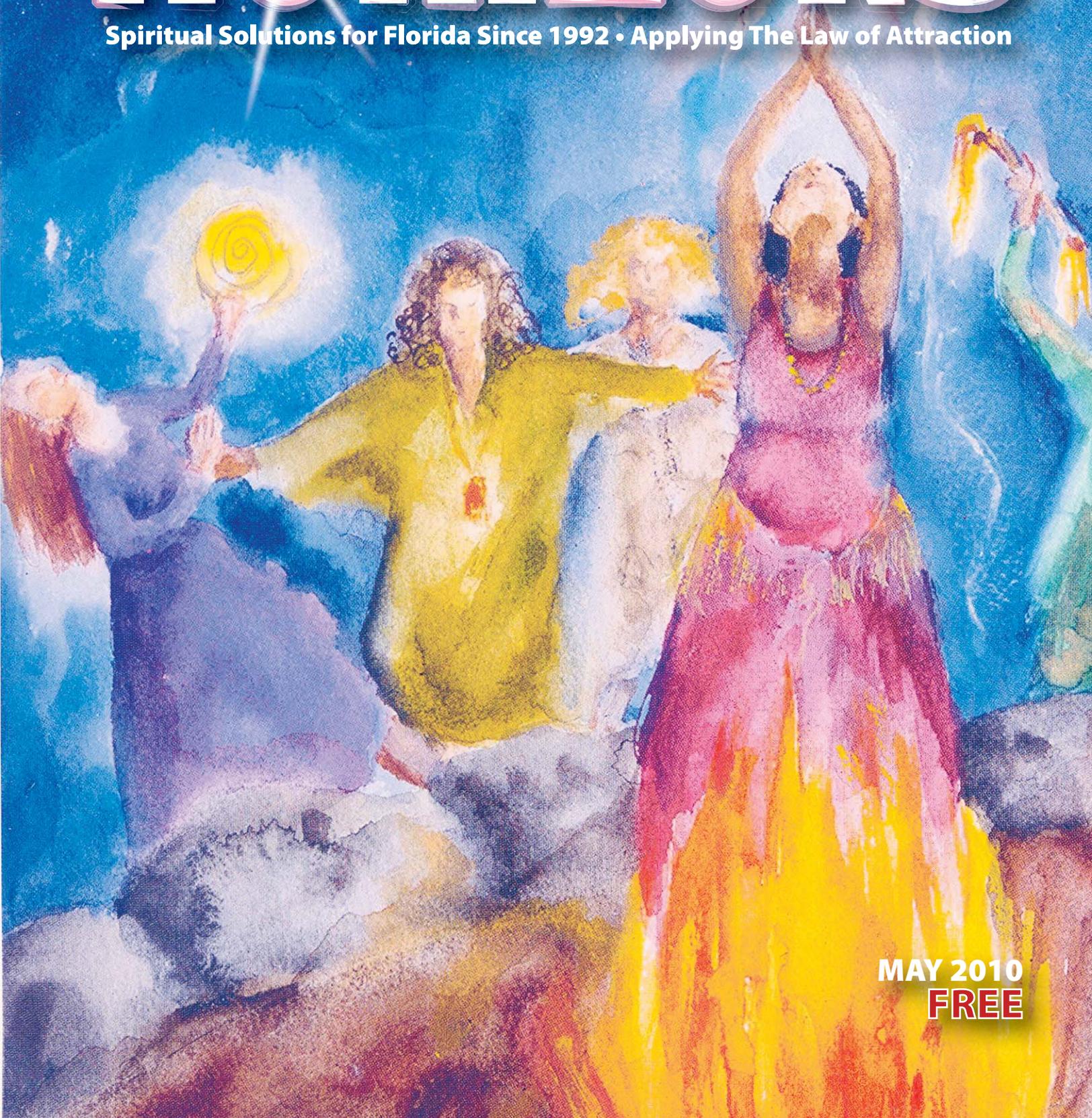


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**Unity of Melbourne will be migrating to one service  
at 10:00AM on May 9th! We have live music**

Dave Ramsey's Financial Peace University Classes start Tuesday, May 4th at 6:30 Can you imagine what your life would be like if you had NO payments... if you were completely debt free?! During class the average family pays off more than \$5,000 in debt and saves almost \$3,000. More importantly, we will learn how to handle our finances and what it means to have true financial peace.

**Financial Peace University (FPU)** consists of a 13-week video curriculum—taught by financial expert Dave Ramsey—that incorporates small-group discussions to encourage accountability and discipleship. More than one million families have already had their lives changed by attending FPU.

**MOTHER'S DAY May 9 SUNDAY 10am**  
*Join us for a special mother's day service.  
We'll honor all those who show up as  
mom in our life.*

May 16 and May 17 Sacred Healing with Rev. Scott Sherman. Attend Sacred Meditation Seminar & Self Healing Demonstration.  
**Talk title is "Get A L.I.F.E."**

Sunday - immediately after a light lunch - 11:45- 1:15pm in the Sanctuary (By love offering) Sign up for an Individual Session with Rev. Scott (40 minutes)

Sunday afternoon 1:30– 6 pm (Suggested love offering of \$60, but no one turned away)

Monday, all day 9:00am – 5pm Sacred Meditation Training, Learn to bless & heal yourself then learn to serve others

Phase 1: Monday evening 5:30 - 7 pm Includes Sacred Meditation demonstration, self-healing instructional CD and materials prepared exclusively for this program. Cost: \$65

Phase 2: Designed for professionals, active healing leaders and enthusiastic lay persons

Monday evening 7:00 - 9:30 pm This advanced training immediately follows Phase I (required) and is available for certification, Unity Institute 6 hours of SEE credit, and privileges of continuing inclusion in the Sacred Meditation family of healers, plus discounts on all materials. Additional \$95 includes: Certification, a customized CD & advanced instructional materials

**Becoming a Global Citizen:  
Africa's Challenge** Sunday, May 23  
at 10 am with Elizabeth Stamper  
"Living in the service of other people, I finally felt fully alive. I found the true force of God in being available to others and in accepting one's fate without complaining. I began to understand that God was sending me a message: You must radiate and shine despite the difficulties you have on earth. In spite of your own problems, comfort others ...."  
~ Honorata, Survivor of Rwandan genocide, quote from *The Blue Sweater* by Jacqueline Novogratz

**Living Your Soul Purpose Workshop**  
Sunday May 23 1-3 pm Elizabeth Stamper  
Consciousness is changing, humanity is evolving. It always has and always will, and yet we're living in a time of the "celestial speed-up" when there is more energy and support for our conscious evolution than ever before. Your unique soul purpose is a needed and necessary part of this evolutionary process. In this workshop we will learn and practice tools to find, strengthen and live the beauty, passion and purpose of your soul. Suggested Love Offering \$25 No one turned away for lack of funds.  
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*"Expansion, growth, development -- all these terms mean only one thing: to bring forth the perfection of what you already are in essence."* ~ Pathwork Lecture

Elizabeth is a Licensed Mental Health Counselor and maintains a private practice in psychotherapy, breathwork and energy healing. She has a Master's in counseling, and has been a student of meditation and yoga since 1972. She has authored of a well-received book on relationships and two meditation CD's, and will lead her 13th annual Women's Retreat this fall. For her work in helping to create community, Elizabeth was given the "Heart of the Community" award by Conscious Living Partnership. She is currently a student at the Chaplaincy Institute, Berkeley, CA, and will be ordained (Inshallah!) as an interfaith minister in Spring 2011.

**Webinar Judith Lukomski  
Charting the Course of Change:  
Navigating with Logic & Intuition  
Webinar & Discussion May 29-10am**

Choice or challenge, our world is changing. Learning to embrace transition, redefine success and strengthen community is paramount as humankind continues to evolve. Change is accelerating, and it will not slow down in the days to come. Collectively and individually, we must learn to address transition and bring about positive transformation.

This is an interactive session designed to build awareness of the change cycle, identify common responses and recommendations to harness the dynamics of change. This session focuses on creating a pathway to inspired thinking by merging intuitive thought with practical action. Learn to identify potential projects, prioritize and define scope of action at local levels.

Sign on information will be sent out via our email system prior to the actual webinar date 5/13/2010, if you wish to watch it live. Sign on our website [www.unityofmelbourne.com](http://www.unityofmelbourne.com) if you would like to receive our emails.

#### ONGOING EVENTS:

**A COURSE IN MIRACLES**  
Facilitator: Darlene Capinha  
Tuesdays 7:30pm

**REIKI HEALING SERVICE**  
Facilitator: Lloyd Reiser  
Sunday May 2nd, 4:30pm  
Sunday June 6th, 4:30pm

**BREVARD BUDDHIST FELLOWSHIP**  
Friday, May 14th, 7pm

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# HORIZONS

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Andrea de Michaelis

**Thanks for help this month**

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by Melissa Harris

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Donna Eden  
Mike Dooley  
Alan Cohen  
Tom Sannar

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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

**ARTICLE SUBMISSION:** You may submit articles of 200-900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto: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/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto:oneheart@roadrunner.com)

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





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

**H**ello and welcome to the May 2010 edition of Horizons Magazine. I woke up the other morning with an almost overwhelming urge to go to the grocery store and buy canned vegetables. When I found Indian pantry moths last year, I emptied out my pantry and washed everything down and have just kept it empty the last couple of months to make sure they are gone. I now keep all dried beans and cereals in the refrigerator instead of the pantry. I used to keep my pantry stocked and when I changed my eating habits in 2004, I gave all my unhealthy foods away. That ended up being everything. Then I began eating so differently that I just never bought many cans of anything at any one time. I may have half a dozen cans of garbanzos and black beans, a couple of soups and some dried beans, but that was it. I kind of like the idea of the cabinet being bare: not a lot of food that I am committed to eat before it expires. I've always had commitment issues. Then I woke up this morning with the urge to stock up on canned vegetables. I think I was channeling my mother.

I didn't fight the impulse, I've learned I get these for a reason. My mother, as she got into her 50's, became very price conscious, although she earned a good income. She'd proudly report the lucky finds she came across in what she called the *dented food store*. Mom had a pantry full of canned goods and always loved a bargain. She also had a lot of expired canned goods to be discarded when she passed.

I remember when growing up in Hialeah, FL, my dad went through a Mormon stage and apparently part of that is stocking enough cans of food in your house to last a family a year or more. He built an extra pantry for just that, and kept it stocked. He had a cabin in the Everglades and it was the same, they were like bunkers in there. So I was thinking of these things as I was shopping. That's when I felt like I was channelling my mother. I was looking at the prices but would buy DelMonte instead of the store brand because, well, it was just a few cents difference and I had never tasted the store brand before. My mom loved to buy the store brands. Some of them I could tell the difference, some not.

And it's not exactly a price issue, for me most of the time having a lot of canned goods means an expiration date I need to keep an eye on and feeling pressured to eat something I may not be in the mood for. Things like fresh produce used to bring up my commitment issues, and ripe bananas especially. Now I go through a lot of fresh produce, and I have to keep an eye on the cans to make sure they don't expire before I get to them.

I don't like to do things that are wasteful. I try to keep a balance between saving for a rainy day and living to the fullest in the moment. I don't feel the need to begin stockpiling frantically for a tomorrow that may never come, but I also do not want to become like *Frisky the squirrel* who had no resources of his own.

...continued on page 34...

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## Nothing is Worth Disallowing Life Force

**T**he power of gathering is that you inspire the best from each other. Collectively, you become more than you usually do individually. And we say that to you not because we want to encourage you to join together in groups but because we want you to feel the poignancy of your physical experience. *We want you to recognize the enormous value that you as one person has to you as one person has to you as one person.* The amazing and wonderful diversity that you hold upon your planet is truly the power of your attraction. If you did not have your differences to bump up against, you would not have the clarity with which to attract.

Physical beings so often defeat that great value, because as they singularly view what is outside of them, they tend to push against much of what is outside of them -- so they miss the value of the collective power. That pushing against something is what we call resistance -- and resistance is the only thing that keeps you from the Stream of Well-being that is natural to you.

There is one constant steady Stream of pure positive Energy flowing to you at all times, and in any moment, you, as an individual, are allowing or resisting that Stream. When you're allowing the Stream, you feel wonderful, you feel clarity, you feel vitality, you feel health, you feel abundance. You feel good. But if you are not allowing the Stream, you don't feel so good. That's what blame or doubt or fear is about.

These three things are always true of resistance: Resistance is the only thing that keeps you from your natural Well-being. Negative emotion is always present as your indicator of resistance. And resistance always, always, always means you are pushing against something.

Resistance, is using the contrast to decide what you don't want. Allowing, is using the contrast to decide what you do want.

You came forth into this sea of diversity, this sea of contrast, but you did not intend to make that contrast resistance.

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

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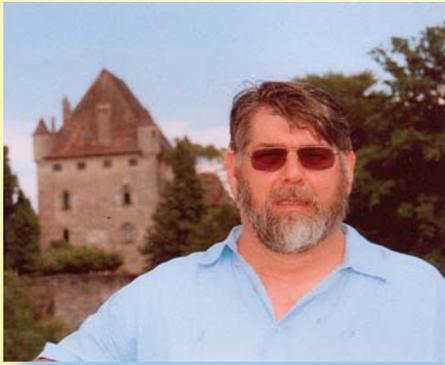
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# Nellie



**TESTIMONIAL:** *Nellie, I just wanted to tell you how much I appreciated the time you spent with me on this past Saturday. The concert that I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer and he was really surprised when we pulled into the theater. It was the day after Valentine's day and I made an excuse that we were going to drive to Sarasota to eat at a really nice restaurant. How seats in the 5th row were available just 3 days before the concert is beyond me -- it really was just meant to be. It's funny that this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- and I was just wondering to myself what the greatest moment we had together was in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. You are a dear, special person and regardless of whether I get up that way again (I hope I do!), you will always have a special place in my heart. Thank you so much for the piece of mind you have given me. Warmest Wishes, Chris Tampa, FL*

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Email [alwaynellie@yahoo.com](mailto:alwaynellie@yahoo.com)

# FOCUS on Making Small Changes



Joan Borysenko is a featured speaker at the **2010 Universal Lightworkers Conference** in **Fort Lauderdale**, Florida from **June 11th - 13th**. For info [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com). For information on Joan, see <http://www.joanborysenko.com>

**W**hen you try to change your entire life in a day, chances are slim unless you're being taken into the Witness Protection Program. And when you think about the effort that change takes, it can be paralyzing. But there's a much gentler option. Let a story about my friend and colleague nurse-researcher **Dr. Janet Quinn**, author of *Am a Woman Finding My Voice*, tell you more.

Once upon a time, Janet went to **Australia** to spend a week with a group of aboriginal elders. One day they piled into a van to search the arid outback for bush tucker (Australian for "food"). Items such as Witchety grubs and honey ants may seem unattractive to Westerners, but they're delicacies in the outback.

The van was bouncing along a rutted road when suddenly it slowed way down. There was a camel in front, loping along at its own slow pace. The driver honked. The camel went faster. Then it slowed down again, apparently unconcerned about the van on its tail. The cycle of honking, trotting, and slowing down was repeated over and over again. The sight of Janet imitating the wagging gait of the camel's behind can't be captured in words, but perhaps you get the picture.

As she sat in the van, contemplating the dromedary, it occurred to Janet that there were miles of uninhabited land in every direction, yet the camel stayed on the road. If it had made the tiniest adjustment to its course—even a fraction of a degree—it would have had endless miles of unmolested space to roam in, and there would be respite from the honking and trotting. But apparently the camel hadn't thought this through, and it kept to its uncomfortable course.

A lot of people do the same thing. You may be stressed and unhappy about the course of your life, but you just keep on walking in the same direction. When I've asked people why they don't change their circumstances, the most common response is "fear." They know the box that they're stuck in. Even though it's uncomfortable, it's at least familiar.

...continued on page 38 ...

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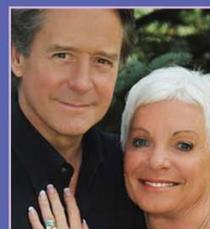
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Dee Wallace



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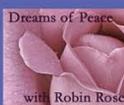
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Fortunately herbs work very well in the digestive system. Demulcent herbs like Marshmallow, Licorice and Slippery Elm ease digestive pain soothing and coating the digestive tract. Nerve and Adaptogenic herbs help you to deal with stressors better Astragalus, Ginseng and Lemon Balm help keep episodes farther apart. Astringent herbs like Peppermint, Red Raspberry, Penny Royal, Black Walnut or White Oak in the digestive system help by tightening and toning the tissue of the digestive tract, keeping parasites and bacteria's under control. For diarrhea or very loose stools Red Raspberry, Shepard's Purse or Sunflower Petals can help. Herbs such as Wild Yam, Chamomile and Licorice reduce the inflammations that can cause excessive mucous or pain in the digestive system. Carminative herbs like Chamomile, Peppermint, Cinnamon or Fennel ease gas and bloating. Antispasmodics like Cramp Bark, Dill, Fennel and Chamomile help reduce pain and cramping. Vulenary herbs like Calendula, Plantain and Comfrey heal the damaged tissue within the digestive tract. Anti-parasitic, antiviral, antibacterial and antimicrobial herbs like Oregon Grape root, Barberry, Goldenseal and Garlic can be used for fighting off many of the micro-organisms that may be the causing your digestive problems.

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# Don't Just Be Good, Be Good For Something!



Michael Mirdad, author of *You're Not Going Crazy . . . You're Just Waking Up!*, is a keynote speaker at the **2010 Universal Lightworkers Conference** in Fort Lauderdale, Florida from **June 11th - 13th**. For info on the ULC, go to [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com). For information on Michael, go to [www.GrailProductions.com](http://www.GrailProductions.com)

**T**here is a common phrase amongst many advanced students on the spiritual path, which is, “*Do the next ‘right’ thing.*” What this means is that when you feel conflicted and are not sure what move to make or which decision to choose, simply take a stand to “do the next right thing.” In other words, find your quiet center and then allow common sense to show what decision will most likely bring “the most good for the most people.” It also means to get off your butt and do something . . . anything but do not become frozen and thus, worthless.

As you might recall, I have previously referenced the story of Lord Krishna riding into battle in a chariot along with his friend, a gentle prince named Arjuna. Once again we can use this ancient story as a metaphor to solve problems of today.

Although the battle was righteous by all human standards, as it was to defend Arjuna’s peace-loving kingdom from an evil, aggressive army, poor Arjuna still couldn’t decide if it was the “right” thing to do.

In this story, Arjuna represents the part of us that is too airy-fairy, passive, and/or ungrounded and therefore tends to get little accomplished or even takes the role of victim. So he begins to use his version of “spiritual values” to defend his doubt about going into battle.

Just as the battle is to begin, Arjuna (our weak, human nature) cries out to Krishna (symbolizing God) and asks him for guidance to resolve his inner conflict. With tears in his eyes, Arjuna says, “I see no value for going into battle. It seems wrong and against our religion—especially given that some of the invaders are our own family members.”

Well, Krishna would have none of this. He promptly scolds Arjuna and tells him, “The very idea that you are in conflict on this matter means you are not accessing your Divine Mind. Get it together and take notice that there is a battle before you. Stand up and be counted. An entire kingdom of people (who will surely be destroyed) is counting on you. Take control of the horses of your chariot (symbolic of the four chakras of the lower, human self) and steer your chariot (your soul) towards righteous actions. In bringing God to the battle, you are transforming the battle into a victory—win or lose. Yes, it would be great to be sitting in a serene setting enjoying peace and nature but that’s not what’s happening right NOW. In this present moment, we have a battle to fight. So, get in your body, be a master, and get moving.”

Krishna goes on to say, “Taking action is nearly always better than inactivity—provided you remain unattached to the outcome of the action. Besides, there is nothing else like a righteous battle to teach you so much about yourself—provided it is unprovoked. If you die or fail in a righteous battle, it matters not because you will have achieved a bit of Heaven. Of course if you succeed and arise victorious, you will have gained a much better life here on earth.”

As you might already have noticed, Arjuna’s plight is common amongst “New Agers.” We often hear, see, and experience men and women on the spiritual path who hide their preference for hyper-passivity behind their spirituality. Yes, of course, it’s great to be passive—as long as that is what the moment and the inspiration are calling for. But if you see a car accident, get out and help; if you see someone at the store who’s short a few dollars to pay their bill, help them out if you can. Otherwise, you remain valueless and without the respect of yourself or others.

*...continued on page 31...*



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**D**ear Whitedove, There have been so many Earthquakes recently. Are we more aware because the news media is instantaneous or is there something else going on?  
**Quaking in CA**

**Dear Quaking,** The fear based media conglomerates are happy to send doom and gloom reports around the world. But there is much more important Spiritual News to report. This is a very important time for light workers to be active in daily prayer, meditation, and be in service to humanity.

**Dear Whitedove,** Is there a spiritual connection to Rocks, Minerals, and Crystals? **A Rock Hound**

**Dear Rock Hound,** Yes there is a reason that you've been attracted to the very essence of Mother Earth. Each stone has its own special attributes and they are alive with healing properties. Many Ancient civilizations knew the power of crystals and harnessed it. Do some research on Atlantean and Lemurian crystals. There are many types of crystals: activators, receptors, golden ray, etc. Today we only have a tiny fraction of that knowledge: using crystals to power watches, radios, and computers. I'd suggest that you seek out a teacher that specializes in stones for tutoring.

**Dear Whitedove,** Is it more spiritually correct to be a vegetarian? If animals are God's creatures also, I sometimes feel incredibly guilty eating meat. Should I? **Animal Lover in CA**

**Dear Lover,** Being a vegetarian is simply a choice. I'm told by spirit that your body will tell you what is best for you. Eons ago the animal kingdom volunteered to give up their lives to give substance to humans. This is how humanity became carnivores. Then the Native American's gave thanks with gratitude and took the lives with great care and respect. Today there are many sources of protein other than animal. The foods are processed so it's best to bless everything that you consume. Go organic whatever your choice may be, God honors your free will.



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 June 12 (12pm to 2pm) - Inner Silence: Taming the Monkey Mind  
 June 19 (10 am to 6 pm) -- MIDSUMMER FESTIVAL of Summer Solstice and the Faeries; vendors; psychic fair; free Charm bag workshop with supplies provided; Summer Solstice Ritual at 1 pm  
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# The Prosperity PROJECT



Valerie Saurer is the founder of The Attitude of Gratitude Project, an interactive gratitude journal on Facebook visited daily by thousands of grateful people from all over the world. She is the author of two blogs, <http://thenewbookofclues.blogspot.com> and <http://LivingGratitude.com>, <http://attitudeofgratitudeproject.com>. Email [sendoutgratitude@yahoo.com](mailto:sendoutgratitude@yahoo.com). See page 38 for event.

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

## Prosperity Project Clue: POSITIVE ASPECTS

Here on the Prosperity Project, we've been trying to retrain our thinking about money. We know that how we think directly affects what we attract into our lives, so we have been re-training our brains to be comfortable spending ever-increasing quantities of imaginary money. By playing this game we are hoping that our thinking about money in the real world will begin to evolve, and that eventually our thinking will tend more towards abundance rather than lack.

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However, in spite of all of our attempts at abundant thinking, snags inevitably trip us up. We go along thinking positive thoughts, being grateful, focusing on prosperity, expecting good things to happen, and then we hit a snag. Something happens that sets us back, and we get a chance to find out whether all of this positive-thinking stuff is really working for us. We've all heard the advice that we can't control what happens, but we can control how we react to what happens. Today's Prosperity Project Clue will provide a tool to use in helping to control our reaction to those inevitable snags.

Today, I hit a snag of my own. I went online so I could do the Saturday morning bank balancing ritual. I've enjoyed watching the money pile up over the past few months, and especially over the past two weeks as we've been doing the Prosperity Project. I had an idea how much money would be in there, and I was really excited to see that balance in my checking account. I'm going on vacation next week, and today I was going to withdraw the money that I will spend on my trip. So I was pretty surprised when the bank's website showed that I had a whopping \$116 in my bank account. Where was all my money?!!

Being a seasoned accounting professional, I knew how to untangle the financial knot and get to the bottom of the discrepancy. When I realized the mistake was my own and not the bank's, I was even madder! How could I be so stupid?!!!

Last week, I turned over all the household bookkeeping to the boyfriend. He is trying to help me find more time to write by taking over more of the time-consuming chores, like keeping up with the bills. I showed him how to pay the utilities online; what I didn't remember to do was change the bank accounts that the money gets paid from. So all of the bills that should have come out of his bank account came out of mine instead. Oops!

When I caught myself getting frustrated and angry because of all the fees, not to mention the embarrassment of making such a dumb mistake, I realized that I needed to change my thinking, and do it quickly. Fortunately, I remembered a clue that I had picked up from Abraham-Hicks.

Abraham teaches a technique called pivoting, which means simply to change the direction of your thoughts by choosing a better-feeling thought. Remember the 68-Second Clue? Whenever we hold an emotional thought for 17 seconds, it attracts another thought just like it. If we do that four times in a row, 68 seconds have passed and we have successfully changed our vibration for better or for worse.

Pivoting is a way of breaking that cycle when we find our thoughts moving in the wrong direction. We can choose a better feeling thought by finding some positive aspect of the situation that we can focus on.

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

# From the Heart

Alan Cohen is the author of many popular inspirational books, including the bestselling *The Dragon Doesn't Live Here Anymore* and his new metaphysical thriller *Linden's Last Life*. Listen to Alan's weekly radio show *Get Real on Hay House* at [www.hayhouseradio.com](http://www.hayhouseradio.com). For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## *No Jesus, Just Rub*

**A** coaching client told me that every night she gives her three-year-old son Owen a massage before he goes to sleep. Then the two pray to Jesus. Eventually the boy figured out that when mom starts praying, the massage is over and it's time to go to sleep. One night as mom sat at the edge of Owen's bed, he took her hand and placed it on his tummy. He told her, "No Jesus tonight, mom. Just rub."

Owen's request may be symbolic of a dynamic you and I might employ if we truly wish to bring relief to those we encounter, and to receive healing ourselves. Simple human kindness might bring us greater release from pain than following dogma. We might need understanding and comfort more than concepts of sin, heaven, and hell. We might appreciate others just being present with us and loving us as we are, more than prescribing behaviors that will fix us. We might need love more than religion.

Now before you get all hot and bothered because you believe I am denouncing Jesus, hear this: I think Jesus totally rocks. If there is one spiritual master whose good works I would emulate, it is Jesus Christ. In my opinion he is the penultimate teacher of healing, compassion, and forgiveness. If there is one message that the world could benefit from, it is the message of Jesus Christ.

It's what's been done in Jesus' name that has brought fear, pain, guilt, and suffering to the masses. More wars have been fought in the name of religion, and more people have been killed supposedly for God than for any other reason. If we removed religious separateness from the equation of humanity, how much more peaceful would our world be?

If Jesus were to come back today, I'm certain he would be appalled at what has been done supposedly for his glory. (Carl Jung declared, "Thank God I am not a Jungian." What might Jesus say?)

The story is told of a black man who applied for admission to a white church in the south. He was refused admission and given a lame reason. The next year he applied again and was refused for a different reason. Each succeeding year the fellow applied, and he was continually rejected. Finally the man fell to his knees and prayed, "Dear Jesus, I have been

*...continued on page 30 ...*

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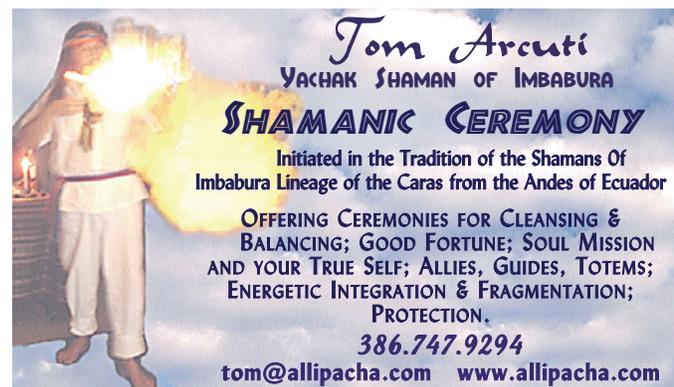
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# CALENDAR OF EVENTS COVER ART

Yep, just a half page of 'em for May

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

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

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

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

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

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

Sundays MELBOURNE 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](http://www.spirit-chapel.org)

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

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

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

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

Friday, May 7 MELBOURNE Surcular Souls Mother's Day Concert, 7:30 - 9:30 pm, \$10 - A night under the stars of World Fusion Drumming, Song and Dance. Center for Healing Arts, 916 Columbus Avenue, Phone: 321-733-7633 E-mail: [C4HealingArts@yahoo.com](mailto:C4HealingArts@yahoo.com)

Saturday, May 8 MELBOURNE Meet Don Marino Barraza - 10 am - Noon, \$15 Don Marino was born in Peru and was trained in the Inkan tradition. Call Marcus at 321-733-7633, Center for Healing Arts, 916 Columbus Avenue, E-mail: [C4HealingArts@yahoo.com](mailto:C4HealingArts@yahoo.com)

June 4, 5, 6 HELEN, GEORGIA A Pagan Camp-Out - (a free event) It's time to return to nature where we belong! Come join us if you wish in the beautiful woods of Helen, Georgia. Email... [robert\\_patti@windstream.net](mailto:robert_patti@windstream.net) <http://www.trailpeak.com/trail-Raven-Cliffs-near-Helen-GA-5909> - <http://georgiatrails.com/trails/raven.html>

## Connecting the Circles by Melissa Harris



Melissa Harris is an internationally known and published artist, psychic, and author. She holds a BFA and MFA in Painting and was honored with a Fulbright grant to study painting in Paris. She has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. Her colorful and emotionally evocative imagery can be found on prints, cards, and other gift items.

Her series include themes such as Women and Magic, Women and Nature, Women and Dreams, Cycles of the Moon, and more. Her images grace the covers of books, CDs, magazines, and calendars worldwide. You can also find her artwork in the Goddess on the Go affirmation deck as well as her own CREATRIX "Anything is Possible" activation card deck. Watch for her new 2011 calendar. Melissa teaches spiritually oriented art-making classes combining meditation, visualization and shamanic journeying with artistic technique, known as "Painting Outside the Lines"™. She has taught at the Omega Institute, the Open Center, and numerous other spiritual retreat centers.

She travels throughout the US doing her Spirit Essence Portraits. In these unique sessions she joins her background as a clairvoyant with her artistic abilities to create your own portrait by tuning into you and painting a 7" x 10" watercolor of your unique essence as it appears to her in a semi-trance state. She combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development. The session takes 60 - 70 minutes and you receive the double benefit of learning what she "sees" as well as owning a Melissa Harris original painting. These are not "aura" paintings, but much more realistic images.

She lives in the Catskill Mountains on 9 beautiful acres and 4 cats where she has built her dream studio complete with skylights, French doors, and meadow views. To see more of her artwork visit [www.melissaharris.com](http://www.melissaharris.com)

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To place your ad here for just \$5 per line and mail it with payment by the 10th of the month before to:  
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# Solar & Lunar Celebrations of the Ancients

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

## MAY 2010

It's May

*Good Morning, Mistress and Master, I wish you a happy day.  
Please to smell my garland 'cause it is the first of May.  
A branch of May I have brought you, and at your door I stand;  
It is but a sprout, but it's well budded out...  
The work of our Lady's hand.*

Traditional English chant when handing out May baskets

I've been writing this column for a long time. In fact, I started sometime last century and I have kept every single one of them. They all sit in solitude, grouped together as a bunch of content and happy bits clustered together into family bytes on my hard drive. I rarely bother them and they don't bother me.

One day, when I was rooting around, looking for something to talk about, I realized that I have been reporting all of these holidays and what faith they were associated with, and I really have not said much about the religion itself, well, except for my own. It's safer that way; less likely to tread on any toes.

But then I thought, wouldn't it be nice to honor one of the faiths from time to time; just to say a few words about it. Perhaps a reader or two may find themselves interested enough to learn more about it.

When I started working on my ordination as a Wiccan minister years ago, my high priest told me that much of what I studied would be of other religions as well as my own. They included both pagan and Abrahamic religions.

Every religion, from Ayyavazhi to Zurvanism, has special and wonderful wisdom. For example, Buddhism is one of the oldest written religions and I thought I would start there next time. Why Buddhism? Well, I just finished listening to a very interesting class on CD from the Teaching Company about it, so why not?

## MAY 2010

May 1<sup>st</sup> - Wicca, Neopagan, Northern Hemisphere: Beltane, celebration of the union of the God and Goddess.

May 1<sup>st</sup> - Wicca, Neopagan, Southern Hemisphere: Samhain, honoring of ancestors.

May 2<sup>nd</sup> - Buddhism: Seokga Tansinil, Buddha's Birthday, South Korea

May 2<sup>nd</sup> - Baha'i: Twelfth Day of Ridvan

May 13<sup>th</sup> - New Moon at 9:05 PM EDT

May 19<sup>th</sup> - Jewish: Shavuot

May 23<sup>rd</sup> - Christian: Pentecost

May 27<sup>th</sup> - Full Grass Moon at 7:07 PM EDT

May 27<sup>th</sup> - Buddhism: Saga Dawa Duchen, Birth, Enlightenment, Death of Buddha in Tibet

May 28<sup>th</sup> - Theravada Buddhism: Vesak

### A factoid with which to end the month:

What is the oldest religion in the world?  
Depends on how you define your search.

One good contender is Hinduism since it has been an organized religious path and its written scriptures are in early Sanskrit, the oldest written language.

On the other hand, one could argue that the oldest are the Australian aboriginal faiths date back perhaps 60,000 years.

# Energy Medicine



Donna Eden, author of Energy Medicine, has been a pioneer in Energy Medicine for more than 30 years and is a featured speaker at the 2010 Universal Lightworkers Conference in Fort Lauderdale, Florida from June 11th - 13th. Visit [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com). For info on Donna, go to [www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com).

*"If I were a dog, it would all be in black and white. If I were a mosquito, I would only see heat waves. If I were a snake, it would all be infrared. So I guess you can never really know what is there; it all depends on whose eyes are looking."* --Our Friend Devon Mortifee (Ann's son) at Age 8

Teaching classes in Energy Medicine throughout the world, it has been incredible to watch how quickly and eagerly people are learning to work with the energetic dimension of their physical body. Everything shifts as you use energy techniques that not only keep you healthy but can improve your well-being in every aspect of your life: physical, emotional, mental, and spiritual.

Energy Medicine is based on the understanding that any physical, mental, or behavioral problem has a counterpart in the body's energies and can be treated at that level. Every conceivable health problem, psychological challenge, or dysfunctional habit can be improved if not overcome by intelligently shifting the energies in the body that are maintaining that condition. This extends from treating cancer or multiple sclerosis to losing weight to increasing your vitality to improving your performance at something that really matters to you. And in the process, you become more consciously, intimately, and joyfully involved in the deepest workings of your physical body, a journey that extends down to your soul.

One of my first clients showed me the power of working with a person's energies. A woman with ovarian cancer came for a session with the hope that I could help relax her body and prepare it for a surgery that was scheduled in five days. She had been told to "get her affairs in order" as her immune system was so weak that her chances of surviving the surgery were limited. Metastasis was also suspected.

From looking at her energy, I was certain the cancer had not metastasized. While her energy was dim and collapsed close to her body, the only place that looked like cancer to me was in her left ovary. In addition, the texture and vibration and appearance of the energy coming up through her ovary was responsive to my work with her. I could see and feel it shift, and by the end of the session, the pain that had been with her for weeks was gone.

*...continued on page 30 ...*

## The College of Metaphysical Studies



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We are authorized to operate as a private, non-secular college and to issue Associate, Bachelor, Master and Doctorate Degrees in metaphysics, religion, spiritual awareness, spiritual and holistic healing, esoteric studies, parapsychology, and the entire allied metaphysical field. We also train and certify ministers, spiritual and holistic healers, teachers, pastoral counselors, mediums, intuitive practitioners, past-life regression facilitators and administrators.

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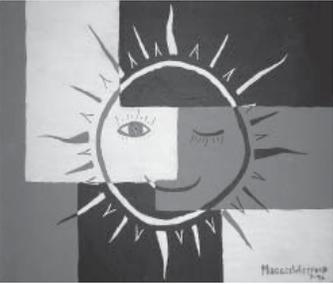


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## Abraham \*Fun\*



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

## Health Care; So Who Cares?

I was asked what I thought about the new U.S. health care legislation. This has become a confusing and polarized issue for many folks, and I don't think that we can easily sort it all out. And I'm happily not even trying to sort it out. Here's what I know from Abraham-Hicks:

My well-being depends on me. It doesn't depend on the government. It doesn't depend on doctors. It doesn't depend on experts or leaders of any sort. It depends on my day-to-day habits of thought that comprise the vibration that I emit, which is ever being matched via Law of Attraction.

I always know how I'm doing vibrationally by the emotions I feel, and as I deliberately choose good-feeling, or at least better-feeling, thoughts, I will thrive. Period. Paragraph.

I will thrive physically. I will thrive with regard to career, finances, relationships, you-name-it.

Abraham says that we give our government far too much credit. There's no way under the sun that they could ever do enough stupid things to nullify the thriving we set in motion for ourselves when we consistently manage our vibration.

Likewise, there's no way on earth they can override the unwanted aspects of life that are delivered to us if we consistently focus on things that don't feel emotionally good. It is a flawed premise that many people are operating from when they look to the government to solve their ills (puns intended). The government, even with a thousand armies and a boatload of senators, could never compensate for what we're summoning moment-by-moment with our vibration.

This is a vibrationally-based universe, and Law of Attraction will continue to match me up with health if I focus predominantly on aspects of life that feel good when I think of them. Conversely, Law of Attraction will match me up with ailments if I focus predominantly on things that are upsetting and I feel vulnerable as a result.

Health care plan or no health care plan, the trick is to focus on thriving and feel good. It's all about focus. It's all about mental focus. It's all about that.



## Happy Mother's Day

### OOBE You Are Not The Body

An astral flight out of the body

A \$10 mp3 file by Andrea de Michaelis

Being out of your body is a natural state that happens every night whether you recall it or not. With this recording, you will become aware of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely, and remember it.

SEE PAGE 34

SEE PAGE 34

Read Andrea's daily blog at  
<http://horizonsmagazine.com/blog/>

# You Can't Afford the Luxury of a Negative Thought



By Peter McWilliams [www.mcwilliams.com/books/](http://www.mcwilliams.com/books/)

## DISCOVERING YOUR PURPOSE

Often, what we really want is hidden beneath what we've settled for. When the comfort zone doesn't allow the expanded behavior necessary to fulfill our dream, we tend to forget the dream. It's too painful otherwise. When we know we can have what we want--that the comfort zone is under our control--we can remember what we truly want.

People often confuse "goal" and "purpose." A goal is something tangible; a purpose is a direction. A goal can be achieved; a purpose is fulfilled in each moment. We can set and achieve many goals; a purpose remains constant for life.

While goals are chosen, a purpose is discovered. Our purpose is something we have been doing all along, and will continue to do, regardless of circumstances, until the day we die.

## EXERCISE TO DISCOVER YOUR PURPOSE

To discover your purpose, get a piece of paper and start listing all your positive qualities. You might want to write each positive quality on a 3x5 card. This will make shuffling them easier later. If no 3x5 cards are handy, listing the qualities on paper will do.

Don't be shy listing your positive qualities. This is no time for false modesty. Are you kind? Considerate? Compassionate? Joyful? Loving? Loyal? Happy? Tender? Caring? Write them down.

A purpose usually begins with "I am," followed by an attitude ("joyful" "happy" "caring") and an action ("giver" "explorer" "nurturer"). On another page (or another set of cards), start listing actions you find fulfilling--the positive things you like doing most. Giving? Sharing? Exploring? Teaching? Learning?

Take some time with this process. Reflect on your life. Explore its motivation.

*...continued to page 37...*



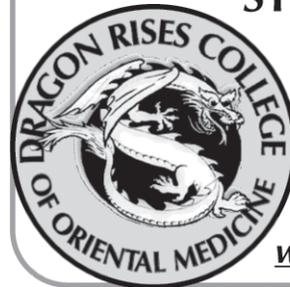
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# NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling 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](http://www.tut.com) to sign up for free daily Notes from the Universe!

**Aha! Do you know what your thoughts did last week? Oh, yes you do. They became the things and events of this week.**

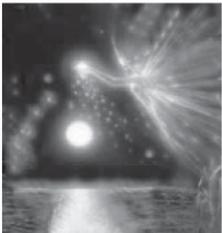
**The things you thought would be difficult became difficult; easy became easy; boring became boring; and fun became fun. Where you thought there might be surprises, you were surprised. And where you thought there might be land mines, there were land mines. Bravo! You can add this week to the list of your most creative accomplishments.**

**Now, can you guess what your thoughts this week are going to do? You are awesome,**

## The Universe

**Please, choose every single one of those thoughts as if nothing else mattered.**

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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.

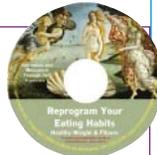
## Connecting with Your Angels, Guides & Teachers



Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

*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*

## 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*

## 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*



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

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



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## From The Heart

*...continued from page 17 ...*

trying to get into this church for ten years, and every year they won't let me in." Soon the man heard the voice of Jesus answer him. "Don't feel bad, brother. I have been trying to get into that church for a lot longer than you, and they won't let me in either."

I am not against religion. Religion helps a lot of people. Every religion holds a truly spiritual element, which if discovered and lived, brings deep comfort, healing, and awakening to the soul. God bless religions that keep God at their essence. If you belong to a religion and it truly helps you live a happier life, then the religion is serving you as it should, and all is well.

Some elements of religion do not represent the work of God. Guilt is not an attribute of God. It is the invention of the fearful mind. Voltaire noted, "God created man in his image and likeness, and we returned the compliment." Because we learned fear and punishment from people who felt disconnected from their source of love, we believe that God wields fear and punishment. If God were a person, he would surely need a course in anger management.

Yet God is not a person with human frailties. God is a spirit, and a loving one at that. I wonder how ministers can stand in front of a church before a huge placard proclaiming, "God is love," and teach fear. It just doesn't make sense. I saw a cartoon depicting a preacher standing at the door of a church bidding goodbye to each parishioner as he or she exited the church after the Sunday service. As he shook each person's hand, the preacher explained, "Nothing personal . . . Nothing personal. . . Nothing personal."

Religion or any spiritual path should be deeply personal. It should touch you where you most want and need to be touched – in the heart. Any spiritual practice should bring you relief and respite from the pain of a world caught in blame and confusion. Going to a church or any spiritual gathering should feel like coming home, not a call to arms. You should be more relaxed about being who you are. There is no need to feel wrong, blameful or that you must change to toe a line set for you by others who could not tow an impossible line themselves. Prayer should be as comforting to your soul as a good massage is comforting to your body. No Jesus, just rub.

Jesus quoted, "Out of the mouths of babes and sucklings you have perfected praise." If Jesus himself sat at Owen's bedside that poignant night, I don't believe he would have been offended by Owen's request. I think that he himself, like Owen's mother, would have smiled, massaged his weary child, and bid him a sweet rest.

## Energy Medicine



*...continued from page 25...*

I told her that her body was so responsive to what I had done that I wondered about her plan to have surgery. I was concerned that her immune system was, indeed, too weak, and I was confident that by working with her energy, not only would her immune system be strengthened, the tumor's growth could be reversed.

While I made my statements with the strong disclaimers required to avoid immediate arrest for practicing medicine without a license, she responded to the implication that she cancel the surgery with horror. I suggested she at least delay the operation for two weeks. She scheduled a session with me for the next day and said she would discuss the surgery with her husband.

That evening I received a call from her outraged husband. He said I was putting his wife's life in jeopardy by giving her false hope and told me I would never have another chance to confuse her. He made it clear that she would not be coming back and hung up.

I called back a short while later and spoke with my client who spoke with me in hushed tones. I said, "Okay, don't postpone the surgery, but please keep your appointment tomorrow. You don't have to pay. You have nothing to lose. I believe in what I am saying. In fact, I want you to bring your husband in with you. Find a way!" She did not believe he would come, but the next day, they both arrived for the appointment.

My hope was to find a way to give this traditional and skeptical man, so poignantly fierce in his protection of his wife, an experience of healing energy that his senses could not deny.

I could see a dark, dense energy at the site of his wife's left ovary, and it felt like my hand was moving through a muddy swamp.

*...continued on page 35...*

# Don't Just Be Good, Be Good For Something!

...continued from page 14...



The story of Krishna and Arjuna is a metaphor of the battle we all have to face between our soul (who wants to return to God) and our ego (who wants to remain in a state of separation). It also reflects a battle between our good and bad habits; forgiveness and anger; selfishness and unselfishness; faith and doubt; and humbleness and pride.

This metaphor reminds us that we will be confronted with numerous battles between our soul and ego but that we must remain courageous, have faith in times of darkness, and follow our inspirations—even when dark forces would oppose us. This is the kind of Spiritual courage that filled Jesus at his trial and crucifixion, the Forefathers of our country when they were under threat of being hung for treason, Abraham Lincoln when he fought to free slaves, and Martin Luther King who knew that his life was in danger if he pursued civil rights.

Such courage is not only found in great leaders. It's also found in ordinary people who are choosing to be extra-ordinary. This can apply to the man who finds a way to feed his children—even though their mom passed away; it's found in the woman who gets that divorce from her abusive husband—even though it means he'll fight to keep her from getting any money; and it's found in those who are willing to set clearer boundaries with family and/or friends (if necessary) for the sake of his or her spiritual pursuits; as well as in someone who has to fight a battle to even get out of bed each day.

In all such cases, the moral of the story is that we all need to practice getting clearer guidance and then develop the courage and skills to follow through and act upon that guidance. We also need to deal with the adversary in our doubt-filled minds that tell us to turn around and run the other way.

We are all being called to grow up (spiritually), ready the horses (your personal power), focus on our goal (of love and self-worth), and then drive on forward (and don't look back). The fight must be fought, if not today, then tomorrow. You can run but you can't hide. These are your own fears and issues rising up to either defeat you, thus giving more power to your ego OR to be defeated, thus taking you one step closer to Home.

One thing is certain, you have all the Power of Heaven behind you, therefore, it is inevitable that you will win the fight. But this cannot be accomplished when you don't have the courage to show up.

Tod McNeal's

NATURE'S HAVEN  
SPIRITUAL SPEAK

♥♥♥Remember, there are only two types of behavior. Loving ones and behaviors that are really requests for love - yes, in disguise - which means sometimes they accidentally repel us when their intention is to attract us... and so the best response is always for us to love.  
-Bonnie Dubrow♥♥♥

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Finally, when you do arrive and fight your demons (personal issues of fear and lack), you will eventually heal and move forward into higher consciousness. When you do, you'll realize that there never was a battle, or an enemy. All along, the fight that you resisted or hid from was merely your beliefs in those very things.

Yes, it's ironic and a bit of a paradox, to say the least, but you will not see through the illusion and rise into an awakened state of consciousness until you go through all the complexities of doing battle with your foes that aren't even there.

You see, it's by going through the motions of being afraid, intimidated, and then preparing for the battle, that your human weaknesses are brought up for healing so that your spiritual self can mature. Until then, your spirituality is merely a theory.

Once you've fought "the good fight," your spirituality shifts permanently (although a piece at a time) from being a myth to a reality.



# Abraham-Hicks

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

Contrast is seeing all the stuff to choose from -- sort of like a breakfast buffet -- and choosing from it what you want. That's saying, "Ah, I don't like that. Don't like that. Ooh, I like this. This is better. Ah, this is what I want." That is benefiting from contrast.

Resistance, is saying, "Oh, I see all of this stuff. I'd like to have that. But I don't want that. I don't want that. I don't want that."

Most physical beings are oriented to push against what they don't want because somehow you got some idea that that stuff has the ability to assert itself into your experience. And so, most of you believe that if you don't get real strong and real capable of holding bad things away, that they'll slip in and get you. So you've gotten very, very good at developing a resistant stance, believing -- wrongly -- that, in your resistance, you will keep it away, never dreaming that, in your resistance, the only thing you manage to hold away is your own Stream of Well-being.

A man said to us, "Abraham, I have cancer and they tell me I have only a few weeks, maybe a few days, to live. But I'm going to beat it." And we said, "Well, you see, you cannot. As long as it is the object of your attention, as long as you are looking at cancer and saying, 'I'm going to beat it,' you are achieving a stance of resistance. You are achieving vibrational harmony with the cancer -- and, therefore, you are resisting the Stream." We said, "Envision a stick -- two ends of the stick. On one end is cancer and on the other end is the Stream of Well-being. When you focus on the cancer, you are disallowing the Stream of Well-being." We said to him, "You have to get your eye on the Energy Stream. Never mind about the stuff you are trying to hold away, focus upon the stuff you want there, because the cancer is the absence of the Stream. Don't call it cancer, anymore. Call it what it is: -- absence of the Stream. Call a new friend, 'Hi... I have absence of the Stream.' 'Well, what do you mean by that?' your friend says. 'Well, I've been vibrationally disallowing my Stream of Well-being.' Your friend would say, 'Why do you do that?' And you would say, 'I don't know. I don't mean to. I just have habits of pushing against, that I've learned from others, who have learned it from others, and now I'm focusing on the Stream.'" When you first came forth, no one said to you, "There's this Stream of pure positive Energy and it flows forth to you at all times and you can feel it and it feels good, and if you ever feel less than good, that means you are not vibrating with that Stream. So feel around for thoughts that feel better, and you'll find them easily, and once you do that -- all is well again. And if you will do that, you will live happily ever after."

They didn't say that to you. Instead they said, "There are good things and bad things, and we must embrace the good things and we must hold the bad things away." They literally taught you to say, "This is good, this is bad, this is good, this is bad." And you all got really carried away with the "This is bad" part. "I don't want this. I don't want this..." Remember, the Law of Attraction and the Stream of Well-being is abundant. It is outrageously disproportionate to the lack of Well-being. The Well-being is dominant.

We have noticed that when you talk about issues, when you talk about whether something's right or wrong, or whether it's wanted or not wanted -- very often, even though you and every body else on the planet would agree with you as you are having your conversation, that you're right by all physical standards -- you are still in a vibration of resistance to your own Stream. And so, we keep looking for ways of helping you feel your Stream rather than fall into the same old intellectual knee-jerk habitual thought patterns. There are thoughts that feel perfectly normal to you that are full of resistance, and you keep getting entrapped in them, because they feel so normal, because you and everybody else has been thinking them for so long. Thoughts like, the economy is struggling, or thoughts like, there isn't enough to go around, or thoughts like, you have to work hard to succeed, or thoughts like, I'm inappropriate in some way or I am not capable in some way, or thoughts like, I shouldn't do that. There are all kinds of thoughts that you wrestle with that are vibrationally not in harmony with your broader knowing. And so, we are going to expose some of those to help you feel a new powerful guidance coming forth within you.

Imagine that your Source Energy, your Inner Being, your God Force, your God Self, your Soul -- whatever you want to call that Non-physical part of you -- is projecting to you at all times a strong, clear, beautiful musical note, and you can hear it in the background all the time. When you give your attention to something, whether you are looking right at it, whether you're remembering it, whether you're imagining it, whether you're Scripting it -- whatever you are giving your attention to causes you also to offer a note. So if you are basking or finding value in something -- appreciating something -- in that case, the note that you are offering is in  such vibrational harmony with your Inner Note that you can feel the resonance between the two notes.

That's what joy is. That's what appreciation is. That's what love is. It's your resonating with who you really are. But let's say, instead, that you are finding fault -- seeing lack, seeing something you don't want, trying to hold it away, pushing against something. In that case, your note would be so out of harmony with your Inner Note, you would feel the discord of that. That's what negative emotion is.

When you start feeling how your thoughts feel, then you start recognizing when you are allowing and when you're resisting. But as long as you are just thinking thoughts, those old habitual thoughts feel normal even though they're full of resistance.

*...continued on page 34...*



# Prosperity Project

*...continued  
from page 16...*

This morning, then, when I found myself getting all worked up about the unnecessary bank charges, I started thinking that this meant money still wasn't my friend, and that it was still wanting to move away from me instead of toward me. It felt like when I was younger and was insecure about my relationship with my boyfriend. If he didn't pay attention to me the way I thought he should, I always interpreted it to mean he didn't want me or like me, or he wanted someone or something else. I was a neurotic mess. Today I felt myself being that way toward my relationship with money, and that realization made me even madder! For a minute.

Then I started framing the situation differently in my mind. I realized it wasn't a money issue, it was a book-keeping issue. Bookkeeping deals with numbers, not real money. It's simply a list. Bookkeeping isn't real money in the same way that a grocery list isn't real food.

What had happened at the bank had nothing to do with my money, my relationship with money, or my worthiness of having money. It was just a thing, as they say. I can call the bank on Monday and negotiate a return of the fees. I can change the account on the bill-paying websites to come out of the correct account. I can, if I want to, just go on with my happy self and enjoy my day.

*I was able to apply this Positive Aspect technique in the middle of being irritated because I had spent some time practicing it when I was calm.*

Here is the practice, if you'd like to give it a try. It is another excellent game brought to you by that fun-loving group of spiritual beings known to us as Abraham-Hicks.

"If you will buy a new notebook, and call it your Book of Positive Aspects, and spend 10 minutes each day writing positive aspects about your home, your body, your work, your relationships...

If you will wake up every morning acknowledging that you have re-emerged into the physical and that today you will look for reasons to feel good...

And if you will pay attention to the way you are feeling, and utilize the process of pivoting...

it is our absolute promise to you, that -- within 30 days -- you will see such a dramatic turn of events in your life experience, that you will not believe you are the same person."

Some of you may recognize aspects of The Attitude of Gratitude Project in that practice. You wouldn't be wrong. A Gratitude Journal is very much like a Book of Positive Aspects, with one very subtle difference. When you say you are grateful for something, especially when you are in an irritable mood, it is very easy to let a bit of sarcasm into it, which is not really sincere gratitude, is it? "I sure am grateful those kids are finally asleep" really means, "Those screaming little monsters are driving me crazy!" See what I mean?

A Book of Positive Aspects requires you to find things about every part of your life that you can sincerely appreciate.

Instead of thinking, "I don't have enough money," you could think instead, "Although there are things that I want that I can't yet buy, I always have enough money for food, and I have enough money to sleep in a bed and wear clothes and shoes and take a hot shower. Come to think of it, I have enough money to buy myself many very welcome comforts."

See how that thought would make you feel better about your relationship with money?

If you don't want to start a new writing project by buying a separate Book of Positive Aspects, you can do what I do and practice at The Attitude of Gratitude Project Page on Facebook.

Some days it is more difficult than others to phrase my gratitude in a way that doesn't show any traces of sarcasm or negativity. But I'm learning that the more I focus on the positive aspects of my life, and the more I speak about my life using positive words, the more positive my life is becoming.

So when I hit a financial snag -- and it is impossible to get through life without eventually hitting a financial snag or two -- I now immediately remember to snap into Gratitude mode and remind myself of all of the positive aspects of my financial situation.

Because if I think positively about my finances, it helps me to remember how much abundance surrounds me every day; and as I focus on that abundance, it helps me to feel prosperous, which helps me to attract that prosperity into my reality.

# Thoughts about things...

... from page 7...



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

Often in the past I've stockpiled a lot of different things, just in case, and ended up having to discard much of it unused. I've learned that in any emergency situation, somehow exactly what I need will be made available to me. It has never failed and I have faith it will never fail.

This is what is meant by recognizing The Power Of The Now. I don't need to know right now where my next good or next opportunity will come from. I just need to stay open and perceptive in the moment and realize what I have right in front of me. To the extent that I realize what is available to me in the moment, to that extent does it reveal itself to me.

Some people live like nomads who never own anything of their own and they depend upon others to get them by in life. Some do it as an affordable lifestyle and others do it as an ascetic discipline. It takes a lot of courage and faith to strike out on your own, and venture into unknown territory, with nothing.

So while I firmly believe if I had to do the same, I would somehow get by, I also think it doesn't hurt to be prepared. As Mohammed's advice to the camel driver "Trust in God but tether your camel." And the advice of John Wesley to "Act as though everything depended upon you; and pray as though everything depended upon God".

And, in the meantime, if we have a storm and are without power for a bit, I won't be looking in one store after another for a can of green beans and a can of peaches. I'll have a cupboard full. Thanks, Mom.

Enjoy our offering this month. Hari Om.



Andrea

Visit my daily blog at  
<http://horizonsmagazine.com/blog/>  
and see ad on page 29



# Abraham-Hicks

...continued from page 32...

For example, the other day, Jerry and Esther were waiting for their landscaper friend, and he was supposed to be there the day before and didn't come at all, and Esther had many things she wanted to do in the afternoon in her narrow window of opportunity to run and do errands, and Jerry did not want to leave because he did not want to miss this landscaper, and so they didn't leave. And then, the second day, he was supposed to be there first thing in the morning, and it was noon and he was still not there. Esther was irritated, and she said, "This just isn't right. He must not have any idea how busy we are. I wonder if he treats all of his clients like this. I wonder how he stays in business. This is just not right." And Jerry was grinning from across the room as he was watching Esther walking right away from her Note. 

About then, after she got out there pretty far, Esther felt it, too, and then she said, "Well, I know he means well. Must be quite a trick to keep all those plates spinning all the time. He is running many crews now. He knows what he's doing. The plants are as much his risk as they are ours. I'm sure he's taking care of that. I suppose I should just relax and lighten up and acknowledge that all is well." And now Jerry was really grinning because in less than a minute he watched Esther walk right away from her Note and then right back to it.

Because we are making Esther more and more aware of her resonance, because we are letting her know who she really is, when she walks away from who she is, she can't stand it. But before she understood about the resonance, those knee-jerk thoughts, she would be out there believing that she was right, and really, by all physical standards, she was right. Wasn't she? In other words, it is inappropriate to say you are going to be there and not be there, isn't it? She wasn't wrong, was she? She was "right" in her resistance.

The big question is, is this "rightness" worth cutting myself off from Life Force? Because that's what it amounts to. The very Source of life, the Source that keeps my blood pumping, the Source that keeps my cells working, the Source of Well-being, the Source that keeps the planet spinning in its orbit... I've got myself cut off because the gardener did not show up. And we think that if you stop in the midst of any negative emotion and ask yourself, "Is this worth giving up Life Force?" that in every case the answer would be no.

Sometimes things get quite a bit of momentum going, and sometimes a bit of unconsciousness, a little nap, some sort of distraction from whatever terrible treadmill you are upon. But the more you are in conscious connection with your resonating pure positive Energy Source, the less able to tolerate any deviation from it you become, and, the more aware at the early stages when you are stepping into that scenario.



# Energy Medicine

*...continued from page 30...*

I asked him to place his hand a few inches above the area and begin to circle it, using a motion that tends to draw energy out of the body. To his great surprise, not only could he immediately feel that he was moving against something, within two minutes his hand was pulsing with pain. To his utter amazement, his wife reported that her pain diminished as his increased.

By the end of the session she was again pain-free, felt better, and looked better. I had also been able to show them both, through the use of "energy testing" that we had been able to direct healing energies from her immune system to the area of her cancer.

I taught him a set of procedures to use with her every day. They decided to postpone the surgery and ask for further medical tests.

After about ten days of these daily treatments from him and three more sessions with me, she went through the additional testing. The tumor was gone.

Since that experience 32 years ago, I have taught tens of thousands of people how to manage their own energy systems. I do not know of a more important skill to develop.

The first practitioner of energy medicine is you.

We are required today to live in conscious partnership with our body's energy systems if we are to live fully.

And it is easier than you might imagine to learn how to mobilize inner forces that enhance your health, empower your mind, and brighten your spirit.

Donna Eden, author of Energy Medicine, has been a pioneer in Energy Medicine for more than 30 years and is a featured speaker at the 2010 Universal Lightworkers Conference in Fort Lauderdale, Florida from June 11th - 13th. Visit [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com). For info on Donna, go to [www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com).

## 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*



# HOROSCOPES

## May 2010

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](http://www.IntuitiveReflections.com), or email [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

**Aries: March 21 to April 19 "I Am"**. This month, you are very aware of what changes you need to make in your life. As you continue to contemplate your future, think about how to implement the new and release the old. What ever you want to do will be guided by a higher power. You will be blessed beyond your wildest dreams.

**Taurus: April 20 to May 20 "I Have"**. Whatever ideas have been running through your mind, be sure and keep track of them on paper because they will come in handy sooner than you think. By the next full moon (May 13th in Taurus) you will act upon these divine ideas as guidance from above. Don't be afraid to move forward in these areas.

**Gemini: May 21 to June 20 "I Think"**. This month you will be faced with several opportunities for public success, as well as the possibilities of marrying someone with wealth and status. In your one on one relationships you have learned to be lighthearted and emotionally objective. Intellectual stimulation will be just as fulfilling as sex this month.

**Cancer: June 21 to July 22 "I Feel"**. Whatever you aspire to or idealize, just know that what ever it takes you will be willing to rise to the top. This month in particular you will be more inclined to be a team player. In your efforts to rise to the top of your field you will make sure you do your very best.

**Leo: July 23 to August 22 "I Will"**. Whatever has been going on under the surface, and behind the scenes you will come face to face with the issues. If you have intense feelings about anything in particular, there is no way that you will be able to hide them from the people that you love. Anybody can pick up on the intensity. Just don't do anything that you don't want anyone else to see. Because for the next 3 months, you are an open book.

**Virgo: August 23 to September 22 "I Analyze"**. Once again you are at a crossroads. The apex is the new beginning and it is up to you with what you do with your life. What results are you willing to live with? How will you implement the goals you are about to reach? Transiting Saturn throughout your sign will help you accomplish these goals.

**Libra: September 23 to Oct 22/23 "I Balance"**. Issues with balance come into play in all areas of your life, especially money and all the material things that you hold dear. Love will be for love's sake. You can do anything that you set your heart on. What ever you want, you can have just go for it. Energy in motion is what makes it happen.

**Scorpio: October 23 to Nov 21/22 "I Transform"**. Your current issues may feel a bit intense lately, but things could be worse; you could be numb like most people, eating tons of processed food and drinking diet Pepsi. I know it is hard when the feelings you have are so intense and so hard to put into words. Keep exercising and looking for understanding and you will find it.

**Sagittarius: November 22 to Dec 21 "I Perceive"**. This month you are very connected to your home in many ways: #1 your garden is fabulous, your home is spotless and you are very serious about cleaning up the earth; doing your part; recycling, composting and eating healthy. Go out in your garden and connect with your fairies for guidance on what they want you to grow.

**Capricorn: December 22 to January 19 "I Use"**. You are a mover and a shaker and your number one lesson is how to be secure within yourself. You can go to the depths of your soul for love, you will and you have and you will again and again. Awareness and intensity are the keys to your success in life; as you continue to trust yourself, all good things will be yours.

**Aquarius: January 20 to February 19 "I Know"**. Your sensitivity will skyrocket this month, because you have tuned into yourself beyond trust in the unique energies of the 3rd kind. All the past sacrifices you have made have been money deposited in the bank of heaven. Your needs will be taken care of, just not in the way you think. Allow the Universe to come to your aide in its own way and let go of control.

**Pisces: February 19 to March 22 "I Believe"**. You know by now that you have to be strong in your dealings with others, you first is the key. The old saying, if momma is not happy no body is happy is so true. Follow your heart and the rest takes care of itself. Whatever you do, do it with all you got because that is all you got. Work from your center and you will always be taken care of.



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# You Can't Afford The Luxury of a Negative Thought



## SUGGESTED READING WATCHING LISTENING

*...continued from page 27...*

If you get stuck, call a few friends and ask for suggestions. "What are your best qualities?" and "What activities give you the most satisfaction?"

Consider the people you admire most. What is it you admire about them? What qualities do they embody? Those same qualities are most likely true about you, too, so write them down.

Eventually, a pattern will emerge on the "Qualities" and the "Actions" lists. Begin grouping qualities and actions under general headings.

For you, "Compassionate" might include "caring," "loving," and "kind" while, for another, "Kind" might encompass "compassionate," "loving," and "caring."

The idea is not to discover which is "right" from Mr. Webster's or Mr. Roget's point of view, but which resonates most clearly within you .

Start to play around with the qualities and actions in a sentence that starts, "I am . . ." A purpose is short, pithy, and to the point. There's usually room for only one or two qualities and an action. "I am a cheerful giver," "I am a joyful explorer," "I am a compassionate friend."

After a while of rearranging qualities and actions, something will click. A voice inside will say, "Yes, this is what I've always done, and this is what I'll always be doing."

This discovery can come with equal parts joy and resignation--joy at seeing that our life has had a direction all along; resignation in noticing it may not be as glamorous as we had secretly hoped.

And that's your purpose.

I suggest you not tell your purpose to anyone. Keeping your purpose to yourself is not so much secret as it is sacred.

Consider it a beautiful plant. Keep the roots (the essence of the purpose) deep within yourself, and let the world share in its fruits.

.....From DO IT! Let's Get Off Our Buts

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# Focus on Making Small Changes



...continued from page 11...

But if they change, there's a chance that the unknown will be worse than their current situation. *The enemy you know seems safer than the enemy you don't know.* The second most common reason why people fear change is that they feel overwhelmed by the amount of work it will take. But think of the camel. *A change in course of just a fraction of a degree would have resulted in unlimited freedom.*

I knew a working mother named "Shawna" whose dream was to become a nurse, but for years she was like the camel and stayed on her old course. She had a lot of valid reasons: School takes time and costs money. How could she and her son possibly survive if she quit work to study?

Then Shawna took a small step. Since her job paid for continuing-education courses at the local community college, she signed up for biology and loved it. The professor alerted her to a scholarship for older women entering nursing, and Shawna applied and was accepted. Student loans covered most of her living expenses, and she waited tables twice a

week to cover the rest. Shawna became a nurse during the recent shortage. The hospital she signed on with gave her a cash bonus large enough to pay off most of her loans. One small change . . . and unimaginable opportunities opened up. **Psychologist Ellen Langer** discovered that people who try new things are healthier, happier than those who are in a rut. *Even choosing a different route home from work benefits you.*

In her book, *Mindfulness*, she makes the point that variety keeps us engaged in life. You might be able to zone out if you've taken the same route a hundred times, but if you're on unfamiliar turf, you have to stay tuned in. Tuning in encourages curiosity and results in a more adventurous life. An acquaintance of mine chose to drive a new way to work one day and got rear-ended in a traffic jam. But all's well that ends well. She married the man who slammed into her.

This week, try making two small changes every day. Take a different street to work, turn off the television for an evening, go to a restaurant that serves exotic food, change your brand of toothpaste, smile at someone you don't know, show up at work wearing Groucho Marx glasses, go to a different supermarket, get a more daring hairdo, eat dessert first, or buy or borrow a piece of clothing in a color you never wear. The possibilities are endless.

At the end of the week, reflect on what these little changes produced. Then think about your life. If you're in a rut like Janet's camel, identify one small step you might take toward change. There's a whole lot of landscape to explore once you leave the beaten path.

Excerpted from Chapter 20 of *Inner Peace for Busy People*



## COME AND MEET VALERIE SAURER

author of the **Prosperity Project** and founder of **The Attitude of Gratitude Project**  
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**THIS EVENT IS AN OFFICIAL STOP OF THE 2010 GRATITUDE TOUR**



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is a community of grateful people working together to raise the consciousness of our planet by choosing to see the world through grateful eyes.

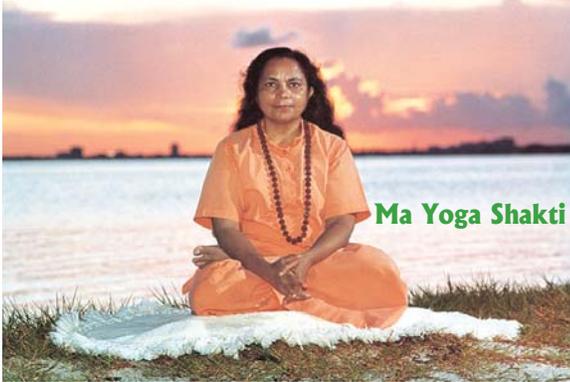
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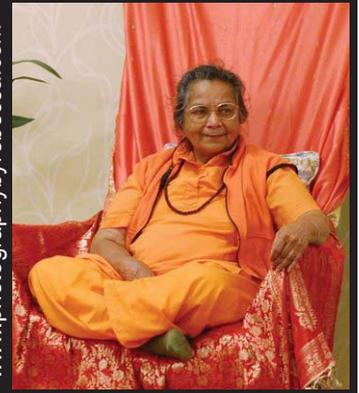
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**April 3 will be:** Punjabi cooked by Puja Virender and will include chole batura - spicy curried garbanzos eaten with crispy sour dough "rotis"; aloo mutter - curried peas and potatoes; chilli panir - spicy fresh Indian cheese with bell peppers; dehi bhata - dumplings of urad dal in yoghurt and dessert.

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

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