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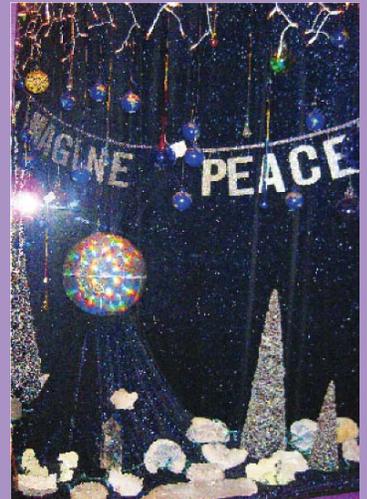
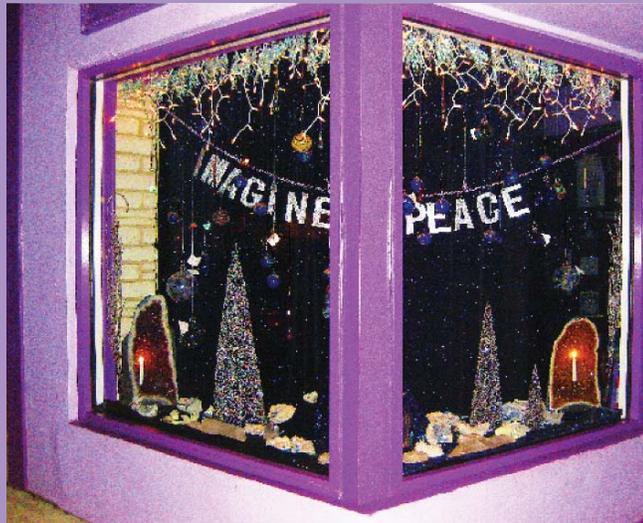
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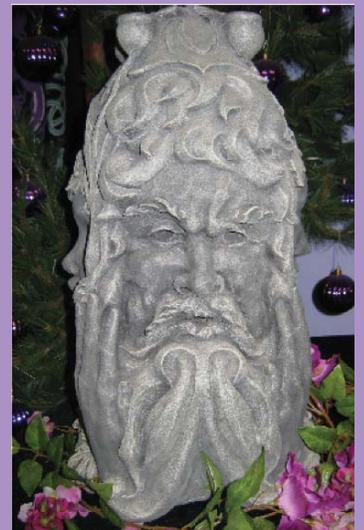
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Our service is a gift from our Youth and Family Ministry Department. You will be blessed by this services.

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FRIDAY, DECEMBER 24TH 7:00 PM**

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**BURNING BOWL SERVICE
SUNDAY, DECEMBER 26TH 10:00 AM**

Prepare for the New Year as we let go of the old and usher in the new for 2011.

**PRAYER FOR WORLD PEACE
Saturday, December 31st 7:00 AM**

During our annual Prayer for World Peace service, we will be blessing all religions and all countries. Afterwards, join us as we have breakfast fellowship at an area restaurant.

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Prelude: 7:00 pm Service: 7:15 pm Call Maggie 321-255-4652
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This "moving" twist on the traditional contemplative Taize prayer service will be an opportunity to gather and intend, in song and dance, the life of God you will live in 2011. We will share sacred and secular music, selected readings, and silence to enhance your personal intention and witness, and a commitment ceremony to launch our new year. Dancing is optional, of course, before our periods in the silence. Feel free to bring finger, wrist and ankle bells, shakers, clappers, scarves, and dancing shoes. And dress to celebrate, as Ram Dass says, "the only dance there is," the dance of your consciousness.

COMING IN JANUARY FINANCIAL PEACE UNIVERSITY

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Revolutionary Agreement Groups 1st Wednesday of the month at 7:00pm

A Course In Miracles Facilitator: Darlene Capinha Tuesdays 7:30pm

Reiki Healing Service Facilitator: Lloyd Reiser Sunday December 5th, 4:30pm Sunday January 2nd, 4:30pm

Always check www.unityofmelbourne.com for possible event date or time changes

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

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HORIZONS

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Andrea de Michaelis

Thanks for help this month

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Morgana Starr
Laura Wilson
Denise Marr

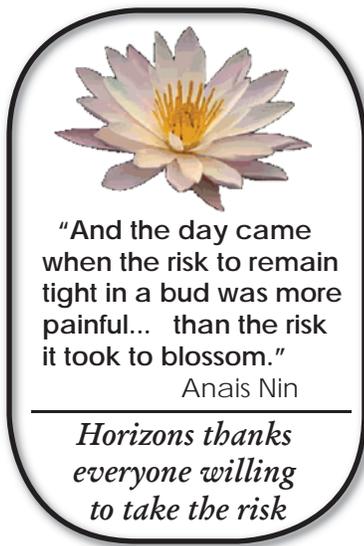
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HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking 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

Hello and welcome to the December 2010 edition of Horizons Magazine. The end of another year! A good time to reflect on what went right in 2010 and what you want to continue doing in 2011. A good time to consider what changes you might want to make, for anything that isn't relevant or helpful anymore. One thing I add each year is to do more creative visualization to help attract the things I want to experience. You might want to add that one also.

I often get asked for specific words to repeat to attract money. I did a blog post entitled "The unconscious mind's automatic rebuttal to *An 8 minute creative visualization workshop to increase dollars.*" My original post is below and in parentheses are probably the same words you hear coming from your own conscious mind if you're new to creative visualization and affirmative thought.

Don't worry, these automatic counter-thoughts will only come up the first billion or so times you do it. Let them come up and just release the thought each time and move on to the next. With enough practice, the counter-thoughts subside and then you'll be a real magnet.

Here's the post. Note the comments in parentheses:
I often get asked for specific words to repeat to attract money. The secret is they are words that make you feel excited and make you feel it is possible for you. These are the words that do that for me. Anytime I want more dollars to flow, I do this short visualization exercise maybe a dozen times a day. I call it a visualization workshop because I take my visualization seriously and realize it is important work. I think of how good it feels having extra money and getting unexpected money. *(Yeah, wouldn't that be nice?)*

I remember a time I got extra money and how it felt. *(I don't recall that.)* I remember a time I got unexpected money and how it felt. *(Well I found a quarter yesterday in the parking lot.)* I remember hearing about someone getting unexpected money and how excited they were. *(There are lottery winners all the time. I never win anything.)* I remember seeing on tv and in the paper about someone winning the lotto and how excited they were.

I remember that I am the one who attracts things to me by thinking about them, so for a few minutes here I am just going to think about how I'd feel if I got some extra unexpected money. *(I don't think that's going to happen. I don't think I believe in this stuff anyway.)*

I'm not going to worry about how I'm going to get it, I'm just going to pretend to myself that I just got it and think of how that would feel. *(What a stupid idea. How can this help? I can try it.)* How good an actor am I? Can I talk myself into bringing up that feeling of excitement within me to play a convincing part? The more I practice, the easier it will get. *(I just have to keep thinking how it would feel and try to think about things that make me feel all excited about being happy about it? Yes)*

I go back to remembering every time a friend or I were excited over extra money or over winning money. *(I remember my brother's friend from the military, someone left him a lot of money in their will and he didn't even know them.)*

...continued on page 34...

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

"The Secret." Visit www.abraham-hicks.com.

What about people killing whales and killing each other, and molesting kids?? And what about 9-11?

GUEST: *People are still killing whales and killing each other, and molesting kids. And in that balance of not putting my attention to it, then I think that, somehow, I'm saying that that's okay. I'm very idealistic, and there's this discord, and I don't really know how to manage it.*

ABRAHAM: As you see things not wanted, and you feel that uncomfortable feeling as you see it, and within that, you feel a rocket of desire within you that things be differently -- now your work is to find harmony with your own desire.

Every time you turn back and look at things that are not as you want them to be, you are in discord with your own rocket.

There are those that would say to you, "Well, we need you to keep looking at the problem, because we've discovered that we can motivate you to the action that serves us more by keeping you looking at the problem, by keeping you aggravated about all of this."

What you're wanting to say is, "I felt the aggravation; I felt the rocket of desire; I asked the Universe, on your behalf, for a resolution. I know that when anyone asks, the Universe always answers."

So help's on the way. And I'm going to do my best about helping us all to receive the help that is on the way, by holding myself in vibrational harmony with the desire that I have identified."

...continued on page 26...



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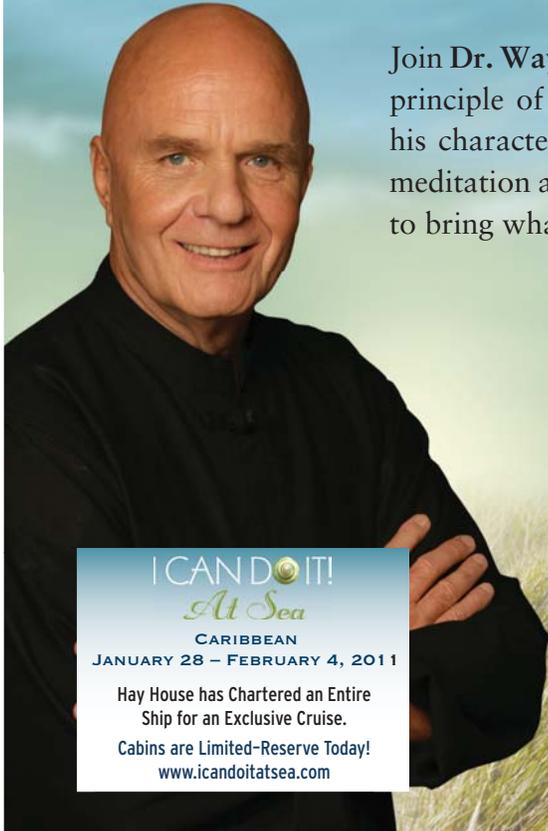
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RETURN TO JOY

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I've heard people comment lately that they're trying to find their joy. At some point in the past year, I realized that I, too, had lost my joy. I think this happens as we get trapped inside our own minds. We get lost in time and space (past and future) instead of staying present. We get stuck in all the dramas around us, both personal and global. The "he says, she says", "whys" and "what ifs" all consume and fill our consciousness. We become stressed, depressed, anxious and irritable. One day we wake up and realize our joy is gone and it's been gone for a long time. So, what can we do to return to a state of joy? Joy is our birthright; not only does make us feel good, but it nurtures us and keeps us physically healthy and it affects all life around us.

One of the most important things to do is stay present. This means whatever you are doing, do it fully. If you are folding laundry, fold laundry. Give 100% of your attention to whatever you are doing. Don't get trapped in thinking of yesterday or tomorrow or your problems. Wherever you are, be there completely and totally. This moment is the only thing that exists. Taking good care of the present moment (living it with positive energy) creates a happy future automatically.

Take a look at the thoughts you are thinking; observe them. When you do this you will activate a higher state of consciousness within yourself. Many of your thoughts are negative. This kind of thinking lowers your vibration and robs you of your energy and joy. Learn to quiet your mind and make an effort to think only positive and life affirming thoughts.

Make it a practice to look for the goodness around you. Life is rarely a series of parties and vacations so we must learn to find joy in our every day activities. When you are open to it, you can find joy in the very things that we often overlook such as a cool breeze, the sound of rain, the birdsong, spending time with your pet, talking to a friend, enjoying a good cup of tea....the list is endless. If you look for a reason to be happy, and if you are looking for joy in every moment, you will find it.

...continued on page 38 ...



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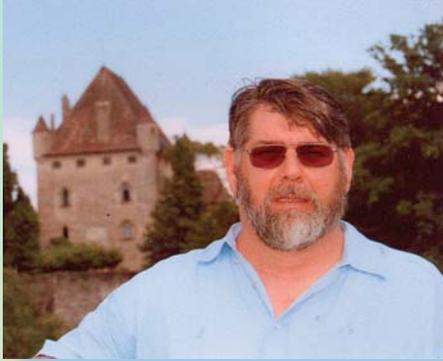


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Albert, professional psychic over 35 years, is an Ordained Minister, Certified Psychic from Cassadaga, FL. He was a Project Manager and Lecturer with Edgar Cayce Foundation and Association for Research and Enlightenment. He hosted a TV show, and made 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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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

ALTERNATIVES TO HORMONE REPLACEMENT

The news has been writing about the use of **Hormone Replacements** again and it is not good. Over the years Western Medicine has tried to convince women that Hormone Replacement Therapy has health benefits and women should be taking them. I can remember back in 2002 when research was proving just the opposite and women backed off on using them. Yet here we are again still taking these drugs wondering why we are still dying from cancers, heart disease why we still have osteoporosis and other conditions Western Medicine had promised us would go away if we just took these medications.

Menopause is a stage of life. Not a disease that needs to be medicated away. Yes it can be uncomfortable at times. I know; it's happening to me. I know what a hot flash feels like. It's not a joy but I would rather have hot flashes than cancer, heart disease, dementia, kidney disease or all of the other conditions that have been attributed to these medications. So what can you do?

Let your food be your medicine. Seeds like sunflower, sesame and pumpkin are high in phytoestrogens as are beans, lentils, fruits, vegetables and whole grains like brown rice, wheat, corn, rye or oats. Another way to get your hormone levels in balance is by using herbs. **Black or Blue Cohosh, Vitex, Wild Yam, Dong Quai, Eluthero, Licorice, Red Raspberry, Sage, Dandelion and Yarrow** are just some of the herbs that contain phytoestrogens. When using plants for hormone replacement you don't need to worry if you are not getting enough or if you are taking too much the way the body chemistry works with plants is that the body will only take what it needs to be converted into estrogen or progesterone.

Using a combination of these herbs can help to **reduce night sweats, bloating, mood swings, heart palpitations, migraines, breast tenderness, irregularity of periods, insomnia and the scattered thinking** (menopausal moments) that goes along with peri-menopause and menopause. In **Rosemary Gladstar's book, "Herbal Healing for Women"**, there is a tincture recipe for menopause; it is the one that I sometimes use. It's made with: **Wild Yam Root, Don Quai, Sarsaparilla, Sage, Blue Cohosh, Licorice, False Unicorn and Dandelion Root.** Rosemary recommends ¼ tsp. of this tincture diluted in tea or juice 3X a day. For those who may not yet be going through menopause, this formula can help to balance hormonal levels, regulate periods, help with moodiness and other symptoms associated with PMS. **There is also a formula that strengthens the endocrine and adrenal glands. They produce estrogen after the ovaries are removed or cease to function.** Rosemary's formula contains: **Licorice, Dong Quai, Wild Yam, Ginger, Sarsaparilla, Cinnamon, Vitex, Dandelion Root and Orange Peel.** Rosemary recommends 3-4 cups per day for at least 3 months, but you can use this longer if you like.

Menopause has always been a natural part of a woman's life marking the end of her reproductive cycles. It is not a disease and it does not need to be medicated away by doctors.

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

Nov. 21- Quantum Touch Class - Call for Details

Dec. 4 - Herb Class - 9:00 am-11:30 am - Herbs for the Female Reproductive System

Dec. 11 - OPEN HOUSE & Body, Mind, Spirit Fair! 10 am-5 pm

Dec. 18 - Herb Class - 9:00 am-11:30 am - Herbal First Aid



See www.herbcorner.net for a full detailed listing

Please stop in for a cup of tea!

Death and Rebirth at Christmas



Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. www.wordsofmind.com.

No matter what your religious or spiritual beliefs, the irony of a divine birth in the middle of the winter of earthly death inspires faith. Harvest complete, farming dormant, our earthly cycle of seed-to-life lays at rest in the winter months. Instead, the birth of a heavenly idea springs forth each year in the midst of a barren blanket of cold and dark, and our faith in the world renews itself.

Death of earthly life - whether animal or vegetable or human - merely represents greater spiritual cycles. The symbols of true power lie not in the longest lifespan or fertile soils, but in the resilient spirit within each of us to perceive and experience an awakening of greater good amidst our darkest days.

Plant new seeds

After the harvests each year, the cycle of sustenance begins anew. A waiting period for the planting season provides the opportunity for us to reflect on the harvest and plant the seeds of food we prefer and need to sustain us.

Freely and deliberately, we plot out rows of seeds, carefully balancing between various edible families of food to ensure our crops provide variety and succulent nutrition. Measuring distance between the seeds, our sowing allows for growth

and development of the plants so they thrive when the time is right. We tend the garden with nourishing water and fertilize the soil to provide the opportunity for an abundant harvest. Then, we wait for our effort to sprout and grow.

In our Spiritual gardens, we must also take great care to plant only the seeds of thought and desire that will result in our greatest crop of abundance in the future we choose to create.

We must consciously align the rows of beliefs and intention, and allow room for what we truly want in life to blossom and grow to the fullest potential.

We tend the garden of our faith with careful reaffirmation of positive thoughts and appreciation, knowing that the seeds of our prayers will flourish under the loving attention of our spiritual work. And then, we rest while the Infinite grows all the components into place.

Harvest your greater good

The Winter Solstice signified regrouping and giving thanks for food for the winter. In colder climates, the solstice marked the beginning of the starvation months of January through April, and a celebration including feasts and storing crops strengthened chances of survival. People stored wine, food, grain and more to sustain them in the harsh months.

...continued on page 27...



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Dear Whitedove: There are several modern day magicians that perform amazing feats. I'd like to know is any of it real Magic? Kreskin in AK

Dear Kreskin, From the beginning of time, mankind has the ability to create their desires with the force of their will. We are truly magical creatures; Hence the very reason that the Angel kingdom fell in love with man. There was a time in history that magic abounded. People could create and manifest with little effort because they KNEW that they could. Then we came into an era of logic, intellect, and higher learning. When this happened, our intelligence ruled and true magic was deemed impossible, so then trickery or sleight of hand became the new magic. But yes, Magic is real however only a few have remembered how to harness their will to create change and manifest great feats. I Believe!

Dear Whitedove, There was a UFO sighting here in Texas yesterday, it made the news. My sister saw the lights in the night sky a perfect triangle formation, as did many others. There were also sightings in NYC during the same week. Then the naysayers come out with silly explanations, balloons from a children's party. Please tell me: are we visited by beings from other Galaxies? Little Green Man in TX

Dear Green Man, It's very egotistical of humans to look up into the night sky, see the millions of stars and then presume that we are the only beings that God created. Let me assure you there are many races of God's children. Even here on Earth, we have other forms of intelligent life the mammals of the seas, and the animal kingdom too. The Star Beings are our brothers and sisters; just know that we all were created by the same Mother, Father, God.



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Dear Whitedove, I'm getting pretty disillusioned with my church and their archaic rules and hypercritical abuses. Why does God allow so many religions all claiming that their doctrine is the only way to Heaven? Wouldn't you say there's a better way? Avid Churchgoer in NYC

Dear Churchgoer, Interpretations of spiritual doctrines have been the cause of much war and bloodshed throughout the ages. Religion is a manmade system of rules and regulations that has created segregation, prejudice and limitations. However Spirituality is growth. As we evolve and grow we can expand our beliefs. The basic truths and principals are found in the Universal Laws. They apply to everyone. If everyone would live their life ethically, by The Golden Rule (which is mentioned in many religious text) Then the world would be a perfect place, the paradise as God originally created. Remember: "Do unto others as you would have them do unto you" .

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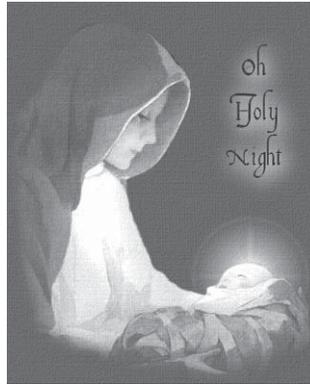
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DECEMBER 25TH, Birthday of the Savior in Many Traditions



The actual birthday of Jesus was forgotten by the early Christian movement. In those days, various groups celebrated his birth on January 6, April 21 and May 1st. By the 4th century, the church selected the approximate time of the winter solstice as the date to recognize Jesus' birth.

The winter solstice occurs about December 21 each year. It is the day of the year when the night is longest and the daytime shortest. Using the crude instruments available, ancient astronomers were able to detect by December 25 of each year that the daytime had become noticeably longer. This date was chosen, and remains, the traditional date for followers of many different Pagan religions to celebrate the rebirth of the sun. Following the solstice, each succeeding day has slightly more sunlight than the previous day. It was seen as a promise that warmth would return once more to the earth. Numerous pre-Christian Pagan religions honored their gods' birth or rebirth on or about that day. Their deities were typically called: Son of Man, Light of the World, Sun of Righteousness, Bridegroom, and Savior. Some examples are:

- **Roman Pagan Religion:** Attis was a son of the virgin Nana. His birth was celebrated on Dec. 25th. He was sacrificed as an adult in order to bring salvation to mankind. He died about March 25, after being crucified on a tree, and descended for three days into the underworld. On Sunday, he arose, as the solar deity for the new season. His followers tied an image of Attis to a tree on "Black Friday," and carried him in a procession to the temple. His body was symbolically eaten by his followers in the form of bread. Worship of Attis began in Rome circa 200 BCE.
- **Greek Pagan Religion:** Dionysus is another savior-god whose birth was observed on Dec. 25th. He was worshipped throughout much of the Middle East as well. He had a center of worship in Jerusalem in the 1st century BCE. Some ancient coins have been found in Gaza with Dionysus on one side and JHWH (Jehovah) on the other. In later years, his flesh and blood were symbolically eaten in the form of bread and wine. He was viewed as the son of Zeus, the Father God.

...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.



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Feed the Hungry

This is the time of year when many of us turn our attention to feeding the hungry. When most people think about feeding the hungry, we consider giving canned goods to the poor or serving at a soup kitchen. And what a benevolent service that is! Yet there is a hunger far more pervasive in our culture than the hunger for physical food, a malady from which hundreds of millions of people suffer every day. It is the hunger for presence and connection.

Recently I was sitting in a club lounge at Chicago's O'Hare Airport on a hectic day. Adverse weather conditions had delayed most flights, and the sitting areas were crowded with frustrated travelers. As I got settled, I noticed a woman across the aisle from me. She appeared to be an executive, talking on her cell phone loudly, giving orders to her subordinates. The lady seemed generally irritated and upset, demanding, and rather rude. She went on for quite a while in this manner over a number of calls to different people.

A few minutes later a cleaning lady came through the lounge. A Hispanic woman, roughly the same age as the executive, she bore a kind smile and offered a pleasant, "Hello, how are you?" to the folks she passed. As she picked up the trash and wiped down the counters, she seemed at peace with herself and her work, a sharp contrast to the executive and many of the other travelers.

I marveled at the irony of the scene. Here were lots of business travelers in a club lounge that cost a lot to enter; the patrons likely earned significant salaries, lived in upscale houses, and were successful professionals. By contrast, this humble cleaning lady wore a smock bearing the company name "Scrub," probably earned minimum wage, and lived in a rented apartment. Yet she seemed like the happiest person in the room. If ever there was a teaching that happiness comes from the inside out, here it was.

As we move into the holiday season we will exchange gifts, most of which you can touch with your fingers. Yet, as I learned from the cleaning woman, the gift of presence runs far deeper. If you are not present, you are absent, and if you are absent you have missed the most precious gift of all: this moment. A fellow in one of my seminars recounted that he had been feeling unfulfilled in his marriage for many years, and he was disappearing daily. One day his 11-year-old daughter told him, "You're not here, daddy. You're a ghost."

We're all familiar with Ebenezer Scrooge's Christmas Carol encounter with the ghosts of Christmas past, present, and to come. If we were to put a modern spin on the story, Scrooge might meet himself as the ghost of Christmas absent. Christmas and the holidays may come and go, but if you are not here, all the protocols and festivities are meaningless.

I have had my own lessons in the importance of being present and the tragedy of being absent. After I moved to Hawaii, I bought a lovely house in the country and I offered a married couple a rental unit on the property in exchange for caretaking. At that time I was very busy, traveling a great deal. During my times at home, I was constantly debriefing from the last trip or preparing for the next one. As soon as I felt present, it was time to go out again. I was on a treadmill.

One day the wife took me by the arm and invited me to stroll the grounds with her. As we walked, she made a statement that proved to be one of the greatest gifts of my life. She said, "Look at this magnificent property, Alan! Here are trees, birds, flowers, and glorious sunrises. It is heaven on Earth. But how much do you enjoy it? You're hardly here, and when you are here, you're rushing to come and go. We're your caretakers, and we enjoy your property more than you do. I wish you would experience the peace and joy that we do here."

Now that got my attention. My caretakers were enjoying my home more than I was! That day I made a commitment to use my free time for soul satisfaction, not work, and now, after years of practice, I am finally enjoying my property as much as my caretakers did.

I'm not suggesting you need to move to Hawaii to be happy. To the contrary, the goal is to find connection wherever you are. Busy places are the most likely to distract us from connection, and the most powerful places to practice it. A supermarket checkout clerk counted that out of over 200 people she served on her shift, 57 were talking on their cell phones. Many of them, she reported, were discourteous, acting as if she was interrupting them from something more important, while she was simply trying to help them. It's not what you get done that makes or breaks a life. It's how you get it done.

Most people are hungry for human contact, many are starving for it, and some are dying for it. This holiday season let's feed the hungry, starting with our own hunger for depth, meaning, and connection. Then maybe we can attain the extraordinary success of the cleaning lady.

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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.

How to Play the Game of Life

The most valuable goal I could pursue is to stay as peaceful, happy, and content as possible. When I'm in that "space," I'm in the flow of receiving my deepest desires with ease. Prosperity, health, fulfilling relationships, and meaningful work opportunities come to me to the degree that I am happy and relaxed. Thanks to the universal Law of Attraction, my mental focus and resulting emotional state attract circumstances that match up with themselves. Always.

Then along comes everyday reality with its malfunctions, let-downs, hassles, pressures, and fear-inducing messages. If my commitment to inner peace and joy doesn't prevail, I'll succumb to feelings of stress and upset when things go wrong - even though I know all the reasons not to go there.

It can help to view this earthly experience as a game and life as my friendly opponent. My objective is to stay in an imagined golden circle of feeling emotionally good. Life's objective, I pretend, is to knock me out of my golden circle into a stress zone. Every time that I start to waver and go into the stress zone and yet pull myself back into inner peace, I give myself a point. I have won that round. I can even carry a clicker-counter with me throughout the day and keep a record of my points.

The more effort I put into this game, the less effort I'll put into dealing with the those malfunctions, let-downs, hassles, pressures, and bad surprises, for they will dramatically decrease. In fact, countless wonders and "miracles" will become my reward as I develop proficiency at this game.

In due time, that friendly adversary known as life will lessen its opposition, and we'll spar only occasionally, all in good fun.

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The other day while I was in a bookstore, it was not a book, but a copy of Horizons Magazine that shimmered. I took the magazine home and read through it, thoroughly enjoying the articles. Towards the back of the magazine, I read a page from the editor, Andrea de Michaelis, about her downloadable audios.

The first audio listed, "Connecting with Your Angels, Guides & Teachers" caught my attention because of a comment made in the testimonial below the summary of the audio. The customer had said how the audio had helped her in her writing. I'm open to discovering new writing tools and inspiration, so I went to the website for more information.

At the Horizons website, I listened to a sample of the audio. Then I read through Andrea's blog to see if I resonated with her writing. After enjoying some of her articles, I then read her bio. As I looked at her photograph, I thought, that someday I'd like to chat with her.

I then ordered and downloaded the audio file per instructions. But as I listened to the mp3 file, the sound was off ... Andrea's voice was barely audible behind the sound of the music and wave tracks. This didn't seem right, as it sounded nothing like the sample.

...continued to page 30...

I love Lynn's story because not only does it give me an excuse to run my ad, it gives me a new writer for Horizons Magazine!

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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

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Abraham-Hicks

...continued from page 9...

There are so many well meaning people who see the contrast, give birth to the rocket of desire, feel it powerfully, shout it to the Universe -- and the Universe is answering. And then, they're campaigning against what's wrong and holding themselves apart from the solution.

Even though solutions are happening all over the world, they never have access to them, because they are vibrationally so different from the solutions, that even though solutions are happening, they never get to see a glimpse of them.

We wouldn't attempt in any way to try to convince you that there are not things that are happening in your world that you don't want to happen. But, looking at the things that you don't want, will never make your world more as you want it to be. It will only drag you down into the discord of that.

As a creator, you are better off with those things you don't want in your world, than if your world was, by your standards, perfect in every way, because those things cause you to reach beyond what-is.

And if you do not find reason to reach beyond what-is, then you stand still, and none of us can do that. There is only motion forward. Contrast assures that.

We are all free, or none of us are free. And so, if you like being able to choose the things that you like to choose -- then it must be alright with you that others choose the things that they want to choose.

"Oh, that's so hard! It's so hard. I want them to choose, within reason, only things that I would choose." And we say, then somebody gets to choose what you would choose.

And you say, "Well, can't we just all agree on what's alright for us to choose?" And we say, how's that working out for you, now?

Today there are bombs being dropped on nations that choose other than you would have them choose -- for no reason other than that they are choosing other than you would have them choose.

You say, "Our way of government is the only way that is acceptable. And we will snuff out all others who are choosing otherwise." And we say, well, where does that one end?

It turns out that it is all being orchestrated from that Broader Perspective. Let's say that some of you get very influential. And you manage to offer your brand of beliefs in such a way that everybody on the planet today, just for a moment, at about 4:30 this afternoon, believes as you believe.

Just for that moment, you finally got it done -- but, then, tomorrow a whole avalanche of new spirits, renegade spirits, come forth into new bodies with whole different sets of ideas and intentions of everything that you have orchestrated.

The balance of intent is coming forth from that broader Non-Physical Perspective, and the variety is supreme, because out of that variety, each genius consciousness gets to choose something more.

The discord and the squalor and suffering and the poverty and the negative emotion, and the illness, all the bad stuff that you see or hear about in your physical environment -- is not because blessed spirits are coming forth and choosing bad things.

In every single case, every bit of that suffering or sickness, or sadness, is because somebody's locked off their signal momentarily.

You don't need to worry about the choices. It's not because the choices are there, that people are making horrible choices.

In fact, the more that they feel that they don't have choices, the more locked off they are, and the more choices that feel awful they make. Those that are acting out in violence, aren't acting out from their place of feeling free and secure.

...continued on page 33 ...

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Death and Rebirth at Christmas

...continued from page 14...



Like the agrarian society of centuries past, our Spiritual farmers use the Christmas season to regroup and give thanks. We face the New Year soon after the solstice, and with it comes the uncertainty of survival of new ideas and experiences.

Under the shining star of wisdom, we give birth to new possibilities and ways of thinking and soon after, we leave our past behind and dare to use the resources of our soul we stashed away for the cold days of our life's work.

We celebrate the end of one way of life in the present year, and move forward, sometimes reluctantly, into new beginnings knowing no matter how intensely we dig our heels into the old calendar and our old ways, time progresses and we must move with it.

While we build upon our past collection of beliefs and practices, we find when we harvest our greater good, it appears differently than before. Transformed by time and aging, our spiritual good fermented like fine wine into greater blessings than we imagined. Like good stewards of the crops of our life work, we bless the ideas healthy for us, and discard any notions diseased with the mould of self-doubt and negativity.

Give thanks for bountiful cycles

From Christmas to Easter, to Summer and Fall, we recognize and enjoy the life cycles of time and earth's gifts. Similarly, we must remember to appreciate the cyclic nature of our awareness as it shifts naturally with maturity and responds to life experience. At every turn, gratefulness enhances our lives and enriches the soil of our contented hearts.

At Christmas, we reflect upon what we grew this past year through the garden of relationships, for the crop of consciousness serves as building blocks for the coming year.

When we reserve enough good in the storehouse of your soul, life finds a way to sustain us through difficulties and challenges. Death of old dusty attitudes and ideas offers us the opportunity to sweep away what no longer serves us and clears the path for new information and enlightenment. In the center of the clearing, lies the opportunity for a rebirth of Spirit, moving us ever forward toward an abundant future.

December 25, Birthday of the Savior in Many Traditions

...continued from page 16...



• **Egyptian Pagan Religion:** Osiris is a savior-god who had been worshipped as far back as Neolithic times. Worship of Osiris and celebration of his Dec 25th birth, were established throughout the Roman Empire by the end of the 1st century BCE. "He was called Lord of Lords, King of Kings, God of Gods...the Resurrection and the Life, the Good shepherd...the god who 'made men and women be born again'" Three wise men announced his birth. His followers ate cakes of wheat which symbolized his body.

Many sayings associated with Osiris were taken over into the Bible. This included:

- **23rd Psalm:** an appeal to Osiris as the good Shepherd to lead believers through the valley of the shadow of death and to green pastures and still waters
- **Lord's Prayer:** "O amen, who art in heaven..."
- Many parables attributed to Jesus.

***Persian Pagan Religion:** Mithra was a Persian savior. Worship of Mithra became common throughout the Roman Empire, particularly among the Roman civil service and military. Mithraism was a competitor of Christianity until the 4th century. Their god was believed to have been born on December 25, circa 500 BCE. His birth was witnessed by shepherds and by gift-carrying Magi. This was celebrated as the "Dies Natalis Solis Invite," The "Birthday of the Unconquered Sun."

Some followers believed that he was born of a virgin. During his life, he performed many miracles, cured many illnesses, and cast out devils. He celebrated a **Last Supper** with his 12 disciples. He ascended to heaven at the time of the spring equinox, about March 21.

• **The Babylonians** celebrated their "Victory of the Sun-God" Festival on Dec. 25. **Saturnalia** was celebrated from Dec. 17 to 23 in the Roman Empire. Roman Emperor **Aurelian** blended Saturnalia with a number of birth celebrations of savior Gods from other religions, into a single holy day: Dec. 25th.

As the people of the Roman Empire were accustomed to celebrating the birth of a god on that day, the developing Christian church adopted this date as the birthday of their savior, Jesus.

From http://www.religioustolerance.org/xmas_sel.htm



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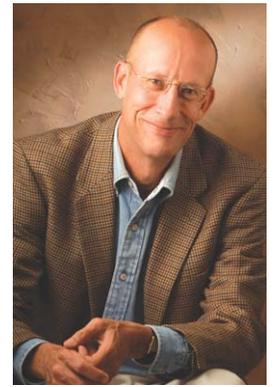
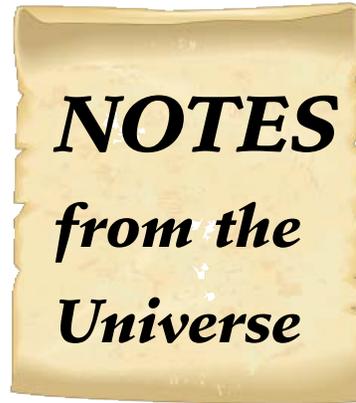
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The BIG THING rarely happens when you ask for it, nor does it typically come from who or where you expect. It usually comes a bit later, from someone you didn't even know when you first asked, as a result of some weird turn of events that were impossible to foresee.

So, chill. Be patient. Enjoy the moment. And let your friends, employers, and partners off the hook. Besides, they're going to have enough to deal with when the BIG THING does arrive, if you know what I mean.

**Won't be long,
The Universe**

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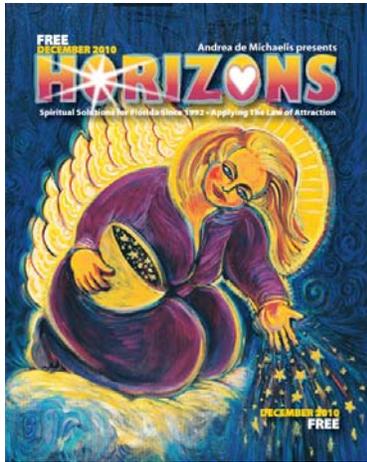
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She is inspired to bring beauty, love and a vision of inspiration to others through visionary, archetypal art, intuitive painting classes and workshops, and soul portrait sessions, a process unique to Katherine and her intuitive guidance.

To learn more about **Katherine Skaggs**, her services and products as well as a beautiful gallery of her sacred art, go to www.katherineskaggs.com.

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Soul Powered Life



...continued from page 25...

I downloaded the file again and I played the file in two different players-with the same results. I decided to phone for assistance. I explained what I was experiencing to the person who answered the phone, who to my surprise then introduced herself as Andrea.

She said that she never had a problem before; in fact the sample audio came from that file. I walked her through all the steps that I had taken. She offered to email her brother for technical support. But then we somehow started talking about things in general and things in common. It was like we were two friends just having a nice chat.

I then said, "Would you like to hear the file?" and she said that she would. I pressed play - and it played perfectly! I was amazed, and she was very happy it was working. We both laughed that I had asked "would you like to hear the file" and we did - we both heard it perfectly.

We both sensed there was more to this than a call for help on an audio file. We both commented on feeling like we knew each other - that there was a sense of familiarity.

I then remembered that before I made the audio purchase, I had thought that Andrea seemed like someone who would be fun to chat with... wow!

I thought back to the chain of events - from walking into the bookstore, intuitively deciding on the magazine, reading the magazine and so forth ... each step intuitively leading to the next.

It's always so amazing how easily - and quickly - the Universe can line things up when we are aligned with clear intention... often with better results than we had imagined.

Andrea's note: **I love Lynn's story because not only does it give me an excuse to run my ad, it gives me a new writer for Horizons Magazine.**



SEASONAL COOKING with spirit

We've learned from science that our thoughts and intentions affect how water acts and reacts with other organisms, especially in our physical body. That gives it a metaphysical and spiritual component that I like to honor by cooking and eating in a conscious way. A way that encourages maximum health, such as renewed cell structure, and maximum enjoyment of flavor and texture. For me, healthy cooking and eating is part of my spiritual path.

Andrea de Michaelis, Editor
<http://goddessgrub.com>

WINTER SOLSTICE PUMPKIN SOUP



Winter Solstice marks the longest night of the year and the first day of Winter, and this year it is the full moon as well. I'm going to celebrate with this creamy pumpkin soup. It's quick and easy to prepare.

- * 2 cups fresh peeled and chopped pumpkin (or a 16 oz can)
- * 1 Yukon Gold potato, peeled and chopped
- * 4 cups of chicken or vegetable broth
- * 2 large onions, chopped
- * 3 carrots, chopped
- * 2 celery stalks, chopped
- * 1 crushed clove of garlic
- * 3 tablespoons extra virgin olive oil
- * 1/4 teaspoon ground ginger
- * 1/4 teaspoon nutmeg
- * 1/8 teaspoon allspice
- * 1/2 teaspoon curry powder
- * Sea salt and coarse ground pepper to taste

Optional but good: * 1/2 cup half-and-half or soy cream
* 2 teaspoons of dry sherry

Heat the oil over medium heat and sauté the onion for about 5 minutes. Add in the carrots, celery, pumpkin, potato, garlic and spices. Lower the heat and cook for 10 minutes, stirring often so it doesn't brown.

Add in the broth and stir. Cover and simmer over low heat for 45 minutes. **Remove from heat and let cool uncovered for about 5 minutes.** Use a hand blender to zap the soup until smooth and creamy. Adjust the seasoning.

Stir in the sherry or soy milk at this point and blend until smooth. **Serve with warm, hearty pumpnickel bread.**



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Dec 1-9 Hanukkah, Judaism

Dec 5th - New Moon 12:36pm

Dec 7th - Guatemala: Burning the Devil (La Quema del Diablo)

Dec 10th - Islam: Start of Mevlana Festival of the Whirling Dervishes

Dec 17th - Santería, Afro-Cuban: Feast of Babaluyiye (Babalú Ayé), Orisha for those who are suffering

December 2010

Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. 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

Dec 21st - Winter Solstice The Sun is at its lowest point in the sky and it will be the shortest day and longest night of the year. This is also the first day of winter.

Dec 21st - The Full Cold Moon; or the Full Long Nights Moon at 3:13am -During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun. The full Moon of December 21, 2010, will pass right through the Earth's umbral shadow, featuring the northernmost total lunar eclipse in the 21st century.

Dec 21st - Total Lunar Eclipse. The eclipse will be visible throughout most of eastern Asia, Australia, the Pacific Ocean, the Americas, and Europe. The eclipse will be visible after midnight in North and South America. Since the Moon will be almost directly overhead from these locations, this should be an excellent chance to view the Moon will be almost directly overhead from these locations, this should be an excellent chance to view a rare total lunar eclipse.

Dec 21st - Wicca, Neo-Pagan: Yule, return of the Sun God

Dec 25th - The birth of the savior/god in many traditions is celebrated (see article on page 16), including:

Christianity: Christmas: Jesus

Roman Pagan: Attis

Greek Pagan: Dionysus

Egyptian Pagan: Osiris

Persian Pagan: Mithra

Babylonians "Victory of the Sun-God" Festival

Dec 26 - Jan 1st -- Kwanzaa, African American celebrating the 7 principles of unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Dec 27 Ta Chiu, Hong Kong Taoist festival of peace and renewal

Japan, Buddhism, Shinto: December in Japan is a time for preparing for their most celebrated day of the year "New Year's Day".

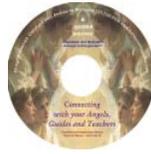


Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



Andrea de Michaelis has designed this audio series just for you.

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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...

They're feeling bound and insecure. They're frightened. They're fighting for their very life, on vibrational levels.

It doesn't take many like you to lie in your bed, acknowledge some violence that you worry about, and feel the discomfort of it, and then feel the rocket of desire burst forth, that your children, and children like them, have lovely environments to grow up in. And then, as you reach for thoughts, in the next 30 days, that cause you to lock onto that feeling of Well-being -- you would be amazed at the power of influence that the effort of one individual provides.

You didn't come to this world because it is broken and needs fixing. You came to this world because it is fantastic and you wanted to be here. But then, when you get here, when you start finding fault with parts of it that don't please you, you sort of negate the balance that you knew would be here that you chose, to begin with. That's why we want you to begin relaxing and allowing everything to be okay for a while.

Your work is to joyously choose thoughts, words and actions that feel good while you choose them. And you say, "Well, that doesn't sound like enough justification for this life experience. How will I separate myself from the others? How will I stand out? How will I become the leader of the pack? How will I get the most stars on my chart? How will I excel?"

The other day we asked a group, "Does it bother you that Source Energy adores 100% of your population? How do you feel about that? Source Energy adores, not just tolerates, not just allows, Source Energy adores 100% of the population." Some are irritated at the idea, because they've been working very hard to be virtuous and praiseworthy. And it's irritating that those not working nearly as hard are still adored.

When you reach this place that it is alright with you, that everything is alright, then you have no reason, ever again, to lock off your signal. That doesn't mean you don't have preferences. But when you no longer are condemning, pushing against, negating, or trying to remove something, then you're no longer a vibrational match to any of that, and then, only Well-being can be your experience.

FOLLOW WHAT YOU KNOW TO BE TRUE. IF IT FEELS GOOD, IT'S RIGHT ON. IF IT DOESN'T FEEL GOOD, IT'S NOT. THAT'S IT, THAT'S ALL THERE IS TO THAT.

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BUT WHAT ABOUT 9-11??

Esther: Abraham, today our office has been flooded with requests that we post a message from you on our web site regarding the vengeful 9/11/01 events. Would you give us those words?

Abraham: We are happy to offer our words. We hold no greater intent than to soothe our dear physical friends back into their connection with Source Energy. There has never been a greater opportunity or a greater reason for those who have been studying the Art of Allowing than in this powerfully focused time.

Most will feel the impact of today's events because the events themselves will control their thoughts.

Remember, the terrible feeling in the pit of your stomach is the result of your disconnection from your Energy Source, and while you cannot control the actions of those who hijack your airplanes and fly them into your buildings -- you do have control over the valve which allows or disallows the Source of Energy into your being.

Whenever you experience powerful negative emotion, your awareness of the relief from it is equally evident. And so, to really understand what true Allowing of Source Energy is, try to turn your thoughts, for a few minutes, to the details of your own life's activities -- and experience the relief that will occur. And then stop and say to yourself, "This is good. I have allowed my Connection, for a moment, here."

...continued on page 34...

Abraham-Hicks



... from page 33...

It is our desire that you find relief from your discomfort. You will not be able to watch the events replayed on your television, and experience your connection with your Source.

You will not be able to search for the reason for the attack or seek revenge against those responsible, and experience your connection with your Source.

Some may misunderstand our message of "Allowing," believing that it means to accept the actions of those responsible, seeking no revenge, and trying to make their actions right or understandable.

"Allowing" means there are no circumstances -- even as extraordinary as the events of September 11 -- to use as your excuse to disallow your Connection.

While the mind of human consciousness is spinning in the confusion of these events, the Energy of Well-being, from which all has come forth, dominates. Even if every human consciousness were disconnected as a result of their awareness of this event, your balance of Well-being still remains staggeringly dominant.

We can offer no explanations that will satisfy. But we do know that your fantastic lives will continue and that the balance of your planet is dramatic Well-being. And that the statistics of those personally affected compared to those not personally affected is so great that it almost cannot be measured.

Everything that we have offered over the past 15 years, has been to assist you in understanding that even under these conditions, YOUR Well-being is still in place.

Do your best to find your personal Connection, and do not fret when it appears that most of the world is making no effort to find their Connection.

Know that as far as YOUR life is concerned, it is enough that YOU find your Connection. And trust that the Well-being of your planet does still -- and always will -- survive.

There is great love here for you,

Abraham



Thoughts about things...

... from page 7...

I run each time through my head because each time I bring it to mind, I am telling the Universe that I want more of this. I want to feel more of this. I want to feel excited over winning extra money. I want to feel excited over receiving unexpected money. *(I would be excited over it. I think I am starting to feel it. So I just keep repeating the good feeling thought to me to make myself feel it more and more? Yes)*

I don't care where it comes from. *(How can I not care where it comes from? George owes me \$200 but that's about it except for my job.)* It can come from places I have no idea about. *(Like where??)* I'll leave that part up to the Universe. *(Easier said than done. Maybe I could mow lawns or have a garage sale...)* My part is getting excited seeing money in my account, and getting excited over seeing my name on a big check. *(Ok I'm trying to do that but my mind keeps asking me where will it come from?)*

I love being thousands of dollars ahead in the checking account. *(Who wouldn't? That hardly ever happens.)* I love getting paid by Paypal. *(I guess I have to open a Paypal account to do this one.)* I love opening the Paypal emails that say "You've got money!" *(I'd like to get emails like that. Now that would make me happy.)*

I love getting last minute ads and last minute money. I love getting big ads on contract, since contract for me means they pay 3 and 6 and 12 months ahead to get the best price. I love creating new ads for new clients. *(I have to skip this one because I have a different job.)* I love seeing the balance increase in my bank account and my Paypal account. *(Ok, this I can do. I can try imagining the balance increase. This might take some practice, it's not as easy as I thought.)*

I love doing visualizations like these below and when I do, more dollars begin flowing in:

I open the post office box and see check after check with my name on it. I see \$3,900 and I see \$5785 and I see \$900 and I see \$23,000. *(What would someone send me checks for?)* With each one, I make myself get excited about how good it feels to get big checks. *(I can't figure out why someone would be sending me checks. It's hard to get excited if I don't know what someone would send me a check for. I don't want to get my hopes up for nothing. Or have it be a mistake and I spend it and have to pay it back and don't have it anymore?)* I dance

...continued on page 35...

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."

out of the post office.

I see myself opening email and seeing dozens of Paypal notifications saying "You've got money!" I think, "I do, I do have money and I have more on the way." I think how good it feels to see the emails knowing they mean money in the bank. *(I could open a Paypal account for my friends to make donations and I could sell something on eBay maybe and use the Paypal account for that. They do say open a doorway for dollars to come in, so a Paypal account would be another doorway.)*

I go to my PayPal page and see all the new payments. I see the balance increasing and I get excited about it. I see amounts of \$4200 and of \$850 and here's one for \$965 and another for \$35,500. I like the big ones! *(I can't figure out what people would want to write me checks for. I get hung up here each time. How can I visualize something I can't imagine happening?)*

I don't even stop to think of what I'd do with it right now. Right now, I am just enjoying seeing it accumulate. *(Ok I'll try to do that, see it building into a big nest egg and not worry about where it comes from or what to do with it.)*

Another day I can plan what I'd like to do with it. That's where resistance comes in for me anyway, since I too soon start justifying who and what I can help, and not where I'd go but who I'd travel with. *(Me, too. I think I should really take SoNso but she doesn't like to walk and I could take Whozit but she's going to complain the whole way anyway. I don't even know if I could take that long off work. Oh wait I wouldn't have to be at my job still, right, since it's MY visualization? Ok I see how it is easy to get hung up with this thought too. Jeez, this is hard work.)*

Since I know that about myself, I make this 8 minute workshop only about feeling good and imagining receiving more dollars. And nothing else.

Like Abraham-Hicks says, get in, feel good, get out. Try it right now. Do it long enough and those unconscious thoughts will fade away. And so will your resistance.

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". This month you will be more inclined to seek company in unusual places. You are apt to be extremely sensitive these days being that the Holidays are upon us. This time of year is the rude awakening that there are so many more people with so much less in the world. Be mindful of all that you have to be grateful for, and shine your love and light in the world.

Taurus April 20 to May 20 "I Have". Your approach to life has not been working, your higher self is urging you to change your attitude and to put your creative ideas into motion. Your life is about to change for the better in unexpected ways, so take a risk and do the opposite of what you would normally do. You are very idealistic and innovative, so bring the change you want to see for others, do for yourself.

Gemini May 21 to June 20 "I Think". Female relationships are up on your radar, whatever has not been healed will come back to haunt you. Love is the key! Love yourself enough not to hold so many grudges, it only makes you sad, old and mad. Who wants to be around an angry old grudge holder, they only end up being alone and sick from being so angry all the time. Open your heart to forgiveness.

Cancer June 21 to July 22 "I Feel". This December your focus once again comes full circle having your family and friends be the center of attention. This would be a good time to come clean with who you really are on the inside, there is nothing to worry about, you are loved and misunderstood. It is not your fault that you are eccentric, creative, energetic, and beautiful. You just have weird family karma. If you are feeling like the black sheep that means that you are a mover and a shaker.

Leo July 23 to August 22 "I Will". Now is the time to firm up any plans you may have for the future in regards to your dreams of success and travel. Make a realistic approach to how you are going to manifest the abundance that is required for you to live like you want to live. Bring to completion any unfinished projects laying around because they will just drain your energy and keep you side tracked. Be patient and all that you expect will come to pass.

Virgo August 23 to September 22 "I Analyze". Your life is changing at a rate that you have no control over. You cannot change what other people do. It can really be upsetting when the change affects you in such a way that you have to look for another job, or a mate, or rearrange your life because some one lost control of their car and smashed in your front living room wall, thank God no one was hurt. The key is to trust in yourself and you will always be in the right place at the right time.

Libra September 23 to October 22/23 "I Balance". With transiting Saturn in your sign, you may feel like you have been backed into a wall. The wall is your inability to see past your own issues, as well as a false sense of security. Fear is what keeps you wanting to be protected. Be strong, patient, cautious and prudent and the overwhelming feeling of peace will protect you. This month will be a need for self nurturance as well as exercise your youknowwhat off.

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December 2010



SUGGESTED READING WATCHING LISTENING

Scorpio October 23 to November 21/22 "I Transform". Oh, my word, you have so much fun in store for you this month. I see intense passion and creativity, love and deep caring. Have you not walked into a new heart with arms wide open. Relationships will be a positive focus, many friends that you have not heard from in a long time will come out of the woodwork to visit you and check out what you have been up to. This is your chance to be positive and give encouragement.

Sagittarius November 22 to December 21 "I Perceive". Your intimacy issues have come to the surface to deal with once and for all. I know you Sagittarians love to be on the go, no settling down for you. Well maybe it is time for a change, you can only run from love for so long and finely one day when you least expect it love captures your heart unexpectedly. Once you commit to stop running and playing the field you might really enjoy settling down.

Capricorn December 22 to January 19 "I Use". This is a time for rejuvenation, turnarounds, crisis catharsis and personal renewal. The Lunar Eclipse full moon in Gemini on Winter Solstice in your sign Capricorn will have a major affect on you and what is important to you, your family, your children and your Mother. Everything that you hold dear you will hold a little closer and a little longer. You will feel so much more than you are used to feeling, because you have opened up to some amazing life force energy.

Aquarius January 20 to February 19 "I Know". Have you healed what you needed to heal so far with the time that you have spent on the planet? If not then get off your little but but and get busy taking care of business. The thoughts that have been running through your mind lately are wisdom from the beyond and you should really take a deeper look at your life and what opportunities it is presenting to you. Being at a crossroads can help you get clear on what you want and where you're going.

Pisces February 19 to March 20 "I Believe". The time has come for you to submerge yourself inside yourself. Your soul is calling to you, the answers are within you, take the time to go within and listen to your universal messages. The stars are saying to you to heal your relationships with the men in your life. Warrior energy is part of you, use it to get things done and to protect your goals. Your intuition is on fire with desire, please trust it, there is no stopping the flow now.

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
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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.



Return To Joy

...continued from page 11...

You will find that when you extend goodness to others it will return to you and enrich your own life. Offer a smile or a compliment or a word of encouragement to everyone you meet. Extend feelings of loving kindness toward all beings, including the trees and plants and animals. Everyone and everything is vibration and when you put forth good vibes, you are affecting everyone and everything around you in the most positive way. Not only do you feel good, but you are helping to heal your immediate environment and the planet.

Enter into a state of appreciation. Even when you are having a so-called "bad" day you can still find things to be thankful for. It can be as simple as that you have clean clothes to wear and clean water to drink. (Not everyone is blessed to have these most basic of things!) The vibration of gratitude is very powerful and it can shift you into a better mood almost instantaneously.

Take time out to nurture yourself. This doesn't have to mean taking a weekend trip or spending a day at the spa. You

can take your lawn chair outside and put it under a tree in your yard and sit and sip lemonade while you breathe and listen to the birds sing and watch the dragonflies and butterflies dance around you. Slow down and make some time to give back to yourself every day. It will recharge you on all levels.

Choose to be happy. Choose to laugh and see the humor in things. Buddhist monk and author Thich Nhat Hanh says that he "enjoys breathing". When you can find pleasure and enjoyment in something as basic and essential as breathing, then you have found the key to happiness and joy. We are as happy as we choose to be. We can see the glass as half empty or half full. We can choose to count our blessings or count our problems. We can choose to dwell on negative thoughts or we can choose a new thought that feels better. We get stuck in taking everything so seriously, when in reality, very little is serious. Learn to laugh and let go and focus on the good and feel your joy returning. Life is meant to be joy and we were meant to live in a state of happiness.

The more conscious you become, which means the more aware you are of yourself—your thoughts, feelings, actions, and choices—the more in control you are of what enters your personal space (your mind!). You can deliberately choose joy in every moment that comes to you. You can start right now by becoming present, taking a look around and seeing things to be joyful about in this very moment. Once you make this practice your own, you will be amazed at how there are constantly more and more things to be happy about. The Universe responds to what we focus on and when we focus on being joyful, the Universe delights in sending us more things to make us happy! May you walk in the joy and beauty that is your birthright.



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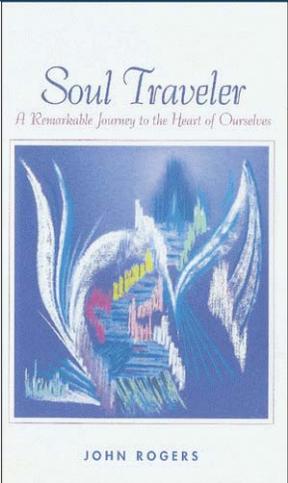


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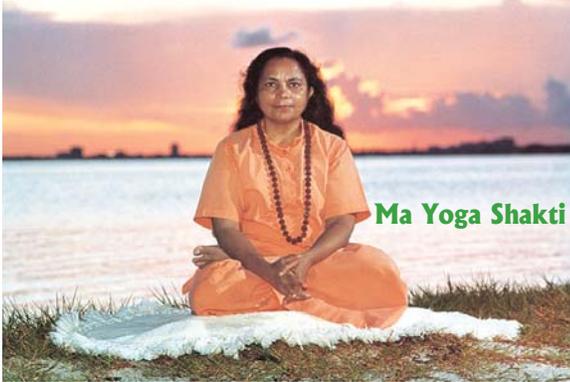
**A new book by
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if one wishes to gain a better understanding of reincarnation, this book is not based upon speculation but rather actual communications that the author has received from his spirit guides. Special emphasis is given to the preparatory steps taken by each soul before embarking on a new incarnation in the earthly realm. The author describes in detail the advisory roles played by the Council of Twelve and personal spirit guides in the development of a soul's specific life blueprint for an upcoming life. The overriding message of this book is that the circumstances and close personal relationships that we encounter in life are ... something that each soul freely plans out in detail ahead of time. ~ Dr. Dennis Tishken, Professor of Religion and Humanities, Valencia Community College and Brevard Community College, Florida

Visit John Rogers website at www.themediumwithin.com

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