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Wednesday, November 24th 7:00 PM
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Always check www.unityofmelbourne.com for possible event date or time changes

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HORIZONS

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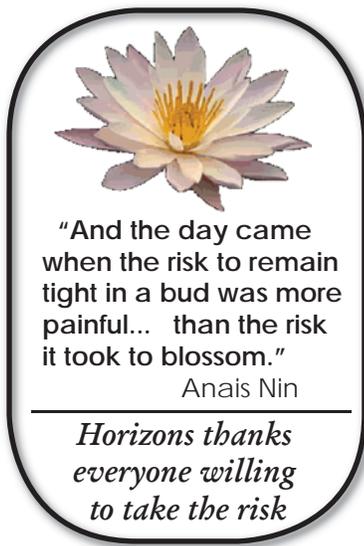
Thanks for help this month
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HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

ARTICLE SUBMISSION: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan. We've heard that "all roads lead to Rome" but in reality, when dealing with issues involving the Soul, all roads don't lead to Rome; they lead to Egypt. This is especially true when you study Christianity and find it is an evolutionary development of a once great Egyptian religion. But I don't care about all that controversy. I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives.

Hello and welcome to the November 2010 edition of Horizons Magazine. Last month Roger Coleman stepped down from doing the monthly Solar and Lunar Celebrations of the Ancients. I wanted to continue the tradition, but first had to familiarize myself with the basics of the many traditions. I basically went through the past columns and pulled the dates and holiday names, then Googled to find out about them. Some have dates that change, like our Daylight Savings Time that rolls back the *first Sunday in November*. Some were tied to full moon dates or astrological aspects. I had to do a bit of research. I pulled out all my old books on comparative religions. I made myself familiar with traditions I knew nothing about. This became less about me finding the info I needed to write a coherent solar and lunar calendar, than it was about me becoming in tune with aspects of the natural cycles that I was not yet familiar with.

If I was to write a preface and do the calendar, I'd have to be feeling it. I'd have to let readers know why I thought it was important. Not just to honor ancestral tradition, but to reinforce the belief I have that every day there is a cause for celebration. And not just a date on a calendar.

Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest. My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When I feel myself to be separate from nature, I feel fragmented and frazzled by my daily life. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. It helps to look for the natural patterns and cycles, and see what relevance they might have in our lives. As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life.

...continued on page 34...

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Addressing the Pursuit of Joy

The reason that the pursuit of joy, or as some have said in such perfect words, following your bliss, is so valuable, is that when you are looking for the thought, word or action that feels joyful--what you are actually doing is holding yourself in vibrational harmony with Source Energy. That is what this is all about: Holding yourself in a place where you're letting it in.

Letting what in? Things that are a vibrational match to joy: Clarity, wellness, abundance, all things that you consider to be good. "And so, today, no matter where I'm going, no matter what I'm doing, and no matter who I'm doing it with--it is my dominant intent to look for those things that feel good."

This process of allowing the Well-being to flow to you is not difficult. It is as simple as wanting enough to feel good, that I'm looking for something that makes me feel good.

I might have to be tenacious in that idea for a little while. I might look at that and it might not make me feel good because it reminds me of something that didn't make me feel good before, or because it might remind me of something that I've wanted and I don't have.

And I might look outside, and it might not make me feel good because it might remind me that the winters are getting closer, and that the days are getting shorter.

It might take some diligence at first. I might say, "That doesn't make me feel good, and that doesn't make me feel good," but if I want to feel good, then I will stay on my search. And if I keep saying to the Universe, "I want to find something that makes me feel good, I want to find something that makes me feel good." If I'm holding that intent, and I really, really mean it, the Universe will yield to me, sooner than later, something that makes me feel good--and I will feel the relief and the release of feeling better.

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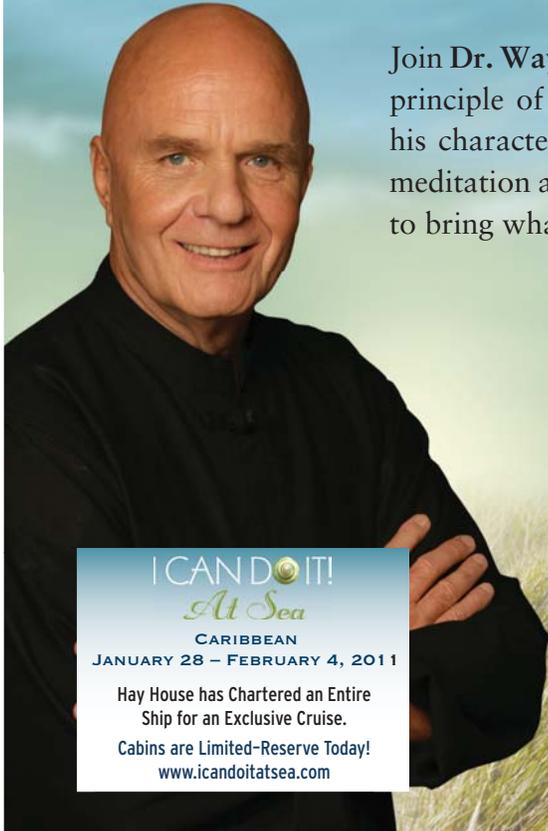
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Dudley Evenson and her husband, Dean Evenson, are award-winning musicians and co-founders of independent record label Soundings of the Planet, celebrating 30 years of creating Peace Through Music. They are sound healing pioneers and have produced over 60 albums since 1979. The Evensons will be teaching a workshop called Meditating with Music, Thurs. Nov 4 (7:30-9:30) at The Crystal Garden, 2610 N. Federal Hwy, Boynton Beach, FL. Contact Soundings of the Planet, www.soundings.com.

All cultures on every part of the planet, from ancient times to this day, have used music in some way to lift the spirit and to enhance the healing process. Sound affects us on all levels from the emotional to the physical, and reaches into our very depths, resonating through every cell and molecule of our being.

Music because of its nature is a link between the external and internal worlds, a bridge to the spirit and a doorway to the soul. Sound affects the vibratory rate of every part of the body and has a direct impact on the mental processes, muscles, nervous system, digestive system and circulatory system. It is no wonder that health care practitioners have discovered the benefits of using music as a support for the healing process.

It is rare to have a healing session these days without the presence of peaceful music in the background. Why is it that music and bodywork go so well together? In addition to the pleasant environment that music provides, there are many reasons why music actually supports and extends the benefits of the healing session. In this article, we will explore a few of them.

It is interesting to note that both healing music and massage began to have a popular acceptance about the same time. The 1970's were a time of new innovations and explorations into healing and consciousness so when a few pioneering musicians began to create a more spiritual and meditative form of music, it was natural that the newly blooming massage therapy and bodywork professions would discover its benefits for their practice. In addition to a good massage table and fragrant massage oils, good music became a must-have part of a massage therapist's medicine kit.

Surrounded as we are by the monotonous 60 cycle per second hum of machines and consuming urban life, the tendency

...continued on page 38 ...



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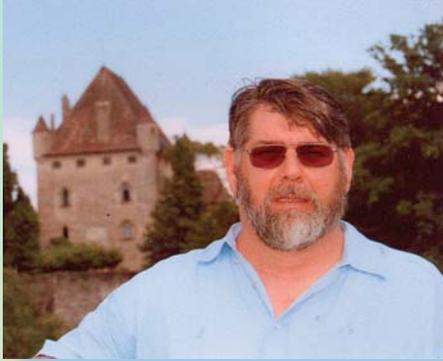
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Albert, professional psychic over 35 years, is an Ordained Minister, Certified Psychic from Cassadaga, FL. He was a Project Manager and Lecturer with Edgar Cayce Foundation and Association for Research and Enlightenment. He hosted a TV show, and made many television guest appearances. He taught Parapsychology 1 & 2 at the University of Florida and was invited to Russia to study the Paranormal with Psychics and Scientists.

TESTIMONIAL:

Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about.

You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October!

Thanks, Janette

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HERB CORNER



Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Call 321-757-7522

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There are over 750,000 plants on planet Earth and they all contain chemical compounds that can be converted in to hormones, vitamins and minerals to sustain human-kind **Hippocrates** once said **"Let your food be thy medicine, thy medicine shall be thy food"**. In healing herbs address the root cause of the condition not just the symptoms working like precision instruments providing over-all support for the body.

With the introduction of scientific pharmaceuticals herbs became associated with quackery, witchcraft and voodoo. What I find interesting is that science still pooh-poohs' herbs yet they are extracting chemicals from plants that are beneficial for health conditions; the same plants that herbalist for years have used for the same conditions. Today more than 25% of our medicines originate from isolated plant compounds or synthesized versions those compounds. When this is done side effects occur because pharmaceuticals don't work synergistically like plants do. Even Eli Lilly the originator of the pharmaceutical company once said "a drug isn't a drug unless it has side effects.

What science forgot to do is look at the whole plant. With the infinite wisdom of the creator there are chemicals in plants that can be dangerous but when using the whole plant there are also chemicals in the very same plant that are protective much like an antidote.

I am not saying that pharmaceutical medicines are bad they do save lives. I just become very upset when I still hear Doctors calling herbs "voodoo". I believe that herbs and pharmaceuticals can safely be used to complement one another physicians and herbalists can work together. It wasn't that long ago that a member of my family developed a rare brain tumor so rare that before him no-one survived and his only option was radiation no surgery or chemo could help. He opted for radiation plus herbs and he informed his physician of this Docs' reaction was "as long as the herbs don't cause side effects". Using my herbal training I blended herbs to protect his body from the side effects of the radiation and herbs that had been found in the past to shrink tumors. I am glad to say that over eight years later he is doing well. His doctors are still amazed. He never got sick or missed a day of work throughout his treatment.

Today more and more people are becoming dissatisfied with pharmaceuticals and their side effects. Some of the side effects are worse than the original problem it seems that barely a month goes by that I don't see yet another law-suit on television for another medication. If you are considering a new medication you may want to Google it along with the phrase in quotes "class action lawsuits". You may be surprised what you find.

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Nov. 7 - Quantum Touch Class - Call for Details

Nov. 13 - Body, Mind & Spirit Fair - 10 am-3 pm

Nov. 13 - Gemstone Class - 3:30 pm-5:00 pm

Nov. 20- Herb Class - 9:00 am-11:30 am - Herbs for Kids

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Every morning, I take a walk for a half hour. I usually follow the same route through my neighborhood and greet the same neighbors and dogs on their daily ritual, as well. I use my walk as a time of reflection and preparation for my day. I honor myself with time for prayer and gratitude so that my day begins with a focus and perspective which serves to buoy my spirit in the sea of rough water and tides of daily life. Rarely do I make frivolous requests of spirit, or even ask for guidance. Rather, I begin my day with gratitude by re-counting all my blessings and inviting more good into my life.

VISION: Thank you God for my eyes. Let them remain clear and my sight true. I'm grateful that I see the full colors of springtime, the smiles of those people I encounter in my life and the panorama of this beautiful country. Also God, thank you for my vision. Beyond my physical sight, I thank you for my spiritual sight. I'm grateful for my ability to imagine and to see in my mind, all the things possible and not yet manifested; all the work I want to accomplish and all the abundance this life offers me. I'm grateful I can see-through misperceptions as well as take note of joy in observation. Thank you God for my optimism and strength and the natural inclination to see the half-full glass and know that life always works out.

My thanks to you, God, for my inward vision. I see my role in the world and I look inside of myself so I may clearly integrate your gifts into life surrounding me. My inner focus allows me to grow stronger as I take note of my truth and recognize all the talents and abilities God instilled in me. Here, as I look inward, I acknowledge all that I see with grace

and realism. I accept my strengths and take note of my weaknesses knowing that this self-actualized telescope serves to embolden my observation and allows me to reach for the stars inside of who I am.

SOUND: Thank you, God for my ears. Sounds of nature float on the wind into my range of hearing, only to repeat in my mind over and over so that I can relive and enjoy the earth's expression. I'm grateful for hearing a pin drop as well as lightning strike. I'm grateful to hear music and laughter and animal-speak. I appreciate the comforting sounds of my friends' voices, as the tonal familiarity provides love and comfort from close and far away. I remember the voices of loved ones passed on and the resonance of their spirits engulf me with a vibration of memories, both fond and precious.

Even more, thank you God for my ability to listen intently to life and hear in the still small voice of my heart, your whisper of truth for me. God, your voice inside me protects me from harm, serves as my intuition and brings me comfort in times of strife. Thank you, thank you for allowing me to hear you as my soul grows ever mindful of the sound of my life's heartbeat.

SCENT: When I breathe in the aromas of life around me, I thank my Creator for my sense of smell. Smell, the unspoken and invisible travel guide and memory evoker, provides me with my positioning in life with every inhalation. I enjoy the spring blossoms, the impending storm, the waft of baking cookies and I breathe life in deeply through the filters of scent. In addition to olfactory sensations, smells also bring us awareness of the presence of life around us. From the favorite perfume of a passerby lingering the air, to the warning smells of a gas leak, I thank God for the window of smells which enable me to experience the past, present and future in one elementary sensory input. Smells touch our memories by reminding us of our youth and return us to a time of security and familiarity with an emotional impact.

Thank you God as well, for my ability to discern life's ups and downs. From "smelling a rat" to stopping to smell the roses, I accept that life operates out of the unseen beyond what appears as true. With this discriminating ability, I trust that life poses a more aromatic experience so that I can fully enjoy a sense of understanding and intuition.

...continued on page 27...



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Dear Whitedove, My best friend has been praying and she told me that she's looking for a sign or an omen that an opportunity will open up for her. I'm confused as to what kind of sign would be needed to convince her to go in a new direction? Jobless in Portland

Dear Jobless, In communicating with the Divine, prayer is the method to communicate your issues and to give thanks. Once we hand our problems over, then we must be open to receive a solution. Meditation is the best way to listen for answers to your prayers. Asking for a sign or omen is the next best thing. These signs can be small, or they can be grand, but they always ring true when you understand that the message is for you. If your friend was insightful enough to ask for an omen then have faith that she'll follow the guidance.

Dear Whitedove, I'm confused by all new age terminology: psychic, medium, intuitive, and channel. I want to experience a "reading" but I'm not sure what type of person that will help me. Inquisitive in Montana

Dear Inquisitive, First I'd tell you to get a personal recommendation from someone who has had a session before selecting a reader. I make the analogy: readers are like doctors, each one is at a different skill level. Some are still in training, others are specialists, and then there are quacks that don't really care, it's just a job for them. You should sit down with someone who has a good reputation, so you can come away with clarity.

The definitions are pretty simple, a psychic is someone who can read your energy, and can look into your past, present, and future. A psychic-medium can read your energy plus connect to souls on the other side. A channel is connecting to the divine, the Universal Consciousness, the Angel Kingdom, Spirit Guides and the Masters for higher spiritual knowledge. Everyone is intuitive so this term is used loosely and varies from person to person. Be sure to ask the reader about their gifts, so that you are assured that they have the skills that you are looking for in a reading.

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Dear Whitedove, I hate holidays with my dysfunctional family! How can I get through another Thanksgiving without a family feud? Lots of Turkeys in Iowa

Dear Turkey, It's easy to complain, but you have to take responsibility for your part in family disagreements. Biological family ties are important. We each come into this life with karmic ties to our family members. They have lessons to teach and we have experiences to learn from. Family members are your teachers, so try to find the lessons.

This Holiday season I encourage you to work on healing these relationships. Its easy to fall into a rut and take for granted the very blessings that are bestowed. Every day we should give thanks and be appreciative for all our blessings from the mundane to the exceptional. Thanksgiving is a time to be grateful for all the abundance that Mother Earth provides: crops harvests that nourish us, animals and water that sustains us. Lets take the consumerism out of the Holidays and get back to the basics of what is truly important: the love that you give, and the love that you receive. Be thankful for the family that you have.


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The Wisdom of Doing Nothing



Valerie Saurer is the founder of The Attitude of Gratitude Project, which maintains an interactive gratitude journal at www.facebook.com/aogp.org as well as the Living Gratitude Blog at <http://living-gratitude.wordpress.com/>. She is also the author of the Prosperity Project, a recurring feature on her blog at <http://thenewbookofclues.blogspot.com>. As a public speaker, her focus is on gratitude and the law of attraction. Email Valerie@aogp.org.

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CASSADAGA

Sometimes, the most productive thing that we can do is to do nothing at all. We are always in such a hurry to do the next thing, especially those of us with dreams and ambitions and goals. We've got some place to go, and we know that the only way to get there is to keep making progress. So we push on. My brother and I have a saying about this that cracks us up. It is a syllogism, an illogical statement couched in terms of logic:

I must do something.
 This is something.
 Therefore, I must do this.

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Sure, it's easy to laugh now, while you're sipping coffee in your big puffy chair; but when you're in the midst of a critical moment, when you're just certain that what you do next will make or break you, it's easy to forget that sometimes it really is better to do nothing at all.

When life becomes chaotic and things are going differently than how you would like them to go: when your relationship is falling apart, when conflict arises at work, when someone you love is headed down a self-destructive path, it is very common to become convinced that you need to do SOMETHING to change things. In those instances, you get an idea of what might help the situation and since your idea is, after all, something, you go for it. Doing something is better than sitting around and doing nothing, right? Wrong.

We tend to get attached to particular outcomes. In our head, we have a vision of how our children should be acting, how our partner should be acting, how our work should be going. We get confused into thinking that just because we want something to happen a certain way means that any other way is just plain wrong. We get angry when things try to unfold in a different direction, and we step in and try to control the situation. We try really hard to make things go our way. That's when we tend to get into trouble.

...continued on page 27 ...

From the Heart

Alan Cohen is the author of many popular inspirational books, including his new metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show *Get Real* on Hay House Radio at www.hayhouseradio.com, and join him on Maui in March 2011 for the Life Mastery Training. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Just Press Delete

When I listed a property for sale on Craigslist, I received a few bona fide inquiries along with lots of replies from scammers. At first I took the scammers seriously and engaged with them until it was obvious their inquiry was illicit. After a while it was easy to distinguish between honest people and conmen.

One day I received a scam inquiry that was unusually long and complicated. The supposed buyer wove a lengthy tale about why I should turn the property over to him before he paid, and blah, blah, blah. As soon as I smelled the ruse, I realized it would be a waste of my time to read another word, and I just pressed "delete."

This interaction symbolizes how we can deal with the ranting of the ego, ours or others. The ego, as *A Course in Miracles* explains, is, by nature, a scam. It is a false limiting identity and world view based on illusions. It tells us that we are separate from God and each other, we are limited to our body, and that attack, defense, and conflict are the ways to gain happiness and success. None of this is true, but the ego goes on and on and on about why we should follow its bloody dictates.

When we encounter someone who is absorbed in their ego, we do them and ourselves no service by engaging with them at the level of illusion. If they are upset or attacking us, they are in fear ("Hurt people hurt people") and the answer to fear is not more fear or attack, but love. To not engage with fear is to heal it by removing the reinforcement of attention. Country wisdom tells, "Never wrestle with a pig. The pig likes it, and you both get dirty." Not to identify a person as a pig, but to recognize that the part of them that wants to duke it out is not the part you choose to meet.

Native American folk lore tells of a brave who came to the tribe's medicine man and told him, "Two wolves are continually fighting in my head. One of them is kind, beautiful, and sane. The other is ugly, vicious, and crazy. Which one will win?"

The elder replied, "The sane one will win."

"Why is that?" asked the brave.

"Because that is the one you will feed," answered the medicine man.

A college behavioral psychology class did an experiment that proved this principle. The class professor had a habit of



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pacing back and forth in front of the classroom while he lectured. When the professor stood on the left side of the classroom, the students paid attention to him, took notes, asked questions, and laughed at his jokes. When the professor stood on the right side of the classroom, the students looked away, did not engage with the lesson, and ignored the teacher. It was not long before the professor was teaching strictly from the left side of the classroom.

When someone attacks or tries to scam you, they are standing on the right side of the classroom, and that is the time to withdraw your attention and energy from them. When they engage you in a kind and meaningful way, that's the time to empower them. You are sending them the message, "If you care to speak to me intelligently and respectfully, I will be happy to interact with you. Otherwise I will not respond. I do not engage with people who abuse me." You might actually speak these words, or you might simply let the principle quietly be your guide. If you are true to it, you will get results.

"Denial" has become something of a dirty word in pop psychology and recovery circles because so many people have been in denial of their self-defeating patterns and addictions. In this sense denial is indeed a process to be illuminated and healed. Yet there is a form of positive denial that we need to employ if we are to advance in our personal and spiritual growth. It is to deny credibility, attention, and power to illusions, lies, thoughts, behaviors, events, and people that would hurt us. When you deny an illusion, you affirm the truth. You can't have both living in your house at the same time (although we have all tried).

One more note: Be equally willing to ignore, deny, and withdraw reinforcement from your own ego games, attacks, and scams. When you go crazy, don't get involved with your own drama. Be as vigilant to refuse to engage with your own crazy self as you are vigilant to refuse to engage with the insanity of others.

The next time you smell a scam or the hint of one - from your own mind or someone else's - press "delete" before you become enmeshed. There are lots of wonderful, powerful, uplifting, rewarding, and inspiring conversations you could be experiencing instead. For those, simply press "save."

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

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

Wednesday OLD DOWNTOWN MELBOURNE Restless Natives Writer's Group evenings 6pm On The Shelf Books. Writers and Poets. All levels welcome. Please call to sign up 321-724-2482

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

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

Sundays MELBOURNE 10:00am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

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

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

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

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-474-7348

Saturday, October 30th JACKSONVILLE 10:00 a.m. to 5:00 p.m. Move My Spirit Tour: An Indigenous Healers Movement brings together practitioners, authors, and speakers who are engaged in alternative healing modalities worldwide. www.mmstour.com or email info@movemyspirit.com.

Thursday NOV 4th BOYTON BEACH Dudley Evenson and husband Dean (see page 11) are award-winning musicians and co-founders of independent record label Soundings of the Planet, celebrating 30 years of creating Peace Through Music. They are sound healing pioneers and have produced over 60 albums since 1979. The Evensons will be teaching a workshop called Meditating with Music, Thurs. Nov 4 (7:30-9:30) at The Crystal Garden, 2610 N. Federal Hwy, Boynton Beach, FL. Contact Soundings of the Planet, www.soundings.com.

Saturday, Nov 6th MELBOURNE-VIERA Psychic Fair FUNdraiser 9am-5 pm Holiday Inn Conference Center, 8298 Wickham Rd, I-95 Exit 191. Tarot Cards, Psychics, Energy Healing, Mediums, Aura Photography, Chair Massage. Raffle of fabulous gift baskets totaling over \$2,000. 321-631-3047

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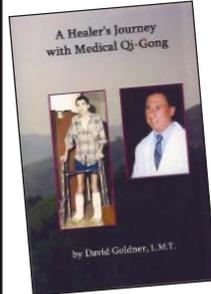
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Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs,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

That's Funny

One of the best things I can do in a difficult situation is to find good aspects of it. The only way that difficult circumstances can improve long-term is for me to bump up the way I'm thinking and feeling. Since my thought pattern drew the circumstances to me in the first place, things cannot change until I practice better-feeling thoughts.

But sometimes it's tough to find positive elements in lousy events or churlish people. At those times, I try with everything that's in me to find humor. When I can chuckle at trouble, I can transcend trouble. Laughter is a high vibration that paves the way for things to clear up. I can spoof and parody my difficulties. I can make fun of myself and my own doom-and-gloom reactions. I can use problems as an excuse to act zany and silly. I can ask myself, "What would Homer Simpson do in this situation?"

I can keep a scrapbook or notebook of favorite jokes and cartoons and haul it out when the going gets tough. Sometimes life doesn't seem very funny, but I can learn to look at it in a funny way. And I can triumph.




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What is Not

There is no God who "plays god" in my life. There is no God who sometimes blesses me and at other times withholds blessings because I don't deserve them or because He wants to teach me a lesson or two. There is no God who tinkers with my fate.

There is no karmic debt that I must pay off before good things can come my way. There is no evil as a power unto itself. There is no source of darkness that wars with the light.

I am an individual unit of God energy. I chose to come into physical expression because I anticipated the joyous adventure of creating via my thoughts in this unique environment. I also knew that through having desires and focusing my attention, I would have the thrill of participating in the expansion of the Universe, for I would be creating situations and events that had never existed.

I also knew that Law of Attraction - like attracts like - orchestrates all creation and that by focusing on what I like and want, I would continually magnetize those very things. I knew I had a guidance system in the form of my emotions and that when I felt good, I was going in the direction of my desires and that when I felt bad, my thoughts had taken me off-course.

I once knew all of this. Then I learned to disregard my emotions. Then I had a memory lapse about what's what. And now...in great joy, it's all coming back to me.

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We're Not Perfect--We're Human

How do we learn? By doing. As Aristotle said, "For the things we have to learn before we can do them, we learn by doing them." Yes, everything is best learned by doing. A primary reason people don't do new things is because they want to do them perfectly--first time. It's irrational, impractical, unworkable--and yet, it's how most people run their lives. It's called the Perfection Syndrome.

Whoever said we had to do it perfect? Our parents. And if not our parents, there were those bastions of perfection--school teachers. For the most part, we weren't taught to set our own goals and to achieve them. In addition, we had to achieve someone else's goal in "the right way." Merely reaching the goal was not enough. The goal had to be attained the way someone else (whoever was teaching us) thought was the "best way" (that is, their way).

I say, don't worry--just DO IT! Don't worry about "right way"; don't even worry about doing it "my way." DO IT! When it's all said and done--when you've reached your goal--you can look back and discover what your way really was. As Margaret Mead said, "The best way to do field work is not to come up for air until you're done." Amen.

When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So what the hell, leap. CYNTHIA HEIMEL

Most people have an ideal image of themselves. If they can't perform according to their own imaginary standards of perfection, they "take their ball and go home." As Cardinal Newman observed, "Nothing would be done at all if a man waited until he could do it so well that no one could find fault with it."

"Men would like to learn to love themselves, but they usually find they cannot," Gerald Brennan explained. "That is because they have built an ideal image of themselves which puts their real self in the shade."

This "ideal image" of ourselves--the one that's "perfect" and won't let anyone see us as other than perfect--we must send on a long field trip somewhere. Maybe Alpha Centauri.

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The only way to even approach doing something perfectly is through experience, and experience, as Oscar Wilde observed, "is the name everyone gives to their mistakes."

Mistakes are excellent teachers. Sir Humphrey Davy wrote, "I have learned more from my mistakes than from my successes."

Make as many mistakes as you can, as quickly as you can.

"Show me a guy who's afraid to look bad," said Rene Auberjonois, "and I'll show you a guy you can beat every time."

Set out each day to look foolish, stupid, blundering, awkward--anything you consider the perfect representation of imperfect. In this way, you shatter the false image of a "perfect self," and get used to being a stumble-through-it, catch-as-catch-can, make-do, seat-of-the-pants, mistake-making human being--just like every other successful dreamer. After all, it's not perfect being perfect.

Be Prepared to Be Scared

When we put ourselves on the path of expansion by committing to a goal that's outside our comfort zone, we're going to be given a lot of opportunities to expand. We are not going to be able to choose all those opportunities for expansion.

...continued to page 30...



Abraham-Hicks

...continued from page 9...

And then I will say, "Ah, that makes me feel good." And as I focus upon that for as little as 17 seconds, now I'm off and running. Suddenly, the things that were in my vicinity that were not making me feel good, I do not have vibrational access to any more. Now, I'm on a rampage of things feeling good.

There is nothing more productive for any of you, than to get on a rampage of appreciation relative to any subject of your desire. Because you cannot be in the state of appreciation and at the same time hold yourself vibrationally apart from something you desire. They are two opposite vibrations.

You cannot appreciate the idea of a relationship and hold yourself apart from one at the same time. You can't appreciate the idea of a healthy body, whether it is yours or someone else's, and hold yourself apart from it at the same time.

When you are in the vibration of appreciation, you are in the vibration of allowing. Whatever it is you are appreciating, you are allowing, with that much more emphasis, in the now. In other words, it speeds the process.

If we were wanting to reach for joyful experience, or the experience of connection, we would superimpose the word "appreciation", because it is a purer vibration for most. When you say, "I want that, or I have to have that," sometimes it can get messy. But when you say, "I surely do appreciate that," there is very little contradictory vibration within you. And you are much more likely to then use that as your excuse to allow what you've been telling the Universe, all along, with your yippees and yahoos, that you are wanting.

The art of letting it in says, "Well-being abounds, and I'm a worthy receiver of it. And when I think that thought, I don't let it in. When I think that thought, I let it in a little more. And when I think that thought, I really let it in. I choose that thought." Do I choose that thought because it is reality? Do I choose that thought because my parents agree with it? No, but I choose that thought because it lets it in.

Do I choose that thought because statistics say it's the truth? Do I choose that thought because a lot of wise people choose that thought and therefore it must be a good thought? No, I choose that thought for only one reason: in choosing that thought, I feel better. This thought feels better than that thought. This thought feels better than that thought.

The Art of Choosing Thoughts That Feel Better

So, "I'm a good person. I have so much to learn." Did one statement feel better than the other?

"I am incomplete. I'm an eternal being." One thought feel better than the other?

"There is sickness in my body. My body's ever-changing."
"There is sickness in my body. The Universe yields to my vibration."

"I don't have enough money. The Manager is lining things up."
"I don't know where to go. I will find the way." "No one really understands me. It's not their job." "I don't like the way you treat me. Law of Attraction is matching us up." "I can't be happy if you do that. I'm the creator of my own experience."

It is not difficult for you to tell which thought feels better, is it? Those were similar vibrations, and yet you were able to discern a marked difference in the way they felt. You are students of Deliberate Creation. You are in an advanced arena. You are doing enormously well. Have fun with all of this. Be easy about it. There are no trials. You cannot get it wrong, and you will never get it done.

Make a decision that in this moment, in this one, "I'm going to look for an excuse to let it in."

...continued on page 33 ...

Tod McNeal's

NATURE'S HAVEN SPIRITUAL SPEAK

"How can we ever know each other, when we refuse to know ourselves...Because I love myself, I can love you in turn. And I do love you!" -David Pemberton -

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Sense of Gratitude

...continued from page 14...



TASTE: Perhaps the most enjoyable sense is that of taste. We remember how food tastes and yearn to enjoy it over and over again. Thank you God for responsive taste buds so that I may experience the robust flavors of your bounty. From bitter to sweet, sour or salty, I lavish a palette of flavors on my palate! I'm grateful I eat foods that taste good and are good for me.

Even more, thank you God for the panache of personal taste! Often we identify others by the style of their personality they choose to present to the world. Taste, or flair, or personal charisma, our choices speak loudly to our self-consideration. Our taste in fashion, color, style and even the company we keep, loudly eludes our sense of individuality and confidence in the choices in our lives.

We can want something so much we can taste it, or something may leave a bad taste in our mouths. Assuredly, our sense of taste affords us a richer interaction with our life experience through a ripened appreciation of a well-lived life.

TOUCH: Our body's largest organ, the skin welcomes the touch of another with thousands of nerve endings responding accordingly. Thank you, God for my marvelously profound armor that both protects my spirit and reacts lovingly to life. As I often take my touch for granted when my body carries me down the street, I thank God I can feel the impact of the hard pavement beneath my shoes. I'm grateful for the wind brushing against my cheek and my hair tickling my forehead. These alarmingly small interactions with life bless us with sensual enlightenment as we know, for certainty, we are of this world and in it.

And God, I'm grateful for my loving heart. I'm so happy to react with sentimentality and emotion when I allow loving experiences to blush into my life. Sometimes life grazes me with wisps of change and other times profound spiritual bruising occurs when I resist a life lesson. Thank you, thank you for a grateful heart that continues to be touched by the miracles of life around me and basks in the sunlight of the Universe.

Thank you God for the "little something extra" you give me every moment of every day! My intuition mellows my fears and guides me through tough times and provides me with accurate hunches. Thank you for my cognizance of the world I live in and the recognition of the beauty of time spent alive and well.

When you flow with appreciation, you live an abundant life through observations of vision, reverberations of the mechanics of life, aromas of evidence of things newly released, the taste of the good life and the touch of the human spirit.

The Wisdom of Doing Nothing

...continued from page 16...



One of the most difficult things to learn is recognizing when to step out of the way and let events take their own course.

*Therefore the Master
acts without doing anything
and teaches without saying anything.*

*Things arise and she lets them come;
things disappear and she lets them go.*

*She has but doesn't possess,
acts but doesn't expect.*

*When her work is done, she forgets it.
That is why it lasts forever.*

...

*Practice not-doing,
and everything will fall into place.
(from Tao Te Ching)*

Today, I'd like to offer a clue that might help the next time you find yourself frantically pushing forward. Stop. Become still within yourself, and just stop. Take no action whatsoever, and just wait to let the situation play itself out. Become the observer, and stop trying to pull everyone's strings.

When we are in the flow, following our heart's true path, things are easy. Work is effortless, and our hearts are light. When things become complicated and hard, it means that we have lost our center. When that happens to you, stop. Let go of all of your pre-conceived ideas of how things should be playing out, and just observe.

Better yet, don't even observe. Go outside and play. Laugh with your friends. Plant a garden. Sing a song. Ride a bike. Watch a movie. Most importantly, STOP THINKING ABOUT IT. Just go do something else for a while. When next you give the situation your attention, all recharged and happy, you will find that things have managed to sort themselves out without you.

Then, you can go back to doing nothing.

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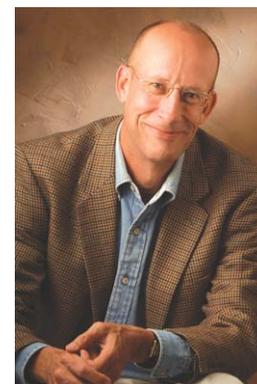
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NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the best-selling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

**Oh, you're going to laugh
alright, but not just at the
funny clothes you wore, or how
naïve you thought the animals
were, or by the unrecognized
angels in your midst.**

**But at how close you were
when you thought yourself far,
how much more strength you
had when you thought yourself
weak, and how easy life was
when you thought it hard.**

Stitches...

The Universe

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Using a 200 year old family recipe and a fifth generation iron soap pot, Deborraha Burnett makes Scottish Lye Soap at the **No Sweat Soap Factory**. She may be found at Living History events, old-time music festivals, craft fairs.

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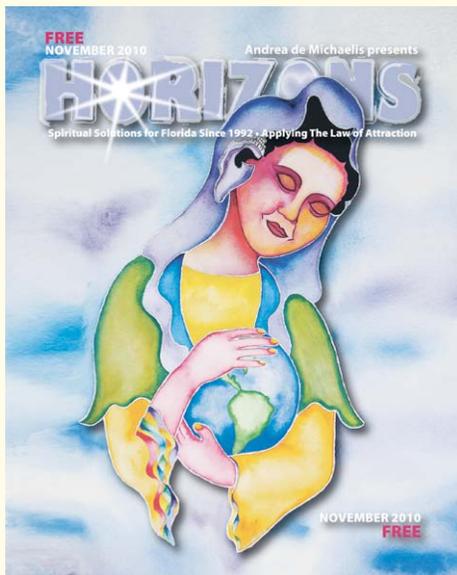
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We nurture spiritual growth When we ask ourselves, how we can be more Compassionate, Loving, Understanding, Tolerant, Strong, Forgiving, Optimistic, Grateful, Mindful, with ourselves. And with each other.

Rita Loyd is a professional watercolor artist and writer. The message of her work is about the healing power of unconditional self-love. Rita began painting in 1996 as a way to cope with chronic illness and depression. Through this journey, the creative process became her teacher, healer and friend who would guide her to find the true meaning and experience of unconditional self-love.



Rita writes about this experience and all that she has learned about unconditional self-love in her new book entitled **Unconditional Self-Love: What It Is, Why It's important and How to Nurture It in Your Life.**

Inside her new book you will find four sections. In section one, Rita tells the story of how she became an artist of healing art and how the creative process taught her to unconditionally love herself. In section two, she shares all that she has learned about unconditional self-love including what the difference is between ego based self-love and spirit based self-love. In section three, there is a colorful collection of her art and affirmations. In section four, there are ten therapeutic exercises that will help you to incorporate unconditional self-love into every aspect of your life.

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You Can't Afford The Luxury of a Negative Thought



...continued from page 26...

Our choice is either “expand” or “contract.” If we choose “expand,” we will expand--and we’ll always wish there were more comfortable ways of doing it.

Let’s say someone’s goal is to get her body in shape. The way this would happen, she imagines, is in a sparkling health club with chrome-plated barbells and Tom Cruise holding her feet while she does sit-ups. How, she wonders, will the money “materialize” so she can pay the queen’s ransom of a membership?

Meanwhile, in the first week after committing to her goal, her car runs out of gas, and she has to walk five miles to the nearest phone; an emergency happens at work and she is asked to fill in, packing boxes in the warehouse; her freezer is accidentally unplugged and all her ice cream melts; and, on the weekend, she goes on a spiritual retreat, hoping to get some rest. All weekend, however, is devoted to what they call “dharma yoga,” which sounds nice in principle, but in reality is digging ditches, cutting down trees, and helping a pair of not-so-busy beavers build a dam.

At the end of the first week, she has lost two pounds, taken an inch off her waist, and looks better--but feels sorer--than she has in years. This is how it happens. We get the Dream, but we don’t get to dictate every step toward the Dream.

We can, of course, refuse to do an uncomfortable activity placed before us. When we know something might move us a step closer to our goal and we choose not

to do it “because it’s uncomfortable,” we are also choosing not to pursue our goal. It’s that simple.

This refusal has two results. First, we are not one step closer to our goal. Second, the opportunities to expand--to reach the goal--will, in the future, be presented less frequently. When we un-commit through in-action (honoring the comfort zone), the goal-fulfillment mechanism backs off, too. Our goal-fulfillment mechanism is not there to hurt us; it’s there to help us. If we indicate--through nonaction--that we aren’t ready to take the steps necessary to reach the goal, it says, “Fine. Let me know when you’re ready.”

It’s as though we went to a friend’s house for the evening. After asking three or four times in the first hour if we wanted anything to drink, and receiving a “No, thank you” each time, our host would, naturally, ask less frequently, and, eventually, stop.

Whatever you find most uncomfortable in getting to your goal, be willing to do it. You may not have to do it, but be willing to. Your willingness will be tested. If you say, “I’m willing!” and the opportunity arises and you’re not, then you’re not being honest with yourself.

The solution? Plan to be uncomfortable. Understand that it’s a necessary part of success. Learn to be comfortable with discomfort. Have compassion for the part of you that’s growing. The first step is a willingness to be uncomfortable.

The next step is to realize which emotion from the comfort zone you’re feeling each time you feel “uncomfortable.” Fear? Guilt? Unworthiness? Hurt feelings? Anger? Observe it. See if you can locate it in the body.

Fear is probably the most frequently felt of the comfort zone’s emotions. Not only do we feel fear, we also tend to fear every other comfort-zone emotion. Unworthiness, for example, seldom has to make an appearance. The fear of unworthiness is enough to keep most people in check. If you feel fear, ask yourself if you’re fearing something, or if you’re afraid of feeling some other emotion.

The final step is turning your perception of each “negative” emotion into its positive counterpart. Learn to see fear as excitement, guilt as the energy for personal change, unworthiness as the discipline to live your Dream, hurt feelings as caring, and anger as the energy for outer change.

This reprogramming can take some time. Do not, however, wait until you have the “conversion technique” mastered before moving--steadily and persistently--toward your Dream. Some people are past their first Dream and well on the way to their second before they can even locate the comfort zone’s feelings in the body.

For now, be willing to be uncomfortable. Be comfortable being uncomfortable. It may get tough, but it’s a small price to pay for living your Dream.



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Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan. I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives.

Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest. My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life. As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred.

You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles. -- Andrea de Michaelis, Editor

Oct 31-Nov 1st - Wicca/Neo Pagan: Samhain - northern hemisphere, "summer's end" celebration of ancestors.

Nov 1st - Lithuania: Vėlinės, Celebration of the Dead

Nov 2nd - All Soul's Day, All Saints Day (Hallowmas)
Nov 2nd - Mexico: Día de Muertos, 'Day of the Dead'

Nov 3rd - Egyptian: The last day of Isia - the rebirth of Osiris
Nov 3rd - Gaelic: New Year

Nov 5th --Indian Diwali: Festival of Lights
Nov 6th - New Moon at 12:52am

Nov 7th - Wiccan, Neopagan: Traditional Samhain, sun 15° of Scorpio

Nov 7th - Daylight Savings Time ends

Nov 10th - French: Goddess of Reason Festival
Nov 11th - Celtic: Samhain (original)
Nov 12th - Baha'i: Birthday of Baha'u'llah, founder of Baha'i
Nov 13th - Roman: Festival of Feronia, goddess of harvests

Nov 15th - Shinto: Shichi-Go-San, Celebration of the children

Nov 16th - Islam: Eid al-Adha, Feast of the Sacrifice, marking the end of Ramadan

Nov 16th Greek -- Sunset marks the beginning of Hecate Night, when the threefold goddess of Wicca (Perseis) is celebrated

Nov 21st - Full Beaver Moon at 5:29 pm
Nov 21st - Sikhism: Guru Nanak Jayanti (birthday)

Nov 22nd - Norse: Winter Festival

Nov 25th - U.S. Thanksgiving Day

Nov 24th - Egyptian: Feast of the Burning Lamps for Isis, Osiris

Nov 28th - Baha'i: Ascension of Abdul'l-Baha founder of Baha'i

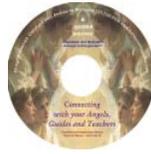


Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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

Sleepytime Recharge

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

Healthy Eating Habits



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



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Abraham-Hicks

...continued from page 26...

To Deactivate Unwanted Vibrations?

So the word, *Dominant*, is a word we want you to hook up with here today. "What is my Dominant Vibration?" Another word is activated. So, there is this thing I do not want, and I say, "I don't want you in my experience." But as I give my attention to this thing that I do not want, I have activated it--because attention to it activates the vibration of it in me.

So I say, "I'm going to deactivate you." You can't do it. You can't deactivate something, because the whole time your attention is focused on this thing you want to deactivate, you are activating it. The only way you can deactivate something is by withdrawing your attention from it, because as long as it's got your attention, it's activated.

To deactivate unwanted, just activate wanted. That's the point of a Virtual Reality in which you activate things that feel good. You activate vibrations that feel good, until those are the activated, Dominant Vibrations within you, which makes it less likely that you will activate one of those others.

What becomes dominant within you becomes dominant within you. That's not to say that you don't have some old issues that you've been dragging around that are not activated all the time--but when they come up, you know they've come up.

Often, you say, "Well, I've got this issue. I'm going to wrestle it to the ground and kill it." And we say, "No you're not; you're going to make it more alive in your vibration. You're going to give it your attention; you're going to activate it within you, and then, what is Law of Attraction going to do?

It's going to help you remember more things just like it. It's going to bring to you other people that have that same issue activated. It's going to rendezvous you with magazine articles, television programs; it's going to hook you up with all kinds of things like that that are already activated--and you're going to have the experience that you do not want, because you cannot deactivate something that you are trying to deactivate." Trying to deactivate it--activates it. Nice to know, isn't it? So, how do you deactivate this thing you do not want? By activating something else.

So if I have sickness that I want to deactivate, should I focus upon the subject of a well body? We wouldn't, because when you focus upon the subject of a well body, you're going to activate your Dominant Vibration. When you pick up on the subject of my body, or my health, and the Dominant Vibration

...continued on page 34...

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Abraham-Hicks

... from page 33...

is one of worry and concern, then whenever you try to work on feeling better, you just activate the vibration right where it is.

So that's why we don't want you to go to Hawaii and work on your body. Because if, in the Virtual Reality, you go there, you're on the beach, the sun is shining, you're taking a walk, you feel wonderful. But then, as soon as you think, "I'm going to get my body back in shape," your visualization goes south--because what you've just done is reactivated the already troublesome vibration.

So that's why we say, "Get in, feel good, and get out. Get in, feel good, get out. Get in, feel good, get out" So you string enough of that "get in, feel good," together, and you feel so good that you have, for a period of time, deactivated whatever it is that's been troubling you--and then you begin to get improvement.

But then when people say, "What are you doing? How did you achieve this improvement?" And then you think about the issue, and the improvement begins to wane, right away, because your old friends have helped you activate the very thing that you do not want.

So you just keep practicing and practicing, and practicing, until you're sure-footed. You can get so you can smell it coming from a mile away. You get so you can feel it coming in a conversation. You get so you head things off. And just as you get in, feel good, and get out in your visualizations, you begin to do that with phone calls, too. Your meetings with one another become briefer. You get in, you feel good; if the conversation starts taking you someplace you don't want to go--you get out.

You become addicted to your Source. You become so entwined with feeling the way that is natural to you, that then, all that other stuff becomes a non-issue. You don't have to protect yourself from it. You couldn't if you tried. You've just deactivated it, and it is a non-issue for you.

So things that are troubling others... and they try to trouble you... They send you pictures in the mail, troubling things about the environment or about animals or about children, or about anthrax. In other words, they send you worrisome things.

And you don't take them and tear them up in little pieces and set them on fire, and activate them. They're a non-issue. They don't have anything to do with you. They don't fire you up. They don't worry you. They are a non-issue, because the issues that matter to you are so activated. You don't push against anything--because pushing against it activates it within you.



Thoughts about things...

... from page 7...

At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred. You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles. See our new Solar and Lunar Celebrations on page 31.

HOLIDAY WEATHER TRIGGERS HOLIDAY EMOTIONS

With the first cool spell of the Fall, it begins to feel like holiday weather to me. I equate holidays and vacations with being outside in cool, crisp air. When I was growing up, each year my brother and I started school 2 weeks late because my mom's vacation was always the first 2 weeks in September. We'd always go to the Smokey Mountains of North Carolina, tent camping and later in the converted Fageol Twin Coach bus my Dad made into a camper for us. As we'd near the Georgia/NC border, the air would turn cooler and I'd get that excited feeling in my chest that we were on vacation! With last month's first cool spell, that's how I felt.

And with holiday weather also comes holiday neurosis -- lots of opportunities to notice what you allow to disturb your peace and why. Lots of chances to pivot and dissipate the many familiar things that trigger us, for better and for worse. For me, cooking has become fun, but for many years it was not. In younger days, the holidays meant that I'd be stuck in a kitchen all day being someone else's slave because I was the girl. In my 20's and 30's, it wasn't much different, but then I had to do it because I was the wife and daughter in law. It got to be where any display of family life was a negative trigger for me, making me feel trapped and controlled.

About 40, I started getting over myself. I began working to change my perception and stopped trying to control everything around me. I learned that through some re-wiring of my thought processes via introspection and self-talk, I no longer had to feel trapped and enslaved. If I dreaded every family dinner that came up, of course I was going to have a miserable time. While I'm still not a fan of the all day long holiday meal with mandatory attendance, the idea of it no longer makes me feel trapped.

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Thoughts about things...

... from page 34...



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

I've learned the universe puts me where the Universe needs me to be. I can be there happy or I can be there wanting to be somewhere else. It's my choice. It's my choice of what thoughts to continue thinking. If I am thinking thoughts of "Oh no, not again" and "I can't stand to sit with ___ all day", that's not helping. I know I have to psych myself up to want to do it. I have to be my own cheerleader.

So now when the cool weather hits, it begins to feel like holiday time. Holiday time for me now means spending some good quiet time at home. I may take a quick trip into town and stop for a few minutes at each of several friends' homes to say hi. But mostly it means time to garden and play on my own, and time to cook the yummy cool weather soups I love.

Two Fridays ago I got to cook all day and the weather was so beautiful, I felt like it was Thanksgiving Day. In a good way. I had the day to myself and had offered to cook a pal a pot roast for his birthday. I spent the morning happily cooking and checking on it every 20 minutes or so. That alone made it feel like a holiday.

Afterward, as I cleaned up, I reflected that the whole day had been very fun for me. I'd also been on and off Facebook all morning as I cooked, chatting with my buddies. With the kitchen behind me, the laptop now faces the entrance to the west trail that leads to the firepit. It's also the main trail for the raccoons, opossums and armadillos, so it's a fun window to look out of.

The weather felt like a holiday, and chatting with my friends felt like a holiday and cooking for hours made it feel like a holiday.

Holidays used to make me cringe, thinking of all the obligation to cook and clean. Now I happily volunteer to cook and clean all day.

And the only thing that changed was my perception.

Imagine that.

No really, imagine that.

Enjoy our offering this month.

Hari Om.

Andrea



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

This frees us to begin to live more fully, in every moment, now.

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

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

*From my heart to yours,
Andrea de Michaelis*



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. Call Barbara at 1-208-773-7822, visit on the web at www.IntuitiveReflections.com, or email barbaralee21@roadrunner.com

HOROSCOPES

Aries: March 21 to April 19 "I Am" You at this moment are at a cross roads, the choices you make now will either sustain you and propel you into the future or completely debilitate you. With transiting Saturn in Libra opposing your sign, don't worry about hitting the wall, get creative and go around the wall and just focus on the structure Saturn offers you.

Taurus: April 20 to May 20 "I Have". In the midst of Scorpion times, the opportunity that awaits you has to do with transforming yourself to the very core level of your being. This is a time to get off your rear and put your knowledge to the test. Focus on your dreams and what you intend to manifest. You are a powerful being of light, and your only purpose is to shine your light!

Gemini: May 21 to June 20 "I Think". Your state of mind seems to resemble the season. When Mother Nature tells the trees to drop their leaves, the trees do what they are told. The time has come for you to get

your life back on track, but first you must get rid of your excess emotional baggage, old head trips and excess weight. The real issue that needs to be healed is your relationships; who do you need to forgive? Start with yourself, you are a divine being of light having a human experience.

Cancer: June 20/21 to July 22 "I Feel". Now is the time for you to step outside your comfort zone. What ever you have been doing, now is the time to do the opposite. Take a step back and take a good look at your creations. They will either come back to haunt you or nurture you. Since you have been giving to everyone else, your creative self is asking you to nurture her, as you nurture her she will nurture you.

Leo: July 23 to August 22 "I Will". Your health practices and work habits are up for scrutiny this Fall. What is it about your body that makes you unhappy and tired? They say you are what you eat, and that is true. Fast food is killing America. Choose life by only eating foods with a high vibration. It will be very obvious to everyone around you, if your heart is not into what you are doing, it will really show. If you can remember to make choices out of love and not out of fear, you will be very happy.

Virgo: August 23 to September 22 "I Analyze". Be very careful of your health this Fall, in many ways the emotions that run through you will have a tendency to be very high strung. Your emotions as well as your health may fluctuate. The lesson here is for you to be very steady with positive health practices. Your work environment is also ready to be reorganized. The person in charge may leave and you will have to get used someone new in command. Be in the moment

Libra: September 23 to October 22 "I Balance". With Saturn transiting your sign for the next 2-1/2 years; your one on one relationships will be the target for improvement. What you need is lots of love and support and to know that you are appreciated. The right people are in your corner, do not forget to ask for help and it will come just at the right time through the appropriate channels.



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November 2010



SUGGESTED READING WATCHING LISTENING

Scorpio: October 22/23 to November 21/22 "I Create". This is the time to bring all your resources to the table and give it the works. Focus is your goal, one thing at a time, even though you have a million and one things to do, you can only tackle one foot in front of the other. Be on the look out for someone who will be your angel of luck. In body or not, your prayers will be met in divine timing.

Sagittarius: November 21/22 to December 21 "I Perceive". With transiting Mars in your sign, heavy on your heels you are being shoved out of your comfort zone. You may have thought that certain issues have been resolved, but once again the horse and buggy need to stay together to get there on time. November 7th is the day Daylight Savings Time begins. Don't let it put a damper on your party plans.

Capricorn: December 22 to January 19 "I Use". Have you early Capricorns gotten used to Pluto in your sign yet? Oh, don't worry you will have plenty of time for that. Do you feel like every aspect of your life has changed? That is only the beginning. But change for the good it will be. Remember, if you are not willing to change and it is something that needs to be changed, then the Universe will change it for you and it will not be fun. Just get a clue :)

Aquarius: January 20 to February 19 "I Know". Your intuition is stronger than ever, do not allow anyone to tell you any different. You have one foot in the physical and the other behind the veil. You can feel and see things many cannot consider even exists. This is your life. Focus on the unseen because you can see it and feel it. Just because others cannot see or feel it does not mean that it does not exist. It is real and has meaning for you; and that is what matters.

Pisces: February 19 to March 22 "I Believe". This is a good time for you to spend time doing yoga and meditation. The energies are ripe for self growth and understanding. Your life will most likely look completely different by this time next year. There is nothing to worry about, dream and dream big for what you focus on you will create. You might as well enjoy the changes and make them happen in such a way that you will have lots of fun, take control of the whirlwind.

CDS:

Removing all Sorrow and Suffering by Paramahansa Yogananda
Awake in the Cosmic Dream by Paramahansa Yogananda
Awakening Into Oneness by Arjuna Ardagh
Om Spun by Groovananda www.wynneparis.com
Guided Healing Meditation from the Ancient Mystics by Pat Raimondo

BOOKS:

The Fifth Agreement by don Miguel Ruiz and don Jose Ruiz
Sixty Seconds by Phil Bolsta
The New Master Key System by Charles F. Haanel
Practicing Conscious Living or Dying by Annamaria Hemingway
Happy for no Reason by Marci Shimoff/Carol Kline

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The Van Gogh Blues by Eric Maisel, PhD
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Living The Qabalistic Tarot by Amber Jayanti
Change Your Mind and Your Life Will Follow by Karen Casey
Book of Ordinary Oracles by Leo Milo Duquette
Wise Secrets of Aloha by Kahuna Harry Uthane Jim

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Under Aldebaran by Brite Templeton

[MUST SEE DVDS](#)

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

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



Music for Health and Relaxation

...continued from page 11...

toward tension and dis-ease has become the byproduct of our modern lifestyle. Soothing music and the sounds of the nature remind us of the peace we desire. Clinical research and personal testimonials attest to the effectiveness of music and natural sounds in providing a space for healing to occur.

In his landmark book, *The Mozart Effect*, Don Campbell states that “by listening to music with longer, slower sounds, one can usually deepen and slow the breath, allowing the mind to calm down....As with breathing rates, a lower heart-beat creates less physical tension and stress, calms the mind, and helps the body heal itself. Music is a natural pacemaker.”

Stress. The American Institute for Preventative Medicine cites it as a key role player and contributing factor in heart disease and cancer, two of the leading causes of death in the United States. Best-selling author and physician, Dr. Andrew Weil, concurs saying “I am convinced that stress is the primary cause or aggravating cause of the majority of illness.” Tension in the mind translates itself into tension in the body and can cause a state of dis-ease in the body’s organs and systems.

No wonder the many forms of bodywork now prevalent such as massage, Reiki, healing touch, acupuncture, chiropractic, yoga, tai chi and Pilates result in direct benefit to our health. Used in combination with peaceful music, the positive effects can even extend the healing experience beyond the hour or two of a session. Some healthcare practitioners are “prescribing” music for their clients in order to extend the beneficial effects of their work. If someone has had a positive experience listening to a certain piece of music during a session, being able to play the music at home will allow the effects to continue and cause the “Relaxation Response” to kick in when the music is played and the memory stimulated.

What is it that makes music healing? Healing music as we have discovered is much more than just slow music with nature sounds. We have identified multiple reasons why the music has a positive effect. Some of them are listed below:

- Slow rhythms entrain bodily systems (heartbeat, pulse, digestive system, respiratory, muscles)
- Natural sounds (if present) give sense of peace
- Tones are nurturing, clear, warm and gentle
- Pace is slow but with a sense of joy and beauty
- Music doesn’t have hooks and repeated refrains that engage the mind (not demanding)
- Feeling is more like nature, flowing
- Sub-audio frequencies (if present) entrain brainwaves to alpha or theta state

A relaxed body and sense of inner calm are beneficial to restoring health and maintaining balance in the face of disease. Often, the mind needs an extra tool to assist it in letting go of disturbing or repetitive thoughts. Music has the ability to give the mind another focus and helps to lower stress levels, which in turn, helps strengthen the immune system.

Healing is about re-aligning the body with its own divine blueprint. It is about returning to a dynamic state of balance from a temporary state of imbalance. A primary way sound heals is through physical and emotional resonance. Resonance occurs when two energy systems vibrate at the same frequency. Certain music will cause the body and its systems to resonate with it and return to a state of balance.

Another aspect of healing with sound involves slowing down the brainwaves. Our brains emit a continuous and often varying vibration reflecting the state of our consciousness and attention.

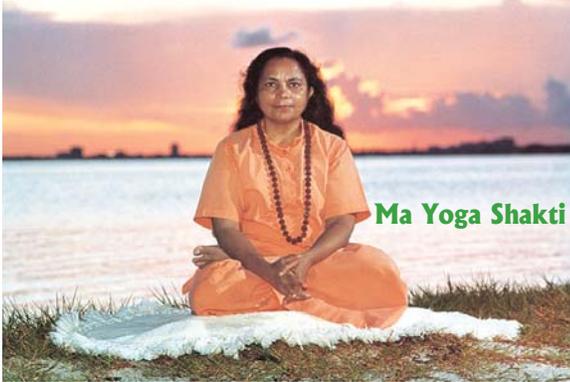
When we are busy, physically and mentally active, or stressed, our brains emit Beta waves (15-21 hertz or cycles per second). When we are in a peaceful, calm and meditative state, our brains emit Alpha waves (7-14 hertz) and we are more receptive to healing. Theta brainwaves (4-7 hertz) are emitted in an even deeper and more dreamlike state. Delta brainwaves (.5-5 hertz) indicate deep sleep, coma, or trance states. Music with very slow sub-audio frequencies can help entrain the brain to go into the desired states.

Entrainment simply means causing one system to vibrate with another. A sub-audio frequency can be felt but not heard. (Audible sound is in the range of 20-20,000 cycles per second.) Music that contains very low frequencies under the mix can extend the healing effect of the practitioner’s work.

The intention of the musician is another aspect to consider when choosing healing music. Sound is a carrier wave for intention and spiritual energy so the integrity and original intention of the musician are very important. If music is made by formula and simply for commercial purposes, that is the intention of the artist and the music will have minimal healing effect. On the other hand, if the musician is coming from a truly spiritual place, the benefits of the music will be all the more effective.

The level of healing gained by any musical piece is a function of the balance between the elements of intention, harmony, resonance, frequency, rhythm, and entrainment. Because music is a form of art, there are also creative and artistic levels to consider and here we get into areas that are more intuitive and based on individual perception. Slow music that is morose and moody will not have as positive an effect on the healing process as music that is joyful and uplifting and carries a sense of beauty and spirituality. The good news is, there is much healing music available today that can assist the body worker to support the healing process and help the individual return to a state of wholeness and harmony with oneself.

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 Chip & Shyama Iacona
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