see also.



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HAY HOUSE: What about competition. So many people are real competitive and I don't believe in competition. I believe that if we're all giving our gift and doing what we're here to do, there is no competition, but a lot of other people don't feel that way. So what can you say about competition -- I'm speaking here in terms of business.

ABRAHAM: Well we are in agreement with you that there is no competition because there is no limit to the infiniteness of source. Competition implies that there is a finite amount of something and that you are quibbling over who gets how big of a piece of it where when you understand that you are individually having experiences which are causing you to ask and the source is always answering you, competition is beneficial in that it causes you to reach for more than you might otherwise.

In other words, seeing what others are doing and recognizing their success or watching them have success stimulates desire within you and does cause you to launch greater wanting.

In other words, when you ask it is always given and that competition causes you to ask more, but if that competition then feels uncomfortable to you, that's an indication that you're holding yourself vibrationally apart from what you're asking for so we think that the best way to utilize competition in a very beneficial way is to let all of those successful people out there stimulate you to wanting more and then pull your attention away from it if it makes you feel uncomfortable.

Reminding yourself often I can be or do or have anything and these people that I may be feeling competitive about if I feel a little jealous because they have something that I do not yet have, that is what that feeling of jealousy is isn't it?

It's seeing someone living something that I have asked for that I haven't yet come into alignment with and the way I come into alignment with it is by reminding myself that they didn't always have it.

Reminding myself that I am not in competition for resources. That source is always answering me and as you reach for those better feeling thoughts, as the better feeling happens to you, you are releasing the resistance and now all of those wonderful people who have inspired you to more, you want to write them all a letter and say thank you for inspiring me to this for if it had not been for you, I would not have wanted and if I had not moved myself up the emotional scale, I would not have received it.

Encouragement



...continued from page 17...

So try not to let someone else who is copying you bother you . . . instead take it as a very high compliment that they are emulating what you do. And remember that you probably copied it from someone before you. You may have learned it from your parents, a teacher, a book, a movies or an ancient civilization.

There is nothing wrong with wishing and wanting people around us to recognize and acknowledge that we did something good or right. It is a natural human tendency. Therefore, let us all remember to encourage our friends, family, strangers, acquaintances, etc. Tell people you are grateful for their contribution to society. Take the time to tell a co-worker or employee or even your boss, that you appreciate the job they've done. Encourage children and create an environment so they can feel good about themselves along with feeling safe, loved and nurtured. Encourage children to make new friends and have courage

May we have the courage to truly speak and act from our heart. May we follow our heart in all that we do. May we recognize the good that is and acknowledge ourselves and others. May we have the self-confidence and self-esteem needed to make a difference in our lives and the lives of others. May we remain humble.



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Remembering Your Future

..continued from page 10...



Therefore, it has a vested interest in keeping us in our bubbles and shutting down anything that reminds us of another reality. The *Goblin* keeps the filter clogged on purpose so that it remains the false center of the universe inside the bubble. The *Goblin* continuously repeats a song to itself that goes, "Me-Me-Me-Me-Me"—and that's the music we hear much of the time.

The *Goblin* is a clever little creature that keeps our focus on distracting, persistent, and loud noise. It wants us to believe that it's who we are—that its thoughts are ours—and the only identity that matters is its own. The *Goblin* is in the bubble of local reality and has no connection to anything on the outside because it only has the capacity to see itself. So it's safe to say that the *Goblin* is the worst part of our personal identities.

When the sixth sense tunes us in to a nonlocal reality that threatens to pop the bubble, it causes the downfall of the *Goblin*. Remember the *Wizard of Oz*? He was a fraud, and everyone found out that he was just a little chubby man behind a curtain, manipulating people into thinking that he was the all-powerful center of an entire land. The *Goblin* is an imposter, too, because it wants us to believe something that's only an illusion.

Be aware that the *Goblin* has a vested interest in keeping us in a five-sensory universe, so it will lose its power if we see through different eyes or hear with another pair of ears. I'm repeating these concepts so that you see how the *Goblin* affects your reception of intuitive information. Our natural human mind-body-spirit mechanics equip us with a sixth sense, our special radio that receives information before it gets filtered. The radio waves are invisible but always exist in an unlimited supply. The music of the cosmos beams into our receivers, but the *Goblin* plays with the dial and purposely tunes it to the wrong station.

...continued to page 43

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12 Steps Eastern Wisdom

...continued from page 9...



Step Six

We were entirely ready to let go of the delusions of the mind and surrender to the omnipresent universal source. This step is the letting go of the illusions of the past and creating a commitment to surrender and practice the principles of eastern wisdom. It is important to state our readiness for change and acknowledge it within our self, as well as the universe around us.

Step Seven

Contemplated and gained awareness of our shortcomings without judging or condemning ourselves, but allow total acceptance and forgiveness of these ego created quandaries. This step is crucial for one to accept that they are not their ego or minds. We can overcome our shortcomings and come to know our true self, which, is the perfection of pure consciousness.

Step Eight

Began to nurture and practice compassion and forgiveness for ourselves and others who we harmed by our past actions. This step focuses on relieving guilt and regret for the past and beginning now to realize that those actions do not define the self. Also discussed concerning this step would be the ability to eliminate suffering based on karma by right actions and right thoughts in the present moment where reality exists.

Step Nine

Directly apologized with compassion and sincerity to ourselves and to those we directly and indirectly harmed. This is an action step that allows us to explicitly offer our amends to ourselves and those we may have harmed in our past. This step is a continuation of step eight and allows the guilt and regret to further diminish and eventually be released fully in order for us to immerse ourselves in the present moment.

Step Ten

Continued to seek awareness of our true self and practice right thought and right action in each moment of our lives. This step focuses on becoming aware of ourselves on a daily basis and beginning to live our lives fully and sincerely in each moment based on the true nature of reality.

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Spotlight on Global Warming Workshop Weekend Friday Nov. 17 & Saturday Nov. 18, 2006

The Unitarian Universalist Church of Brevard will participate in a nationwide interfaith program on Global Warming on Friday evening November 17 and Saturday November 18.

The Interfaith Power and Light campaign is part of the Regeneration Project. Rev. Sally G. Bingham strongly feels that, "... the religious community can and must lead our nation in finding ways to honor and preserve God's creation. Global warming is one of the moral issues of our time and how we react will define the kind of world we leave behind."



This workshop weekend will actively demonstrate the UUCB support of the Unitarian Universalist Association on Congregations 2006 Statement of Conscience, Threat of Global Warming Climate Change.

Everyone has a stake and a role in reducing global warming emissions. Working together we can change history. We invite you to join us.

Friday November 17

7pm Viewing of HBO's, Too Hot Not To Handle followed by directed discussion.

Saturday November 18

10 AM Viewing of Paramount's An Inconvenient Truth followed by a bring your own Brown Bag luncheon discussion of the film.

1 PM Dr. Bruce Cohen will lead an interactive presentation on the issue.

2 PM What can we do as individuals and as congregations. A directed discussion of the Unitarian Universalist's Study Report on Globe Warming

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With this information, I hold the key to creating the life I want while impacting the planet for good.

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OUR CALENDAR OF EVENTS

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

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Mondays PT CHARLOTTE Psychic Development with John Culbertson and Lisa Freeman. 7:00PM - 9:00PM. \$20/class. Starchild. 941-743-0800

2nd and 4th Mondays of Month MERRITT ISLAND Gain deeper insight into the depth of healing possible. Chiropractor and certified BodyTalk practitioner Dr. Mary Jane Ward will speak on ENERGY HEALING. Learn how tension and stresses can be shifted with techniques that balance, relax and heal. Bring your friends and loved ones. One free demonstration following presentation per individual. Where: Ward Family Chiropractic Clinic, 2137 N. Courtenay Pkwy #24, Merritt Island, FL 32953 (321) 453-7005 Time: 6:00 - 7:00pm

Tuesdays PT CHARLOTTE Basic Tarot with John Culbertson. 7:00PM. \$20/class. Starchild. 941-743-0800
Wednesdays INDIAN HARBOUR BEACH Qi Gong class meets 7:30 AM. Indian Harbour Beach Rec. Center, 1233 Yacht Club Blvd., Indian Harbour Beach 321-728-9700 No charge.

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

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Wednesdays PT CHARLOTTE Kabbala Pathworking with Sandy Anastasi. 8:00PM - 10:00PM Prepayment of \$100 for the lower tree or \$15/session. Starchild. 941-743-0800

Thursdays PT CHARLOTTE Belly Dancing with Sandy Anastasi. 7:00-8:00pm. Free. Starchild. 941-743-0800.

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Thursday TALLAHASSEE Psychic/Spiritual Development Class - 1 Thursday/month - 7:15-9:30 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Held at but not sponsored by United Church in Tallahassee, 1834 Mahan Drive. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

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

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. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

3rd Saturday - WEST PALM BEACH - 11AM-4PM Psychic Saturday- United Metaphysical Church, 528 S. Haverhill Rd, Experience mini-readings. 561-686-0217.

Sundays 9am MELBOURNE Spiritual Lecture Series Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully appreciated. Hield Road is off Minton 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 MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

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

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

Sundays WEST PALM BEACH United Metaphysical Church Service at Unity in the Pines, 6073 Summit Blvd 5:30PM Healing, 6PM Worship 561-686-0217.

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 "Overcoming Fear in Our Lives". Free Booklet.

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm 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 Unity Church of Melbourne, 1745 Trimble Road For information, call 321-254-0313.

Friday - Sunday November 3rd - 5th SUNRISE Become a Certified: Level I & Level II DNA Theta Healer ** Renew Your Original Genetic Blueprint ** 10am - 5pm. Learn: Remote Viewing Skills; DNA Activation Process; Core Belief Reprogramming; Gene Replacement Therapy; Manifestation Techniques; Theta Healing Techniques, And So Much More! Presented by: April Colón-Pagán, CH.t, R.M.T, Certified DNA Theta Healer/Teacher Level I & Level II, Certified Advanced AromaTouch Therapist. Recreate your life with grace and ease. Gift yourself with this phenomenal cutting edge development in energy medicine! This healing discovery has exclusive information that is powerful yet practical effecting all levels of our being, right down to our cellular structure. In this seminar you will learn a healing techniques that will forever alter your life! This technique will show you how to work with the very core of your being in a way that will heal instantly. Investment fee: \$375 Location: Sunrise, FL. Reservation & \$100 Deposit Required. For more info or to reserve your seat, contact April @: (954) 825-9166

November 3-6 PUERTO VALLARTA, MEXICO Prophets Conference on Healing and Health at the Westin Resort and Spa Partake of the healing and health manifesting experiential weekend workshops with noted practitioners, Dr. Judith Orloff, Dr. Eric Pearl, Donna Eden, Dr. David Feinstein, & Dr. John Diamond. We still need a few work exchange staff. email: office@greatmystery.org. Scholarships for tuition are available for those with serious life-threatening illness. email: office@greatmystery.org. <http://www.greatmystery.org/events/health4.html>

CALENDAR CONTINUED ON NEXT PAGE..

OUR CALENDAR OF EVENTS

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

Saturday, November 4 WEST PALM BEACH from 10-4 and Sunday November 5 from 12:30-3 Unity of the Palm Beaches presents Holiday Extravaganza, two days of great gifts, food, and free workshops. 1957 S. Flagler Drive For more info, call 561-833-6483.

November 4, 2006 COCOA CUUPS Chapter looking for Vendors for Fall Artist's Festival. 9am to 4pm. New age and metaphysical artists and businesses are encouraged to participate. Contact Liz Casper 321-525-0636 or Willowfire@earthlink.net for application

Sunday - WEST PALM BEACH November 5 2PM-4PM Free Lecture based on teaching of Bruno Goerning - Learn how to self heal and heal others the natural way. United Metaphysical Church, 528 S. Haverhill Road 561-686-0217

November 13 MIAMI Learn Self Hypnosis \$50. (7-9 PM) Learn how to relax deeply within 1 minute. Take this workshop at 32 Paths: 3444 Main Highway #17 Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

November 21 MIAMI Painless Childbirth Course Introduction. Free (8:30-9:00) How can you have a great birth where you reduce or eliminate fear and pain? Find out in the Miami Maternity Center 140 NE 119 st, Miami. Reference painlessbirth.com or call: 305-772-3643

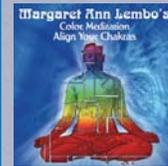
Sunday -WEST PALM BEACH November 26 - Sunday Service 6PM Guest Speaker -Michelle Whitedove experienced Heaven after NDE at United Metaphysical Church Meets at 6073 Summit Blvd. Learn more <http://www.michellewhitedove.com/>

November 30 MIAMI Stress Relief Workshop \$75.(7-9 PM) Who doesn't want to control stress? You can once and for all. Experience this at the Self-Enrichment Center 7800 57 Ave Suite #305, Miami. Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

December 16 ST. PETE gates open at 7 PM GreenSong Grove Yule Sabbat - 2900 31st Street South St. Petersburg FL. Website: greensonggrove.org for more information email Council@greensonggrove.org

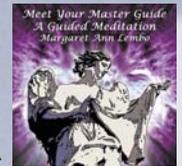
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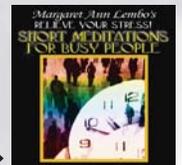
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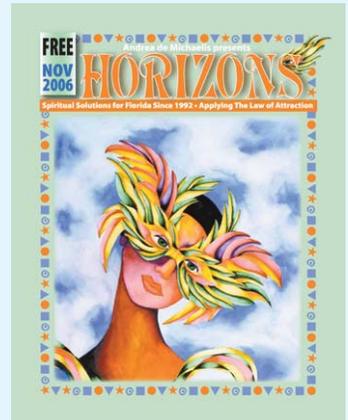
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COVER ARTIST

MASKED By Rita Loyd

*At times I hide behind a mask,
disguising who I am and the
frailties that I possess. But
then the voice of my spirit
emerges and reminds me that
we all fall short of perfection.
And that those who appear per-
fect are wearing a mask as well.*

*So, instead of hiding, I am
prompted to embrace my imper-
fections with love. and with this
inner shift of self acceptance, a radiance shines forth surpassing any
physical adornment I could ever possibly hide behind.*



Inspiration to paint Nurturing Art came to me during a long chronic illness. As my life slowly narrowed around me from lack of physical strength and panic attacks, my ego had no other choice than to step aside, and allow the voice of my spirit to emerge and comfort me through my artwork.

In my art I am guided to paint images that encourage me to grow as a spiritual being. To find the inspiration to paint such images I go through a process of self examination to explore where in my life I need the most encouragement. I do this with a mind set of compassion rather than judgment for judgment can cause me to feel self defensiveness rather than open and honest. As I acknowledge where in my life things are not flowing well, I explore the reasons and the misconceptions that have created this block.

With what I find, I review my spiritual studies and search my spirit to find a message of wisdom. When this message of truth comes to me, I imagine the symbolism that will translate it best into art-form and that is what I paint. Once a painting is finished, it becomes a powerful reminder and a tool for visualization."



See more ART by Rita Loyd <http://www.NurturingArt.com>. Contact Rita Loyd for a FREE brochure of Nurturing Art Greeting Cards, You may email rita@nurturingart.com or call 256 880-3935



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

NOVEMBER

It's getting colder now...I can feel it in my bones! In the cold, cold morning hours...I can hear their moans! It's November, and if we didn't suspect it yet, it's getting colder. November is named for being the ninth month. Ninth? Yep! It's not that the Romans could not count. They could count very well, indeed, but their calendar started with March.

The Anglo-Saxon name was Windmonalh or wind-month. Now, in Florida, I would call September wind-month! That's when we get the really nasty hurricanes. Or, we could call October wind-month since it is the month before the elections! But, that is not history. The name was given centuries ago in northern Europe and in November, the wind was strong and cold!

Wanting thy hand within my hand,
The heart of life eludes my will,
And dimly, through a doubtful land,
The moth of beauty flees me still,
And flutters from my lonely hand.
November, Clark Ashton Smith

October 31 begins the period of time that lasted over the present month of November when the ancient Celts celebrated Samhain, the end of summer (pronounced "sow'een" among other pronunciations). The translation is often given as "summer's end" but is variously "summer sunset" (sam or summer and fuin or sunset). The modern Scots Gaelic name for November is Samhain. The ancient Celtic calendar separated the year into a dark half, starting with Samonios and a light half, starting in Giamonios (April-May). It was at Samhain that the Irish Celts held the festival of the dead (Féile na Marbh).

Until thy mouth be wed to mine,
A secret wound shall bleed in me.
And vain is all the season's wine
And vain her crimson blazonry
Until thy mouth be wed to mine.
ibid

November

Nov 1st - Christian: All Saints Day

Nov 1st - Haiti: Feast of Ghede, Loa of the Dead

Nov 2nd - Mexico: Dia de los Muertos or Day of the Dead

Nov 4th - Baha'i: Feast honoring the Deity as Qudrat, the Divine Power.

Nov 5th - Full Tree Moon at 7:58 AM EST

Nov 5th - Sikhism: the full moon celebration of the birth of Guru Nanak Dev Sahib, founder of the Sikh faith.

Nov 8th - Celtic: day celebrating Gwynn ap Nudd, god of light, who opens the door to his kingdom.

Nov 10th - Birth of Philippus Aureolus Theophrastus Bombastus von Hohenheim (A.K.A Paracelsus), the father of the new medicine based on research...and the most renowned expert on the four elemental spirits!

Nov 14th - Mayan: Beginning of Uinal of Earth on the Mayan calendar

Nov 17th - Beginning of the Leonid meteor shower... Look out your window!

Nov 20th - New Moon at 5:18 PM EST

Nov 20th - Hinduism: Kali Puja, prayers honoring the great goddess Kali (Maha Devi) defender against the demons.

Nov 25th - Yoruba/Santeria: holy festival honoring Oya, Orisha of death and rebirth.

A factoid with which to end the month:

On November 1st, the Cailleach was said to strike the ground with her hammer, making it iron-hard until the celebration of Imbolc, in February. In an ancient tradition, the first farmer who finished his harvesting would make a corn-dolly from the grain he has harvested and then give it on to the next farmer. The corn-dolly was the Cailleach!



12 Steps Eastern Wisdom

...continued from page 33...

Step Eleven

Sought through the practice of mindfulness and meditation to improve our connection with the universal consciousness. This step is meant to be practiced on a daily basis to improve awareness and detachment from the ego's desires. This step will help one maintain recovery and stay focused on the illuminating truth of the universe.

Step Twelve

Having become one with the universal source we continued to practice these principles in each moment of our life, acting as models for those seeking the peace and tranquility of these steps. Finally, this step discusses the continuation of these steps in our moment to moment existence and to share this way of life with others that inhabit this world. To share this wisdom with others is the primary goal of these 12 steps, which in turn benefits the individual as well as the universe as a whole.

My hope is that through the application of these steps at least one human being can discover the principle truth of the universe and escape the suffering of the ego's demands and desires. Copyright 2006-- Richard A Singer Jr.

ORDER NOW FOR CHRISTMAS

Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



Contacting Your Angels, Guides & Teachers



Andrea de Michaelis has designed a new audio series for you. This cd is designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers. While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers. Go into each session with questions you would like answered by your angels, guides and teachers.

Sleepytime Recharge

Play this recording as you are falling asleep for a refreshing segment of restful rejuvenation. Even when asleep, your subconscious mind is listening, so you can still expect change to occur. We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions & beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code. We can retrain our consciousness to create healthy beliefs, and thus create a positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram ourselves and reformat our lives for more personal joy. Our body is a community of 50 trillion living cells, all cooperating as a collective amoebic consciousness, and we direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.



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Email HorizonsMagazine@aol.com Andrea de Michaelis is a Certified Hypnotherapist, ABH



Spiritual Tender

...continued from page 18...



Melbourne, FL. I saw them in the Atlanta airport. The McIlhenny Company sells so much Tabasco, that instead of having peppers that they don't know what to do with, they are having to import peppers because they can't grow enough peppers, fast enough.

Not only has this been a good idea as Tabasco sauce, if you visit the hot sauce section of Albertson's or Winn Dixie or Publix you will find that others have modified this idea and today there are many varieties of Louisiana hot sauce. And each one appeals to someone's taste. Many people and companies are benefiting from this one idea.

God mind is full of wonderful ideas! And the Universe will keep sending out the ideas whose time has come at this point of human consciousness - God is always trying to get a message through to us, but we have to be aware and willing to listen and then to do what it takes, if we want the rewards.

Many of us who pray for prosperity in any area of our life, think that God will answer by dropping a purse in our laps. Not that that can't happen, but generally our prayers will be answered with an idea.

How many of you have heard Rev. Robert Schuller on television? He encourages people to be possibility thinkers. And that's what we have to become. We have to trust that this great universal mind will supply the idea and when God gives us an idea, we need to take action. Ideas can come to us as an intuition or as an aah haa experience, but sometimes they come to us in the form of a dream or from something someone else says. Different ideas require different amounts of effort - different amounts of work to bring them into manifestation. Sometimes the action we need to take is really simple. Like going to a meeting or speaking to someone you don't know.

What ever our prosperity need is, be it for money, or love, or happiness, or health, God will prompt us with ideas. It is our job to be open and receptive to letting God's perfect idea express through us. This week's ever lasting truth is that the Spiritual Tender of the Universe is Ideas. And the next idea we get, might be the next Tabasco Sauce or it might be the urge to say hello to someone who is destined to be our best friend.



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UNITY CHURCH OF MELBOURNE FALL EVENT



Fall Festival of the Arts

Sunday - November 5, 2006 - 10 am to 5 pm

Mark your calendars and be sure to join us for food, fun and friendship while we embrace, celebrate and fine-tune the instruments of Peace we all are!

- Art Show/Sale - 25 exhibits for your viewing and purchasing pleasure (Artists: spaces \$30 ea./reserve today!)
- Entertainment - variety of acoustic music, dance, poetry readings, storytelling
- Children's Activities - puppet show, games, art projects and/or music
- Community Groups Information - learn about/support peaceful causes (humanitarian/apolitical)
- Refreshments/box lunch - Barbecue sandwich or Veggie burger with sides; beverages

This event is in conjunction with our annual fall picnic and "Friendship Sunday." Attendance is FREE for all. Requested love offering for box lunches is \$5.00 min. Proceeds from box lunches, beverage and space rental will benefit UCM and its tithing organizations. Details forthcoming as they are finalized. Call Joan Crutcher at 984-8879 for more information.

This month's thoughts about things...

...continued from page 28 ...



"I want to look back on my life and be giddy with joy that I was the one who got to live it."

So, this month I have learned or been reminded of:

It's refreshing to spend an entire week with like minded others from all over the world, when our focus stays on our common goal with no concerns or discussion over differences. Our sole focus at TMI was the 'work' we were there to do.

Coming together with a group that has the same focus and goal gives me a high powered feeling.

When I feel that high level of power, I get very inspired to new thoughts of what is possible for me and for those around me.

When I feel that powerful internal high, I become more artistically creative and everything around me begins to take on deeper meaning.

Spending time in silence shows me just how much time and energy I fritter away in unnecessary talk (and listening to unnecessary talk). In retrospect, I realize all the years I watched tv, that was mostly unnecessary talk I was listening to. What a waste of my thought-time to listen to that. Also, for me, the news is something else I don't need to listen to. And that has served me well for many years now. If it's something earth shattering, AOL will flash it on the screen to me, or a friend will let me know. In the meantime, I stay aware of only the good in the world - no wonder I'm such a happy camper!

Removing the concept of linear time encourages me to slow down and appreciate more of what is around me, and it's easier to be "in the moment" when you are not watching a clock.

Yes, for much of my work I need to watch the clock, since I work by appointments and deadlines, but this week has taught me that I do not need to be on the clock 24 hours a day.

I was concerned that I would be on a different sleeping schedule than everyone else there, since I typically stay up all night working and sleep from about 6:00 until 9:00 twice a day. I see now there is no reason for me to have to look at the clock to see how much more time I get to sleep before I have to get up. If I stop fretting about the sleep time, it will take care of itself.

I also realize, I don't necessarily need to get more sleep or get on a regular sleep schedule, I just need to alter my perception of how much sleep I am getting and how much sleep I need. Once again, it's all about perception.

And this past month, my perception has broadened a hundredfold. Enjoy our offering this month. Hari Om.



Andrea

As friend **Frank DeMarco** says, "Practice, practice, and make it part of your new routine, rather than allowing it to become encapsulated as "something different I did once." Frank, also a Gateway Voyage graduate, is author of **Muddy Tracks: Exploring an Unsuspected Reality** wherein he relates his personal quest for finding "what is real" in this life and his need for putting meaning back into it. He shows how to use the universe as our teacher, toolbox and oracle through astral travel, psychic abilities, dream analysis, and distance healing.

How might I apply what I've learned?

I will schedule more time to spend in silence and in contemplation.

I will spend more time in meditation, and in creative visualization of what I'd like to be living.

I will spend more time visualizing those things my friends and family want for themselves.

I will spend more time with those I love to spend time with. No more working around the clock.

Don't live with pain ... Let me help

Dr. Vicki M. Merrick

Chiropractic Physician
1326 Malabar Road S.E.

Palm Bay, FL 32907
321-952-7004



Remembering Your Future

..continued from page 32...



Have you ever been in a car with a bratty little kid? You might decide to turn on a children's CD in order to keep him quiet. Even though you're trying not to pay attention, you still have to listen to it, and later those same songs remain stuck in your head, perpetually repeating themselves. Your Goblin is like that unruly child, and you're listening to the station that plays the tunes that your Goblin loves to hear over and over. Without even realizing it, a lot of the time you hear:

You're listening to **Goblin Radio EGO-FM**, the home of suffering and fear! Tune in for our special guest, the CEO of Financial Insecurity, followed by Miss Grandiosity and her little sister, Never Enough, singing their hit songs, "More and More" and "Gimme Yours."

How do you change the station to allow greater personal access to your intuition? Like the bratty kid, the Goblin really just needs a nap! When it's asleep, an awakening of your Higher Self takes place, and you find less blocking your path. You also develop greater natural access to your intuition and can learn how to tune in to a completely different station.

The Conversation for Transformation— Getting to Know the Goblin

To begin the process of recovering your innate gift of intuition, it's crucial that you become conscious of how you perceive the world. How much are you in your bubble? How tight is your hold on defining your world through your five senses and logic? You know that there's more, so how do you bring your local reality into balance with the cosmos? How do you quiet the Goblin and lessen the damage caused by always perceiving separation?

The following exercise will help you begin the process of transformation, providing you with an instant lullaby for your inner Goblin. Use it whenever you're feeling stressed, agitated, fearful, angry, or resentful. It will help you release your wounded ego and restore inner balance so that your intuition isn't blocked. This exercise will also let you build an imaginative and creative relationship with your inner Goblin. Have fun with it, and you'll be amazed by how different you feel afterward!

1. First, put on some meditation music that you really love—preferably with sounds of the ocean or trickling water, as these provide a natural relaxation effect.

2. Sit comfortably in a chair and breathe deeply for about 15 counts. Allow all the tension you're holding in your muscles to release, relaxing your body as best you can.

3. Imagine that you're alone, sitting in the audience of a theater and looking up at a stage that's flanked by a heavy curtain. Behind it is your *Goblin*, the part of you that's expressing the difficult emotion (such as fear, anxiety, or anger).

4. Invite this part of you to come out from behind the curtain and show itself to you in the form of some kind of character. (You might observe a tiny childlike version of you, a funky little fairy, or something weird such as a fuzzy image of sparkles; however, for the purposes of this exercise, the character will be a *Goblin*.) Don't panic if you can't see anything. You can still communicate back and forth with an aspect of yourself that will make itself known—but you may feel or hear it, instead of seeing it.

5. Now invite the *Goblin* to tell you what's on its mind. Let it know that you'll listen to all it has to say. Allow it to rant, emote, stamp its feet, cry, yell, or whatever it wants to do . . . its response will be different every time. It may say nothing, instead sending you mind pictures. However it tries to communicate with you, just hear it out and don't interrupt.

6. When the *Goblin* has finished, imagine yourself rising from your chair and walking up the stairs leading to the stage. Approach the *Goblin* and ask it what it needs from you, reassuring it that you're committed to looking after and loving it. Then thank it for sharing its feelings with you.

7. Take a baby blanket and wrap it around the little *Goblin*. Hold the creature close to your heart, and tell it that with love there's no fear.

8. Next, bring the white light of all the love in the universe through you and into the sleepy *Goblin*, and experience how you feel as this creature is absorbed into your being, filled with love and peace.

9. Ask yourself who's talking to the *Goblin*. What part of you is expressing itself as the nurturer? How does it feel to be choosing to look through the eyes of your authentic self—your Soul Self?

10. Be aware that you aren't your *Goblin's* feelings. The *Goblin* doesn't limit you except by the perception that it imposes upon you. After conversing with it, notice the shift in consciousness as your awareness is restored and balanced and you automatically see through another pair of eyes. Yes, it's that easy!

This exercise is the first step in the process of removing blocks to your intuition. It's been the foundation of my spirit coaching, and I've seen amazing results with everyone who tries it. Remember to keep a journal of your conversations so that you can keep track of the inner transformation that follows.



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, or by email at barbaralee21@verizon.net



HOROSCOPES FOR

Gemini: May 20/21 to June 21 "I Think"

In your friendliness you will be hard pressed to turn down any party invitations, you should go. If you are single and wanting a mate being a couch potato will not find you love. If you are someone's mate then now is the time to be more romantic and increase the communication in all arenas!

Aries: March 20 to April 19/20 "I Am"

This is your time to go underground and work behind the scenes to prepare for the spring. You have prepared the soil well and now you are ready to plant seeds of spiritual growth. In your willingness to create new pathways to success, you will find fulfillment on your journey.

Taurus: April 19/20 to May 20/21 "I Have"

Security is the name of the game for you as usual. The lasting security comes from within, so focus on the growth of yourself to be centered and cognizant of your goals and stay on track. This way of being will lead you to outer success by being inwardly secure and serene.

Cancer: June 21 to July 22 "I Feel"

Home is where your heart is this time of year. Your home is the hearth for friends and family to feel nurtured, loved and spiritually fed. With the adeptness that you feed so many souls, you have to be sure and feed yourself on as many levels as you can, new doors will open.

Leo: July 22 to August 22/23 "I Will"

With transiting Saturn in Leo still on your tail the focus turns to health and wellness structures. This is a great time to start an exercise program, throw out all your outdated vitamins and clean out your closets. If you start a food diary you may begin to understand how difficult it has been to loose those few extra pounds. Now is the time to be the best you can be!

Virgo: August 22/23 to September 22/23 "I Analyze"

Relationships are up for reevaluation this Fall. Just remember that they are your mirror, so be gentle with your family and friends even if you can't be gentle with yourself. Discernment is the higher octave of criticism, be less judgmental of yourself and others will be more loving towards you.

Libra: September 22/23 to October 23 "I Balance"

Whatever happened to putting yourself first? You are the relationship sign, so don't over commit yourself and strive for balance in all areas. Be on the look out to avoid taking on every ones emotional baggage around you. You are no good to anyone in the victim role, your lesson is to learn some boundaries, or at least be reminded of what you already know.



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NOVEMBER 2006

Scorpio: October 23 to November 22 "I Create".
Your passionate Scorpion nature will attract a mate of equal intensity. Be mindful of what the two of you intend to create; "heaven or hell", the power is yours. The symbols in relation to your vibration are: the scorpion, the eagle or the phoenix. Yoga and meditation can help you elevate to a higher vibration.

Sagittarius: November 22 to Dec 21 "I Perceive".
Your belief system has and still is undergoing a huge transformation. The old way no longer works, find a new lamp to screw in a light bulb. New ideas and methods are needed, get outside of the box. Education is a must, take some classes on subjects that inspire you to rejuvenate your life force.

Capricorn: December 21 to January 19/20 "I Use".
The Devil card in the Tarot spelled backwards is "lived", the message is to play and not be so hard on yourself. Your motto should be "I Can". Your life is up to you, make choices that make you happy. Do activities that open your heart and keep your mind fresh.

Aquarius: January 19/20 to February 18 "I Know".
Your relationship is a divine spiritual blessing, someone to grow and play with is an answered prayer. True marriage, people love and support one another, with no room for secrets because of the ability to see each other so clearly. Love is a vibration that soothes both souls and binds the connection for many lifetimes.

Pisces: February 18 to March 20 "I Believe".
Your psychic gifts are awakening! Congratulations or should I say my condolences. It can be painful to feel so much all the time. The trick is to stay grounded doing whatever it takes to keep you focused. Try exercise, breathing, Yoga and meditation, that will be the key to knowing where you end and others begin and still stay compassionate in the process.



Rev. Beth Head

1745 Trimble Road
321.254.0313

Unity Church OF MELBOURNE

New Thought Teachings in Practical Christianity

Sunday Services 9:15am & 11am

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

"Worth getting out of bed for on Sunday morning"

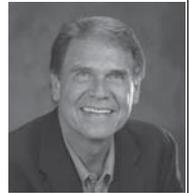
Movie The Peaceful Warrior
Thursday 11/9 7PM
Sat 11/11 7pm
Sunday 11/12 2PM

Hidden Mysteries of the Bible Wednesdays, 10:00 AM - Noon

STING recently saw PEACEFUL WARRIOR and had this to say: Peaceful warrior is an important film, an inspiring film, and a film that could change lives."

Developing Your Spiritual Powers 7pm Wednesdays Each week we will explore one of our soul powers.

Join us as we welcome back Terry McBride "The Heart of Unity" Sunday lesson: November 19th, 9:15 and 11:00 AM Terry's talk will relate making our dreams come true and how that can be a path to "knowing" our oneness with God.



The Way into the Heart of Humanity. The Return of the Teachers

Dr. George Catlin November 2nd 7:00 PM Dr. Catlin is author of The Way to Happiness Visit website www.TheTeachings.org.

"Joy and Abundance your Birthright" Workshop: Sunday Nov 19 and Monday Nov 20 7:00 to 10:00 PM \$40 for both evenings or \$25 for one.

Peace In The Park 10am-5pm Sunday, November 5th. There will be food, music, drumming, crafts, a puppet show and an activity for children.

Thanksgiving Eve Service November 22nd, 7:00PM

Open Forum Thurs, November 30th 7:00 - 8:30 PM with Daphna Moore

Ongoing events

Sunday, November 5th 6:30PM Healing Service
Sunday, November 12th 4:30PM Pranic Healing Services
Tuesdays, 7:30 PM A Course In Miracles
Thursdays, 10:00 AM Love Without Conditions
Fridays, 7:30 What the Bleep Discussion Group

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.

www.unityofmelbourne.com

SUGGESTED READING & LISTENING



Tibetan Buddhist Goddess Altars. A Pop Up Gallery by Robert Beer, Bruce Foster, Tad Wise www.newworldlibrary.com

The Law of Attraction: Teachings of Abraham, by Esther and Jerry Hicks

Timing is Everything: Astrology is the Key by Wes Alistair

Journeys Out Of The Body by Robert A. Monroe

Your Daily Walk with the Great Minds of the Past & Present by Richard A. Singer, Jr. <http://www.yourdailywalk.org/>

From www.hamptonroadspub.com

Muddy Tracks: Exploring an Unsuspected Reality by Frank Demarco
How to use the universe as teacher, toolbox, oracle via astral travel, etc

Eyes of An Angel by Paul Elder A true account of Soul Travel, Angels, Spirit Guides, Soul Mates, and the Reality of Love.

MUST SEE DVD: The Secret Movie also see online at <http://thesecret.tv/>

From www.soundstrue.com

Conscious Business (audio or book) Fred Kofman, Ph.D
Relax & De-Stress (music) Andrew Weil, M.D. & Joshua Leeds
Remote Viewing (audio) David Morehouse, Ph.D
True Happiness (audio) Pema Chodron

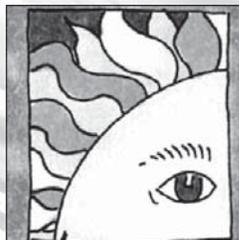


Use Horizons Magazine to create your own Horizons Community Group

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

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

Expand your Horizons!



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, by every thought we think and every word we speak.

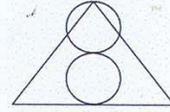
To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less 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*



BioGenesis™



Seminar

Sanford, December 2nd – 3rd

- Location:** SpringHill Suites Orlando North / Sanford
201 North Towne Road, Sanford, FL 32771
(for directions call 407-995-1000)
- Date & Time:** Saturday & Sunday, December 2nd – 3rd
9:00 a.m. – 5:00 p.m. both days (This is a 2-day seminar)
- Cost:** This seminar is Free
(seating is limited—please call for reservations)

This seminar will be presented by David Demaray of BioGenesis. David lives in Denver and travels worldwide lecturing about BioGenesis.

Learn to use the Genesis™ Energy and BioGenesis Tools to:

- Establish balance and harmony in your home
 - Restore your health and vitality
 - Manifest your life goals
-

BioGenesis Tools – In Use Around the World

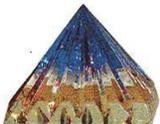
What is BioGenesis?

BioGenesis is a technology that uses spiritual energy to offer many physical and emotional benefits, assisting in restoring harmony in one's body, one's life and one's home. While this ancient technology has not been on Earth since the days of Atlantis, Ascended Masters recently re-introduced this effective energy. Describing the effects of the Genesis Energy on people, Ascended Master Lantos stated:

We speak of regeneration of the most basic element within each individual—the Light of Creation. As this Light returns to the lives on Earth, all things are made possible.

BioGenesis is ever renewing...BioGenesis is ever refreshing...BioGenesis is ever restoring...No cleansing is necessary with these Tools.

For information on BioGenesis, please visit www.BioGenesis.us.



Please call early for reservations or information:

Marla Chirnside
386-473-3530



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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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The Existence Of The Soul

DR. JEAN SHINODA BOLEN
Urgent Message From Mother

DR. RAYMOND MOODY
The Spirits Of The Deceased

DR. MICHAEL MIRDAD
Angels & Lightworkers

Dr. JUDITH COATES/JESHUA
Family of Light

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Living Everyday Enlightenment

JUDITH LUKOMSKI
Activating Your Crystalline Bridge

STEVE SCIULLI
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