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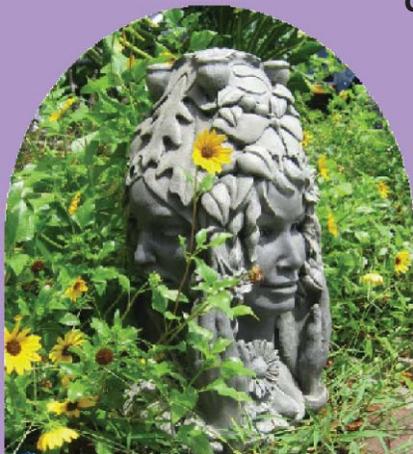
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HORIZONS

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Andrea de Michaelis

Thanks for help this month
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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, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the June 2010 Horizons Magazine, our 18th year in print! I had a great experience this month of how I pivoted my bitchy consciousness around. I'm usually in a smiling, happy go lucky frame of mind 96% of the time. I'm happy with my life and seldom worry or have conflict. I get over stuff quickly. I roll with the punches. I don't let other people's words or behavior concern me. I'm my own boss. *What's not to like?* But I have my unconscious days also, days that I forget who I really am and let things get to me. Last week was one of those days. It gave me a chance to really show what I know when it comes to recognizing when I've gotten myself stuck in the muck, then using my will to focus my attention to pivot my thoughts to get out of there. Abraham-Hicks defines pivoting as to consciously change the direction of your thought. To deliberately choose a thought that feels better, about a topic you enjoy. It's the secret for getting through today's world, having the best possible time.

So what set my inner bitch brewing? It's hard to pinpoint. I was doing final layout for the June magazine and getting a lot of last minute calls and changes, as usual. I had a few friends that needed attention and I'm always glad to help. But in a few cases, I found myself feeling critical and having judgment about someone. Just a thought here and there, but the thought continued throughout the day, as my mind added fuel to the fire until it was blazing.

Let me rephrase, I ALLOWED the thought to continue throughout the day. It's a big distinction, to be aware that when a thought comes up, it only stays in my mind as long as I allow it to. Had I been conscious that I was beginning a downward spiral, that would have been the time to begin pivoting my thoughts. But I don't always notice it right away when I'm in it. Big things are easy to notice. Little ones that (I vibrationally allow to) sneak up on me, are not always easy to notice.

Then on Facebook, a few friends made comments that I thought sounded ignorant and hateful and I allowed those thoughts to add to the mix. Then I went outside to work in the yard and long story short, managed to really smack myself hard on my forehead with the handle of my pruners as the huge grapevine I'd just cut out of an oak snapped back at me.

My first thought was I was glad I didn't fall off the ladder I was standing on. My second thought was, ok, WTF is going on that I am attracting aggravation and a smack on the head? I remembered it was only ever all about me, and my perception. I remembered I was in charge of how I felt and what thoughts I chose to think. I remembered who I was.

I took a stroll down my Facebook Wall and saw my posts and comments (they are still there) and saw I'd been really grouchy and taking it out on all sorts of people. So I realized I'd done it, but I still wasn't pivoting too quickly yet. I posted: I was going to complain that Ofc Depot delivered 3 \$1.99 mousepads in 2 separate boxes, each measuring 12x20 with a ton of bubble wrap. Then I thought, I should be thankful that - as bitchy and bossy as I've been this week - I'm lucky I didn't attract them each in 55 gallons drums full of confetti.

Funny? Yes, but I was still talking about it. Complaining about complaining is still complaining. I realized I was still vibing in a downward place when I found myself watching The New Housewives of New Jersey, and taking sides. Uh oh, big red flag there, even vibing in a place where I wanted to watch that posturing, bitchy, whiney show. (Oops, there I go again...)

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HOW TO BOOST YOUR STATE OF APPRECIATION

GUEST: *I would like help boosting up the Energy of my appreciation. When I'm feeling negative, I try to shift my attention to something I can appreciate, but it's almost a flat line. I look at the beautiful sky and say, "Oh, that's a beautiful sky."*

ABRAHAM: Just stay there a little longer. You see, when you already have a trend going toward the negative, and most do, and then you say, "But I want to feel better," it's sort of like strong attention to this and then blip, and then strong attention to this and then blip. So what you have to do is want this more. Make a stronger decision that you want to feel good.

Focus on the word and the feeling of "decision". You know what it feels like to decide? Can't you just feel a focusing of Energy in decision? At the heart of this we can feel that you're not yet convinced that it's all right for you to, or even that you're supposed to, feel good. We feel from you that you still feel a little guilty about feeling good. Even though you want to feel good, there's something within you that is not really allowing you to give your full attention to it.

We think this will help you: Imagine that you are swimming and you find yourself tired and in trouble. Well, if you would just relax, you could float to the surface and regain a little stamina and then off you could go again. But if you start flailing about in your fear that you're going to drown... The worse it gets the worse it gets the worse it gets... And what we would like you to do is just do more relaxing.

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The key to raising your vibration is reaching for a thought that gives you a sensation of relief. You all are hitting this too head on. You're saying, "Well this negative thought is not where I wanted to be so I've got to deal with this negative thought and make it better." Well the problem is, the whole time you're dealing with that negative thought you're embroiled in that negative thought. Better to release it and choose a positive thought, and then once you've reconnected you can look back at that from your place of connection and raise that.

...continued on page 32...

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TESTIMONIAL:

Hello Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about. You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October!

Thanks, Janette

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5 STEPS FOR HANDLING ANGER



Joan Borysenko, PhD, is a scientist, psychologist, inspirational speaker, and author of *Inner Peace for Busy Women and Inner Peace for Busy People*. 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. For information on Joan, see <http://www.joanborysenko.com>

I was about 10 when my mother had a fight with her best friend, **Selma**. Summer days at the Smiths' pool suddenly were a thing of the past; so were the festive Wednesday night poker games at our house. Any mention of the woman I'd thought of as an aunt--indeed, Selma's very name--was enough to make my mother livid. They didn't reconcile for more than a decade. The grievance that split them apart? An argument over who would pay for a bag of groceries.

Buddha would say that my mother's resentment was like a hot coal: She picked it up to throw it at someone else, but she was the one who got burned. **Frederic Luskin, PhD**, and **Carl Thoresen, PhD**, who run the **Stanford Forgiveness Project** at **Stanford University**, have shown that a grudge is a gift that keeps on giving--misery, that is.

It causes anxiety, depression, anger, paranoia, isolation, insomnia, and physical pain. But by forgiving your transgressor, you take back control of your life, and that brings just as outsized a list of benefits. There are physical payoffs, like lower blood pressure; maybe more important, you feel less anger, anxiety, and depression, and more self-esteem.

One of the most moving of Luskin's studies was the **Stanford-Northern Ireland Hope Project**, in which 17 men and women from **Northern Ireland**, all with family members murdered in the violence there, went to Stanford for forgiveness training. After just a week, these men and women who'd lost parents, children, spouses, and siblings reported a 35% decline in headaches, stomachaches, and other symptoms of stress, and a 20% drop in symptoms of depression.

Most people think forgiveness is a good idea, Luskin says--"until they have something to forgive." That may be because so many of us just don't know where to start. Fortunately, the path has been well marked, and one of the best decisions you can make this New Year is to learn how to follow it. Here are five steps to start you on your way.

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1. Understand what forgiveness is--and what it isn't. A lot of people don't want to forgive because they think it's wimpy, or that it means they're saying the offender did nothing wrong. It's neither: You can send an offender to jail and forgive him. People also think forgiveness requires reconciling with the person who mistreated them.

It can--but it doesn't have to. Forgiveness isn't really about the offender at all. Instead, it's about letting go of the anger that eats at you--accepting that you were wronged but deciding to move on from your hurt. It's an act of profound self-respect and self-care that takes courage and commitment on your part.

2. Grieve for what you've lost. Premature forgiveness has been compared with squirting whipped cream over garbage. The result may look good, but the underlying problem remains and will fester. To truly forgive, you must feel your sorrow, and that can take time. Even after you've decided to let go of your anger, you may feel it flare from time to time.

You need to be gentle with yourself, counsels educator Robin Casarjian, founder of the Lionheart Foundation, a national prison rehabilitation program. In time, the memory of what happened will return less often and feel less painful.

3. Don't wait for an apology. Sometimes the person who hurt you isn't even aware that he's done so. In other cases, he's incapable of understanding or caring. The simple words I'm sorry can be healing, but so is deciding that you no longer need to hear them.

...continued on page 38 ...



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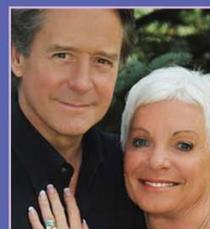
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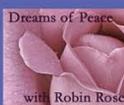
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HAY FEVER AND SEASONAL ALLERGIES

Hay fever causes the improper reaction or over re-action of the immune system where it believes it is protecting itself from an allergen. Some of these reactions occur immediately after being introduced and others will have a delayed reaction making it harder to find what caused the reaction. Signs of allergies can be circles under the eyes, watery eyes, itch eyes, sneezing, wheezing, constant headaches, rashes, stomach problems, hyperactivity, inflammations, excessive mucous, runny nose, rashes, poor circulation or irritability

Prior to allergy season, it's important to pay attention to the foods that are being eaten. Getting more yogurt, fresh fruits and vegetables, grains and nuts into the diet may help because these foods are all high in the **vitamins A, E, B and C** and the minerals **magnesium, potassium, zinc and calcium** that can help to prevent allergy attacks. For people who are bothered by allergies this would also be the time to **reduce starches and proteins** these substances are not as easily digested this can cause bacteria to build up in the body creating a toxic reaction.

A tincture for use prior to hay fever season (1-3 months before) would contain: 1part Astragalus, 1part Elder, 1part Plantain, 1part Nettle, ½part Ginkgo biloba, ½part Anise, using ¼ tsp of the tincture 3 times per day. These herbs contain flavanoids, which have anti-inflammatory properties helping to reduce runny nose, watery eyes and ear congestion. They also help build and support the adrenal glands, the immune and respiratory systems. They are high in the vitamins and minerals needed to build up the body preventing attacks during allergy season. They have astringent, demulcent, expectorant and antioxidant properties helping to clear up congestion by stimulating secretions of fluids thinning out mucous buildup and removing it. They will also help to coat the mucous membranes so that allergens will not irritate them triggering allergic responses.

During hay fever season drinking herbal teas to build up the body can help **Rooibos tea** tastes good and it is full of vitamins and minerals. It is also high in antioxidants and contains natural antihistamines. **To tone the Respiratory System you might try a tea made with 2parts Red Clover, 2parts Comfrey, 1part Mullein, 1part Oat straw, 1part Rosehips, 1part Hibiscus and 2parts spearmint.**

Finally a Neti Pot can be an allergy sufferer's best friend. This should be done at least one time daily, it helps to clear out the nasal passages. All you need to use with this is a pinch of sea salt and some baking soda to take the sting out. If the problem is really bad then you can do a snuff of **Golden Seal** afterwards this will burn like crazy but it gets the Golden Seal right up to the area where it is needed. I have also used a **Xylitol nasal spray** and had some pretty good results. This season give some of these a try and see if you get some good results.

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June 12 - 9:00am -11:00am - Herb Class - Urinary System



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LIVE FULLY OR YOU ARE NOT ALIVE



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. For information on Michael, go to www.GrailProductions.com

Do you ever get tired of hearing people talking the spiritual talk but not living it fully? I'm not just referring to the usual problem of people not "walking their talk." I am referring to those who only live their spirituality in their head. Of course it's wonderful that they have at least some form of connection to spirituality, but their life will go to a whole new level when they learn to live all that they believe in their physical, emotional, and intellectual lives as well. This applies to you and anyone you know.

You are meant to come to life! If you are not yet fully living your spirituality in mind, body, and soul, then you are not living it at all. Why is this? Are you afraid? Perhaps you didn't even realize you were lacking this full integration. Well now you know. So what are you going to do about it? There are a few ways of living: Being asleep, being awake, and being fully alive. Being fully alive can be referred to as "Living Mastery." Does it mean you are perfect? Of course not! But it means you know the right direction and are now committed to moving in the only direction that is right for you.

Use the following list (although not extensive) to see how you are doing in the development of mastery. On a scale from 0-10, take a moment to see if you would personally rate each of the sub-topics below (such as health) at a seven or higher. These should all be pretty balanced and rate a pretty high number. Anything less indicates what you need to get

to work on. *Physical—health, vitality, sexuality, finance. Emotional—relationship, emotions, family. Mental—will-power, reading, concentration, organization. Intuitive—humanitarianism, art, spontaneity, imagination, forgiveness. Spiritual—prayer, meditation.*

If you scored low on several subtopics (such as vitality or concentration) within any one heading (such as Physical or Emotional), then this will probably give you a pretty good indication as to which chakras or states of your being are the weakest and need work. It also indicates the very things you are here to work on, and will return to work on, until you get it right. Of course you are also here to find a healthy balance with all the aforementioned groups.

In ancient times it was taught that the path to Mastery was for only a few select individuals. Yet, the limit in numbers that was once imposed was done so because of our own lack of faith and self-worth. Now, the door is open for everyone to walk forward and claim, practice, and live the life of a Master.

If you are properly integrating spirituality into your thoughts, words, and deeds (as Buddha suggested), then your life will reflect it in your attitudes, health, relationships, finances, and in all other aspects. This is living like a master, because a master is defined in two ways: first, that they are well connected and committed to Spirit and second, they live their connection to Spirit in all aspects of their life—from body to soul. Now, of course there are lots of folks who say that they do indeed live their spirituality in all areas of their life but they take no time to nurture their creativity. Or, perhaps it's their health that they neglect or maybe their sensuality or maybe their relationships. A master even manifests their spirituality in their decision making. Whatever the case, a master chooses to love all that they do, and do all that they love.

Since true spirituality is never void of application, you can rest assured that this helps in all facets of your life including how, when and where to set boundaries for yourself and with others. Now you begin living the Christ life as a Master and feel guided all along the way, with a true sense of self-Love and Love for others.

The path of Mastery means to release the desperation, confusion and frustration that we once experienced on our path. If a few general shifts that take place during the attainment of Mastery were to be outlined, they would be as follows: 1. There is a point where you stop condemning your past experiences and realize that all can now be utilized for the higher good of yourself and others; 2. You begin releasing the patterns of victimization and instead begin taking responsibility for your thoughts, words and deeds; 3. You apply techniques of Mastery that keep you in a state of guidance and Miracle Mindedness; 4. You move beyond simple prayer and meditation and on to Communion with the Divine; 5. You learn to have a healthy, joyful, and passionate relationship with God, yourself and others. Again, this is no longer the path for "the few" but instead, it is what's meant to be for everyone. Mastery and the remembrance of our Divinity are inevitable. We simply decide when we want to experience it.

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Dear Whitedove, Recently my mate died unexpectedly, and I feel such a heaviness and so very alone in this world. Have you ever been given proof that there is life after death? **Longing to know in MA**

Dear Longing, The grief that you're feeling is a natural part of the healing process. We mourn, grieve and feel abandoned but grief is only for the living. Our loved ones are still with us, just in their lighter body. Did you know that the soul can travel at the speed of thought? Just concentrate your thoughts on that person and your loved one will come to you. They can hear you. But it's easiest for them to show themselves and interact in your dreams. These are actual visitations. For me, I have proof everyday I see souls and they often ask me to relay a specific message. But you will have your own experience though the dream time and it's a blessing when you feel reconnected.

Dear Whitedove, My friend is an Atheist. What happens to people who have no faith or belief in God? **White light in OR**

Dear White light,
 Just because you can't see an electric current, doesn't mean that it won't affect you. Science has proven that we are energy, and energy can never die. People don't have to believe. Great Spirit never forces us. Free-Will is our birthright. Our soul moves from one plane of existence to the next. When the soul enters the transition that we call death, we come into a state of knowing. Like a veil has been lifted and we can see clearly and we know the truth. So don't worry, and don't preach, just be an example of God working though you.

Dear Whitedove, I want to know if I saw an eight foot tall Angel? Please tell me what they look like. **Seeing Things in AZ**

Dear Seeing,
 Angels show themselves very rarely although there are legions here right now. The many legions have come to help create a sense of balance where there has been a great imbalance. I have seen a very large Angel like the one that you described. These are very tall and leave a glowing residue of pulsating light after they disappear. An angel sighting is a great blessing and you will feel humbled by the awe of your encounter. ^i^

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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.

I'd like to give credit to Abraham who invented the Prosperity Game I've been writing about. Abraham is a group of non-physical beings who communicate with us using the body and Mind of Esther Hicks. Together, they are known as Abraham-Hicks. (www.abraham-hicks.com)

This cooperative communication is a form of what is commonly called channeling. The sentiment that arises when most people think of channeling most often resembles some form of contempt and derision. I mean, really. Channeling?

That's the reaction I initially had when I was first introduced to Abraham-Hicks. It was just plain weirdness to me. But in my spiritual quest the name Abraham-Hicks kept popping up. I couldn't seem to escape the fact that eventually I would have to listen to what this Abraham being was trying to say. And listen I did.

When I finally got beyond the medium and really listened to the message, I realized that there is a whole lot of truth being communicated here. So I started listening to the tapes and reading the books. And I began to learn.

In the original version of The Secret, Abraham-Hicks was one of the talking-head experts featured in the film. Due to an inability of the parties to reach a legal agreement concerning

the terms of creative license, among other things, Abraham-Hicks was removed from the project. This explains the big fat hole of some unsaid Secret that looms large in the final version of The Secret.

The main point of Abraham's version of The Secret lies in the power of our emotions to act as our spiritual compass. Abraham calls it our Emotional Guidance System. Here is how it works:

When you are thinking a thought that feels good, you are aligned with your spiritual self. When you are thinking a thought that feels bad, it is because your thinking is not in alignment with how your spiritual self views the situation.

In order to attract into your life that which Spirit wants for you, simply choose a better-feeling thought in the present moment. In any moment, there is a thought which feels better, and a thought which feels worse. Choose the better thought. Choose a thought that gives you a feeling of relief. Then you know you're on the right path. It's as simple as that, really.

Once I got past the whole channeling thing and really started to listen to the message of Abraham, I began to realize how important the Abraham clue really is. I began listening to recordings of their live workshops, and bought the most current book at that time, *Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness*. With a title like that, I just had to buy the book. That is exactly what I had been trying to attract: money, health, happiness.

Last week I was listening to the audio version of that book for probably the 4th time, and as they got to the part of the workshop where they offer exercises that might help us to stretch our ability to ALLOW wealth into our life, I heard once again the rules of what they call the Checkbook Game:

First day, deposit \$1000 into your imaginary checkbook and decide how you would spend it. The next day, add \$1000. Add \$1000 a day for a whole year, until on the last day you are spending \$365,000. For the next few days I couldn't get that game out of my head. So then I began writing the Prosperity Project, testing out Abraham's hypothesis.

I will urge you to keep in mind the fact that merely thinking about money isn't enough; we need to FEEL ourselves being worthy of money, earning money, spending money, giving money away.

We need to FEEL what it's like to live in a space that reflects what our spirit is wanting to express.

We need to FEEL what it's like to add value to the people in our lives.

We need to FEEL what it's like to be completely and generously supported by our benevolent universe.

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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. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



The Big Bluff

A USA Today poll revealed that 29% of respondents had experienced contact with a departed loved one; 18% had seen or been with a ghost; and 15% had consulted a psychic or fortune teller. Most of these numbers were somewhat higher than I had expected, yet happily so.

When I taught yoga, a high school teacher invited me to talk to her class about spirituality. Once each semester I would go and discuss psychic phenomena, healing, the power of the mind, and lots of juicy topics. When I asked the students, "Have you ever had a psychic or supernatural experience?" nary a hand would go up. As soon as the class was over, however, a line of kids would form to talk to me. "I heard my grandmother speak to me after she died," one reported. "My stepfather's face came to me in a dream before my mother met him," another shared. "Sometimes I can put my hands on my little brother when he is in pain, and the pain goes away instantly," came another account.

When I asked these students, "Why didn't you share that in the class when I asked?" they would answer, "I didn't want the other kids to think I was weird."

Such a fear of looking weird carries over, for many of us, into adulthood. We see, feel, and know things that we are reluctant to speak about because we might be judged or criticized. So we end up living two lives — one a public life built on presentation and image management, and another inner life, more personal, often secretive, and infinitely more real.

Psychologist and educator Patricia Sun (www.patricia-sun.com) recounts, "As a child I was highly intuitive. I could see and feel what people were thinking and feeling, and quite often it was the complete opposite of what they were saying or doing in their social world. It seemed to me that the world was a kind of "Big Bluff" where people were living disconnected from who they really were, but because everyone expected certain behaviors and agreed to play the presentation game, their lives, hearts, and souls were shriveling behind the scenes.

The way to cure "The Big Bluff" is to live authentically. When you express your truth, you invite others to meet you in an arena of realness, and you establish a platform of integrity for all of your relationships. Patricia Sun further recalls, "Once when I was counseling a client I noticed that I was bored. I tried to push beyond my feeling until I was practically falling asleep. Finally, as my client was going on with a long story, I told her, "I just need to share that I am having

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trouble connecting with what you are saying. I'm feeling kind of bored." To Patricia's surprise, the client admitted, "Actually, so am I." The client had gotten so immersed in the story she had told so many people so many times, that she had become disconnected from her aliveness. This frank discussion between counselor and client led to an entirely more vital exploration of what, by contrast, was real and empowering for the client.

If you are bored, tired, lonely, angry, fearful, or unfulfilled, you have probably succumbed to The Big Bluff. You have gotten so used to your routine, your story, or a position of apparent (but dangerous) safety that your life force had slipped away without you recognizing it. But you can get it back. The way to reclaim joy is to be extremely honest about where your passion lives and where it doesn't. You have to tell the truth, moment by moment, about what brings you life and what deadens you. Honesty is your lifeline to healing.

Like the respondents to the USA poll and my high school students, your inner truth may be connected to intuitive, spiritual, or psychic experiences, or preferences and experiences that might get you labeled as an oddball. If so, I have comforting news: You are not alone. In their book *The Cultural Creatives: How 50 Million People Are Changing the World*, Paul H. Ray, Ph.D and Sherry Ruth Anderson, Ph.D describe a subset of the population that does not subscribe to mainstream beliefs and values, but is responsible for most social progress (à la the bumper sticker "The world has never been changed by well-behaved women"). It's the people who are unwilling to participate in The Big Bluff who have the power to undo it.

While living authentically may initially appear frightening, realness is the most comforting and liberating path of life. In *The Teachings of don Juan*, author Carlos Castaneda quotes his Yaqui Indian shaman mentor: "Ask yourself one question . . . Does this path have a heart? If it does, the path is good; if it doesn't it is of no use. Both paths lead nowhere; but one has a heart, the other doesn't. One makes for a joyful journey; as long as you follow it, you are one with it. The other will make you curse your life. One makes you strong; the other weakens you.

We are living at an extraordinary time when more and more people are confronting and dismantling illusions. Institutions based on the Big Bluff are crumbling before our eyes, and ways of living based on The Big Real are rooting and growing. Perhaps, if the current trend continues, that revealing USA Today poll is giving us a peek at USA tomorrow.

Tod McNeal's

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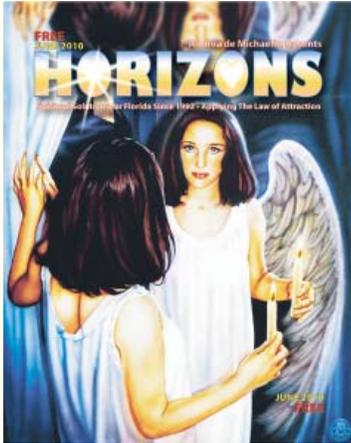


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Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to HorizonsMagazine@aol.com - call 321-722-2100 with credit card info. No calendar listings taken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

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

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

Sundays 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

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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 or www.ironoak.us

JUNE 2010

Last month, I said I would devote this calendar to Buddhism. Sure. One of the largest religions in the world and I'll discuss it in less than 500 words. Well, here goes. Buddhism started in India during the Axial Age (800 to 200 BCE). From western eyes, it appears more a philosophy than a religion with some saying that Buddhists have no god. It is far from the truth. Worship is a major part of Buddhism, but it does not require exclusive worship. This can be hard for those familiar with only western religions to understand. A Buddhist may worship Hindu gods and a Hindu may worship the Buddha. Buddhism is both a religion and a philosophy.

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Nan-in, a Japanese Zen master, received a university professor who came to inquire about Zen. Nan-in served tea. He poured his visitor's cup full and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "Don't you see it's full?" he said. "You can't get any more in!" "Like this cup," Nan-in said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?" Zen Koan

Starting with the teachings of Siddhartha Gautama who became the Buddha or "Awakened One", it divided into Theravada (Thailand, Burma, Laos, Cambodia), Mahayana (China, Tibet, Japan, Korea, Vietnam) and Vajrayana or Tantric (Tibet). Zen, a familiar name in the West, is a school of Mahayana Buddhism.

Two hands clap and there is a sound. What is the sound of one hand? Koan from writings by Rinzai Zen Master Hakuin Ekaku

An important part of Buddhism is to learn how to end suffering or dukkha. Suffering in this case includes disappointment, frustration, stress, anxiety. It does not mean pain from illness. The Four Noble Truths teach what is suffering and how to remove it by practicing the Eight Fold Path toward self-awakening. Here are some important dates:

JUNE 2010

Jun 5th - Zen: Mindfulness Day, Day to observe the moment and see connection between all things

Jun 7th - Tantra: Dakinis' Day, Make offerings to the Dakinis (female embodiments of enlightened energy) and Mother Tantra

Jun 12th - New Moon at 7:15 AM DST

Jun 12th - Shakyamuni Buddha Day, Day to meditate on the Buddha's teachings and the Five Precepts of Morality

Jun 19th - Tibetan: Tara Puja, Celebration of the goddess Tara worshipped with meditations on mandalas and chanting of mantra

Jun 21st - Tantra: Dakas' Day, Day to make offerings to the Dakas (male embodiments of enlightened energy).

Jun 26th - Vajrayana, Mahayana: Amitabha Buddha Day, Day to do good deeds and chant the name of Buddha God Amitabha/Omito/Amida to gain entry to His Pure Land and aid in attaining nirvana.

Jun 26th - Full Planting Moon at 7:31AM DST

A FACTOID WITH WHICH TO END THE MONTH:
At the World's Parliament of Religions in 1893, Anagarika Dharmapala, a renowned Buddhist teacher introduced Buddhism to many in the west. It has grown to more than 1.5 million in the United States.

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. For info on Donna, go to www.LearnEnergyMedicine.com.



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A BEGINNER'S GUIDE TO ENERGY MEDICINE

Energy medicine is both a complement to other systems of medical care and, in itself, a complete system for self-care and self-help. It can address physical illness and emotional disorders, and it can also promote wellness and peak performance. Energy Medicine is both an independent approach to self-care and a complement to medical care.

Because we receive so many requests from people who are new to energy medicine for help with health conditions, we have written this brief guide to help orient you and to direct you to a wealth of available resources, many of them free.

A key concept in energy medicine is that the words "diagnosis" and "treatment" have a different meaning than they do in conventional medicine. In conventional medicine, you diagnose and treat an illness. In energy medicine, you assess where the energy system needs attention and correct the energy disturbances. Physical symptoms may be a clue, but they are not the focus. For instance, the same stomachache might trace to an imbalance in heart meridian in one person, in liver meridian in another, and in stomach meridian in a third. The same physical symptoms can reflect many kinds of problems in your energy system and call for different kinds of attention.

In energy medicine, you assess where the energy system needs attention and correct the energy disturbances.

TWO WAYS ENERGY MEDICINE CAN HELP

There are TWO LEVELS where energy medicine might make a difference with a health condition:

THE FIRST has to do with getting your body's energies into a good flow, harmony, and balance. While not focusing on your health issue directly, this can create within your body an energetic environment that supports your overall health, vitality, and healing.

This is the place to start, even if you are also taking additional steps, such as assessing and working with specific vulnerabilities in your energy system or consulting with an energy medicine specialist. Unlike treatments that offer pills or surgery, energy medicine focuses on the entire body as a system. Before doing more specific treatments, energy medicine practitioners routinely help people get their body's overall energies into a strong and healthy flow.

Over the years, Donna Eden designed a five-minute "Daily Energy Routine" that combines the most potent techniques we know that are able to help the greatest number of people to stimulate each of the vital energy systems and bring them into harmony and balance.

...continued on page 35 ...

*"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*

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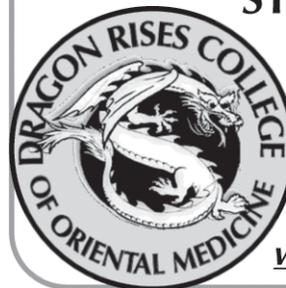
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Karen Williams is the author of Soulsongs: Welcoming Your Deepest Desires and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, Florida.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

FREE MONEY

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I MUST WORK HARD FOR EVERY DOLLAR THAT COMES TO ME. Most people hold this belief, and most people accept work as the only avenue through which money can come. But the Universe has countless plans up its sleeve for delivering abundance. Sometimes it's through work, sometimes it's a far cry from work. One thing is certain: the work that begets long-term prosperity will be work that consistently brings me joy.

THERE IS A FINITE AMOUNT OF WEALTH WITH INCREASING NUMBERS OF PEOPLE COMPETING FOR IT. If this were true, how could one explain the unprecedented prosperity in many parts of the world?

I HAVE ALWAYS STRUGGLED WITH FINANCES, SO WHY WOULD THAT SITUATION CHANGE? My income, like every other aspect of life, is the exact match-up to my patterns of thought. I can change my mental habits, so I can change the amount of money I attract.

I MUST SHARE/SERVE OTHERS WITH THE MONEY THAT FLOWS TO ME. If it makes me happy to share, that's a wonderful thing to do. If giving to others makes me feel more prosperous, that's great. Otherwise, it simply doesn't matter what I do with my money except enjoy it.

Prosperity is not contingent on my actions or anyone else's actions. It's not dependent on financial markets or other circumstances outside myself. Prosperity simply awaits me to regularly envision it, happily expect it, and then take easy action when opportunities arise. And when new income starts to trickle in - it can start this very day - I'll appreciate and savor it, even if it's a penny I find on the ground.

This is the road to riches - a fun and easy road, far more than I'd ever imagined.



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You Can't Afford the Luxury of a Negative Thought



By Peter McWilliams www.mcwilliams.com/books/

Acceptance is such an important part of happiness, contentment, health, and growth that some people have called it “the first law of personal growth.” The world goes on, people do what they do, events come and go, and, for the most part, our only choice in all this is, “Do I accept it or not?” If we accept it, we flow with it. We allow life to do what it’s already doing. If we refuse to accept it, we usually feel pressure, pain, frustration, anxiety, and dis-ease. We struggle with what is. The struggle, for the most part, takes place within us--where it also does the most harm.

Acceptance is not the same as liking, or being happy about, or even condoning. It is simply seeing something the way it is and saying, “That’s the way it is.” It’s seeing what’s going on and saying, “That’s what’s going on.” It’s looking at something that’s happening and saying, “That’s what’s happening.”

Acceptance is realizing that to do other than accept is (a) painful and (b) futile. Through nonacceptance we try to control the world. We want our “shoulds,” “musts,” and demands to rule the world. It doesn’t work. It simply does not work.

To prove how futile the struggle to control the world, get up tomorrow at 4 a.m. and try to keep the sun from rising. Do everything you can to keep it from coming up. Struggle madly. Use all your power, influence, money, friends, and political connections to help. You won’t be able to delay its scheduled ascension for so much as a millisecond.

Maybe you don’t want to control the turning of the earth; you just want to control the world around you. Good luck on that one, too. The truth is, we sometimes can’t even control ourselves--that part of the universe we have the most direct influence over. If we can’t control our own thoughts, feelings, and physical reactions, how can we hope to control others?

Nature goes on being nature in its own natural way. We have very little control over it. What do we have control over? The space within the skin of our body. We can work to make that environment as loving, joyful, peaceful as we like. That in itself is a lifelong project--and a worthy one, too. The rest--the outer environment--does what it does. There’s not much more to do than say, “It’s doing what it’s doing.”

When we set out to change a small fraction of the outer universe we do have some ability to change, one of the best starting points is acceptance. The sculptor begins by accepting the block of marble as it is, and then removes everything that

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isn’t a statue. When asked how to sculpt a horse, one artist explained, “I see the horse in the stone; then I take away everything that is not the horse.”

Michelangelo’s David was carved from a flawed block of marble. Another sculptor had begun work on the block and abandoned it. There was a deep gash in the side, making the stone “unacceptable” to sculptors for decades. Michelangelo, however, accepted the marble--gash and all--and created one of the marvels of humanity.

We begin with acceptance and move from there. This includes acceptance of ourselves. We are, please remember, a part of nature. We can be as contrary as a thunderstorm on a picnic. That “natural” part of us has its own rhythms, its own timelines, and its own agenda. While bringing this “animal” under control, we must learn to accept it.

This “natural” part of us most people call the body, and that’s accurate, providing that you remember the body includes the brain that thinks the thoughts and the nerves that feel the feelings. Thoughts and feelings are a necessary part of the human animal. The “natural” part of us thinks the Fight or Flight Response is terrific. Eons of genetics have told it so. We now must gradually convince “it” that the Love and Acceptance Response is more valuable for our survival as an animal. This “convincing” we call education. The source of the word is educare, “to lead forth from within.” It’s the gradual process of leading from within rather than being led from without.

...continued to page 37...



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I will be blending, writing & preparing a dynamic website presence. Lots of improvements are in the making. I want to express my continued gratitude to all of you with whom I have connected with. For many years I have had daily contact with so many wonderful people. People, through whom I have helped, have in turn helped me. There are a lot of symbiotic relationships within this whole. The synergies that I have created with the eloquent powers of the plants forces have helped me realize how we as a whole benefit one another. I have seen so much goodness with the kind souls who have graced the entrance of the various locations I have held. I hope to see many of you in this new store. You'll love the space. Always call first to make sure I'm on location.

With Love & Peace,

Doreen

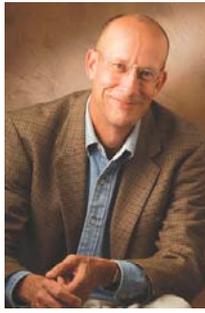
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NOTES
from the
Universe



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 to sign up for free daily Notes from the Universe!

What part of "visualize" do you think most people misunderstand? Or don't they do it, just once a day, for five minutes a day, because they've yet to realize that whatever it is they most want lies only a little thinking away?

"Can you hear me now?"

The Universe

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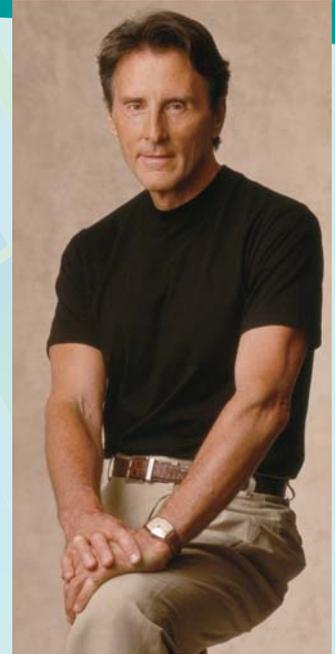
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Gary Null holds a Ph.D. in human nutrition and public health science. He is a multi award-winning journalist and New York Times best-selling author, Dr. Null has written over 70 books on nutrition, self-empowerment, and public health issues.. Time magazine called him "The New Mr. Natural." My Generation magazine dubbed him one of the top health gurus in the United States. For over three decades, Gary Null has been one of the foremost advocates of alternative medicine and natural healing. His syndicated public radio show, Natural Living with Gary Null, earned 21 Silver Microphone Awards and is the longest-running, continuously aired health program in America (27 years).

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Abraham-Hicks

...continued from page 9...

Whatever your vibration is, you shine that light on whatever you are giving your attention to. And that's why we want you to let it be a feeling process rather than a thinking process. So let's say you bump into somebody who is aware of who you have been, and you have a specific relationship with them. You might have even confided in them about some trouble. So they say, "How's it going?" And what they mean is, "Give me the dirt." And you say, "Do you want to know how it is right now or how it's becoming?" They'll say, "What?" Because they really wanted the dirt. But what you're saying to them is, "I don't want to go there. I know we've talked about it before, but things are so much better and I'd really rather go here." So they say, "Are things really better? Really better?" Meaning, "I don't see any evidence of improvement. Why are you pretending and fooling yourself? Why are you in this place of delusion?" And you say something like, "Things are better. I'm not sure if it shows outwardly yet but it sure feels like it inwardly, and that's all I really care about. I'm feeling great." Then they might say something like, "Why? Are you sure you really feel great?" Now sometimes you are the one playing this other part "Are you sure you're really feeling great?" You answer, "Well, I thought I was feeling great. Well, maybe I'm not feeling so great." "Why? What have you seen? What have you heard?"

We encourage you to Set your own Tone. It isn't difficult for you to Set the Tone in the physical realm, because you've got a Nonphysical Tone that is flowing to you at all times. And when you choose something that resonates with that Tone, you feel elation. You feel joy. You feel passion. You feel enthusiasm. You feel clarity. You feel full. You feel good. But if you're choosing something that doesn't resonate, you're going to feel something different from that. Never mind what the subject is. Concentrate on how you feel, and make a decision, "Nothing is more important than that I feel good."

"It's so important that I feel good, that I'm going to watch specific television programs. It's so important that I feel good, I'm going to spend more time with this good feeling friend and less time with that not so good feeling friend. It's so important that I feel good, I'm going to change the magazine subscriptions that I read. It's so important that I feel good, that I'm going to ponder thoughts from my past that make me feel better and I'm not going to ponder the ones that make me feel less than good.

It's so important that I'm in harmony with my Core. It's so important that I connect with Core Energy. It's so important that I fulfill my reason for being.

It's so important that my cork floats, that I'm going to begin to behave differently than I have been, because what I was

doing before, I was not doing on purpose. I was doing it because others taught me, because it was my habit, it was pervasive, it was dominant, and because it was there. But I was not doing it decisively. I was doing it by default. And now, I am decisive.

I have decided who I am. I have decided I'm an extension of Nonphysical Energy. I have decided I am a joyful person. I've decided I want to feel good. I've decided that's who I am.

I've decided that this thought doesn't feel so good, so I'll choose this one. I've decided this thought doesn't feel so good, so I'll choose this one. I've decided to eat this. I've decided to go there. I've decided to breathe this. I've decided to pause for a moment. I've decided to think about this. I've decided to call this friend.

I'm decisive, and I'm making those decisions with one singular intention, only one criteria: How does it feel? Not hard. I remember how it felt last time: I go to call my mother. Augh! Does this mean I shouldn't call my mother? No. It means, I shouldn't call my mother, given the vibration that I remember most. But I want to call my mother. I feel guilty about not calling my mother." Augh!

I want to call my mother and feel good about calling my mother. Bless her heart. She really means well. She is a very wise person. She knows much that I know. I have so many wonderful memories of the times we've had together. I'm so appreciative of all that she is. I adore her from the depths of my being. I'd like very much for her to know how much I love her. I think I'll call my mother.

Line up the Energy and then take action. Line up the Energy and then take action. Line up the Energy and then take action, and the Universe responds powerfully to your Energy.

Anything that you do that helps you to conclude that you're not where you're wanting to be, makes it harder for you to find that feeling place of where you are wanting to be. You're doing very well. Be easy about it. Lighten up. And most importantly, do anything and everything that you can to get your attention off yourself. Don't misunderstand. We don't think you're too self-absorbed. We don't think anybody can be. If you will give more attention to what is flowing through you toward something, instead of what's flowing through someone else toward you, things will get better right away.

If you have a desire and a vibration that doesn't match it, and you don't notice that that's what negative emotion is telling you, so you don't take this pivot and raise your vibration, don't worry, the negative emotion will get bigger. And if you still don't do anything about it, don't worry, it will get bigger.

It starts out with a little sensation that you would call negative emotion. Then it becomes a little stronger sensation that

...continued on page 34...



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



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

Sleepytime Recharge

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

Healthy Eating Habits



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



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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."



Next I posted: *I've been trying to force an Abraham-Hicks™ cd down someone's throat for their own good. Now they've misplaced it. Imagine that. Maybe I should stop trying to fix them and work on my own dang self. Imagine THAT. To everyone I've been complaining about this week - sorry - didn't realize it til I took a stroll down my FB page. I'm lucky ALL I got was a whack on the head with that judgmental nonsense. Ya gotta laugh.*

Finally, 2 days later, I felt it turning around. I once again had enough presence of mind to exert my own will to focus my attention. This is when the serious pivoting began. I made my list of good things that happened that day, and things I was grateful for. Like I had a favorite lunch and all my plant seedlings were growing. My ficus was coming back after the frost and the weather was nice enough for no a/c. The June magazine final layout was on time and everyone was paying on time. I was having a good hair day. I love cuddling the cats and dancing in the living room. Ah, I felt better already.

Then I made my list of positive aspects about anyone I was feeling resistance over. I did Ho'oponopono for each person, and for myself, basically saying, whatever my part in this situation, I am sorry, I forgive you, I love you. And I did that until I meant it.

The next morning, I decided to create a couple of ads for people who had a new business, although they had not asked for an ad and I had not spoken to them about it. Or ever. It was part of my pivoting process, since I love to design. When I do that, I don't feel it's a wasted hour in my busy day if they don't buy the ad. I count it as an investment in my design practice, essential for pre-paving and attracting a future ad.

As I finished my email to Doreen at Nature's Spirit, asking if she'd like the ad I'd just created for her, I got a call from Delores at Rising Sun Emporium - where Doreen just moved to. Delores was asking about an ad for Rising Sun. I laughed and told her I'd just created a draft for her and I emailed it to her. Synchronicity? Maybe. Law of attraction? Fer sure.

I don't want to know what I would have attracted had I not remembered to begin my pivoting process and get myself back on track. I mean really, I don't want to know. All I need to know is what direction I want to be heading in and use my willpower to focus my attention and thought long enough to get me there. And don't let myself get wrapped up in anyone else's nonsense. That's all. Enjoy our offering this month.

Hari Om.

Andrea



Abraham-Hicks

...continued from page 32...

you might call concern. Then it's a little stronger sensation that you might call physical sensation. Then it's a little stronger thing that you might call physical discomfort. Then it's a little stronger thing that you might call physical ailment or illness. Then it's a stronger thing that you call croaking.

Anywhere along the way you can make a conscious decision to let the Energy flow. And that's what relief is. You don't have to have physical relief in order to have mental or emotional relief. An illness doesn't have to go away altogether for you to feel better about it.

Most of you think, "Well if this would just go away I'd feel better." Well, we don't doubt that. But it's not going away if you don't do something to change your vibration. That's why if you go to a physician and your desire now, in light of what you're living, is to be rid of that, and you say, "What do I have?" And he says, "You've got this and this." And you say, "What does that mean?" And he says, "Well, take this pill and it will go away, and take this pill and it'll go away." In other words, there are things that they can give you for many things. Now, your desire and your belief are in the same place, and it goes away. And often he gives you a sugar pill. It isn't what he is giving you is that is making the difference. It is that he is giving you, now, the reason to allow what you desire.

Something has happened within many of you, within most of you, where you must justify the good that comes to you through some effort. And we say, oh, we would really like it if you would get over that one, and just begin to accept that the good comes to you, and that is what is natural. But we're very delicate when we say that to you, because the next thing you do is beat up on yourself when you don't let the good come.

You can't get it wrong. Just be easier about this. Nothing so wrong is so wrong. In other words, you're doing very, very well. You're giving much too much attention to insignificant things. And we know that it is easy for us to call them insignificant because we're not living them, but we are telling you they are insignificant.

We have enjoyed this interaction immensely. It is delicious to come together with creative Deliberate Creators like you. Be easy about all of this. Don't make too much of it. There is great love here for you. We are complete.



Energy Medicine

...continued from page 25...

In the Daily Energy Routine are some of the methods an energy medicine practitioner might give to you after an initial consultation to help you strengthen and balance your own energies. You can do much for yourself through the Daily Energy Routine alone. The Daily Energy Routine takes about five minutes, and then also dedicating five additional minutes for experimenting with other methods can make a real difference in your health and vitality.

We guide you through the Daily Energy Routine in every introductory publication. You can find it in the book *Energy Medicine* (Chapter 3), on our "Energy Healing" videos, and in the Sounds True "Energy Medicine Kit." You can find these resources at www.innersource.net.

Five areas you might experiment with as adjuncts to the Daily Routine are:

- 1) the the "Homolateral Crossover,"
- 2) "Connecting Heaven and Earth,"
- 3) techniques for sedating the triple warmer meridian,
- 4) the "Neurovascular Hold," and 5) the "Blow Out."

THE SECOND LEVEL by which energy medicine might make a difference with a health concern involves an assessment of your body's energies and the ways they are related to the condition.

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The book *Energy Medicine* gives further instruction in how to assess your energies and correct problems with them.

Energy Medicine first approaches a health condition by strengthening the person's overall energy system and then by working with specific energies that are involved in the problem.

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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

June 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, or email barbaralee21@roadrunner.com

Aries: March 20 to April 19/20 "I Am". If you are spending most of your time butting heads with those that you love, then it must be time for some much needed quiet time and soul searching. Counting your blessings and keeping a positive approach will get you through tough times, it all has to do with perspective.

Taurus: April 19/20 to May 20/21 "I Have". The recent Mercury retrograde in Taurus had you questioning every aspect of your life. Now that you have come to your senses, you will never take anyone or anything for granted again. The recent loss of a loved one has brought you to your knees and opened your heart and your eyes.

Gemini: May 20/21 to June 21 "I Think". Your mind is full of many ideas, this is a time not to just sit around and day dream but to act upon your great ideas and plans. An idea is just an idea if it is just thought about, but an idea becomes so much more brought to manifestation. You are what you think about.

Cancer: June 21 to July 22 "I Feel". This June, all your security issues surrounding love, trust and romance will come up to the surface. Now is the time for you to deal with them or retreat into a place of fear and lack, and you don't want that do you. Your best bet is to find a creative outlet in the healing field. If you feel needed, you will blossom.

Leo: July 22 to August 22/23 "I Will". This is the perfect time for you to be close to your friends, parties, graduations, barbecues, and all social gatherings. You are so full of life lately that you naturally are the life of the party and center of attention. You are at a very powerful time in your life where you can create what you want. Just keep a positive attitude.

Virgo: August 22/23 to September 22/23 "I Analyze". This is a time to trust yourself because there is more going on underneath the surface than you are able to see right now. Be careful about getting carried away with too many crazy thoughts about what could or should happen in your life. Do your best and the rest takes care of itself.

Libra: September 22/23 to October 23 "I Balance". You have heard it a thousands times before. That balance is the key to your happiness, and it is very true. Forget about the pie in the sky for now, start with the one that is within your reach, and go from there. Just like if someone wants a deep tissue massage, you have to allow the body to open up before you go too deep.

Scorpio: October 23 to November 22 "I Transform". Everything that you ever thought could happen has happened, and now you feel like your whole life is in the midst of some great big change. Just know that the only thing that is constant is change and your life will be in a reorganization phase soon. If you hold onto the so called safety net you may get wrapped up in it. Allow the old to leave peacefully so the new can present itself in many glorious ways.

Sagittarius: November 22 to December 21 "I Perceive". You may be wanting to spend more time alone this June to tune into your one on one creative flow. As you flow your creative juices, you will amaze yourself with how you are able just to take a step back from your life as you take the observer role. Be sure and write down your perceptions, so you can recall the map.

Capricorn: December 21 to January 19/20 "I Use". June 26 is a Lunar Eclipse a full moon in Capricorn at 4 degrees. This will be an amazing and powerful time for the next 6 months. Be clear about what you want to create, the energies will be perfect for the manifestation of clear intention or faulty thought patterns. The potential is huge for your highest and greatest good.

Aquarius: January 19/20 to February 18 "I Know". Your children are your greatest gifts in life, the relationship that you have will come full circle, and as the communication continues to get better and better the understanding, love, compassion, and joy will increase. The love that you feel will fulfill your soul, and your heart will never feel empty again.

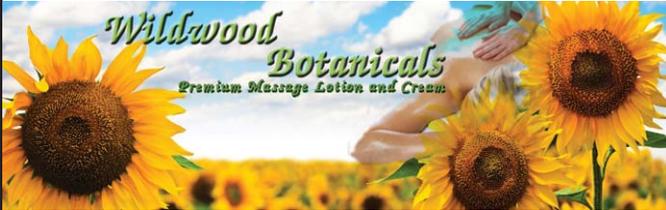
Pisces: February 18 to March 20 "I Believe". Once and for all in your desire to be of service to the world you have gone the full mile to the other end. What you give comes back to you 100 fold, and you have seen life work like that. Right now your purpose is to keep an open heart in all that you do and feel, and your greatest job is to be expansive.



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You Can't Afford The Luxury of a Negative Thought



SUGGESTED READING WATCHING LISTENING

...continued from page 27...

In that process of teaching acceptance, we must practice acceptance. Set a good example for yourself. Learn to accept whatever you do. This, of course, is not carte blanche to run roughshod over others or to hurt yourself. It's just a realization that, being human, we're going to do things we're not going to like (and by "doing," I mean all levels of doing, including thoughts and feelings), and we might as well accept those, too.

Learn to accept even your lack of acceptance. When you're not accepting something, accept your non-acceptance of it. Can't accept your non-acceptance? Then accept the fact that you can't accept your non-acceptance. If the bad stuff like guilt can pile up in layers (feeling guilty about feeling guilty about feeling guilty), so can the good stuff (accepting the fact that you can't accept your non-acceptance).

Yes, it gets funny, and it certainly can be fun. That's one of the keynotes of acceptance: a sense of lightness. As you accept the heaviness, you begin to feel "the unbearable lightness of being." Accept that, too. No: welcome it.

With acceptance, you can't set some things aside and say, "I'll accept these, but not those." Acceptance is unconditional. You can like one thing more than another--that's preference--but acceptance means not excepting anything. Actually, it's easier that way. You don't have to remember what to and what not to accept. If it is, accept it. Simple.

Schedule acceptance breaks throughout the day. Give yourself an acceptance break right now. Accept everything around you, everything inside you, everything about everything. Accept your thoughts. Accept your thoughts about your thoughts. Accept your thoughts about your thoughts about your thoughts. Accept whatever feelings you have, the sensations in your body. Don't try to change any of it--trying to change is a form of nonacceptance.

Accept your surroundings, your physical environment. Accept your room, its furnishings, the smells, the sounds, and the occupants. Accept your thoughts about what's there and about what's not there. Accept your memories, fantasies, demands, and opinions about how it should be.

Accept all the things you did but wish you didn't do and all the things you didn't do but wish you did. Notice that these decisions about what's hot and what's not about an activity (or inactivity) are thoughts, too. Accepting thoughts--including the negative ones--is an important step toward greater joy.

And greater health.

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[The Living Matrix--Science of Healing](http://WWW.THELIVINGMATRIXMOVIE.COM) www.thelivingmatrixmovie.com

Focus on Making Small Changes



...continued from page 11...

4. Try to understand what drove the offender. Generally speaking, bad behavior is the result of emotional immaturity, a state more to be pitied than judged. For example, studies show that many of the criminals in our federal prisons were abused as children. If your ex-friend betrayed a confidence, what insecurity must have driven her? If your father never showed you love and affection, how damaged must he be? Empathy can force out corrosive anger and transform your life--and sometimes the lives of others.

Last May, I was a guest on my friend **Naomi Judd's** inspirational television program, Naomi's New Morning. The topic of the show was forgiveness, and one of Naomi's guests was a woman named **Cheryl Ward**, whose husband had been killed and her daughter raped when a gang of teenage boys broke into their home looking for money.

Cheryl told a story of radical empathy: Rather than being consumed by her grief and anger, she chose to visit the young men in prison and try to understand what had prompted them to commit such a heinous crime. Developing compassion not only lessened her pain but also led her to become an advocate for inmate rehabilitation.

5. Celebrate who you have become. In a recent study at the **University of Miami**, psychologist **Michael McCullough, PhD**, and his colleagues asked approximately 200 people who'd been hurt by someone to write about either the traumatic aspects of the betrayal or things they'd gained as a consequence, like becoming less selfish or discovering that they had unexpected strength. Those who

wrote about what they'd learned or how they'd grown described feeling less bitter than the others did and were also more likely to forgive.

Life is a school for learning, and some of the lessons are painful ones. We can't avoid being hurt. But we can decide not to let our hurt overshadow the rest of our lives. Choosing to let go and move on doesn't leave you the same as you were before. It brings you greater understanding and maturity and more compassion--toward others, and toward yourself, as well. Smart ways to really move on
Take a calming breath. When an upsetting memory arises, use deep breathing or another stress-management technique to allow yourself to feel your emotions without becoming overwhelmed by them.

Change the way you describe yourself. You were badly hurt--but you're also someone who was brave enough to choose to forgive.

Tell it one more time. Acknowledge your hurt to someone you trust, and then stop telling your grievance story once and for all. These stories keep hurt alive and can prevent you from being fully open to the people you need and love.



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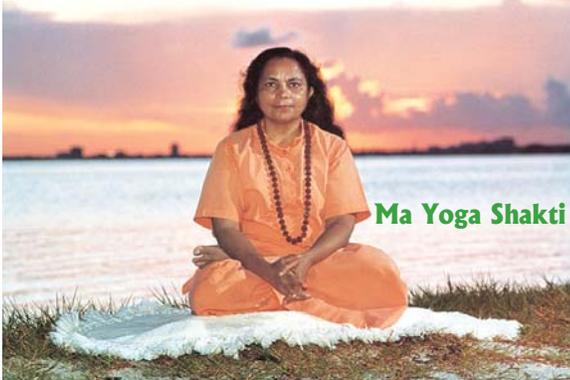

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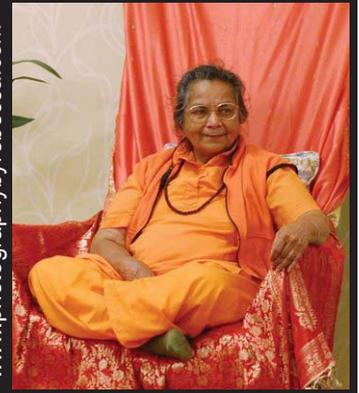
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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