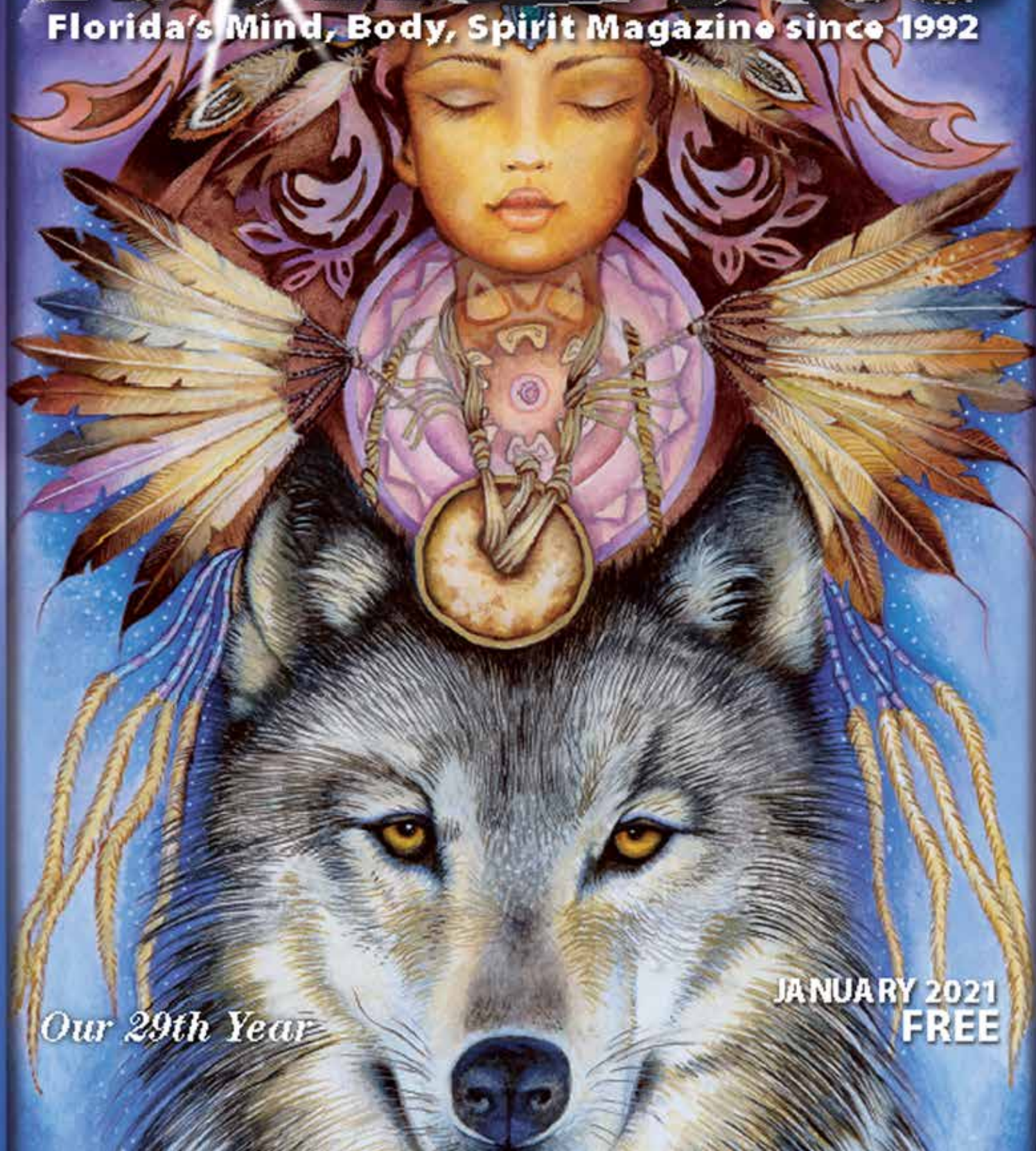


**FREE**  
**JANUARY 2021**

Andrea de Michaelis presents

# HORIZONS

**Florida's Mind, Body, Spirit Magazine since 1992**



*Our 29th Year*

**JANUARY 2021**  
**FREE**



*An Enlivening Power is Nurturing Our Universe  
and We Can Learn To Cooperate With It. Roy Eugene Davis*



### Attend Programs Online

To support the safety of our guests and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in early 2021.

We will continue to offer online classes that you can participate in from anywhere in the world using Zoom:

**Visit:** [www.csaretreat.org](http://www.csaretreat.org)  
Code: 980 663 1368  
Password: 957607

**Note:** If you don't have a smart phone or computer, you can call with your telephone: 1-669-900-6833  
Then enter Meeting ID:  
980-663-1368 and press #.  
When it prompts you for the participant ID, press # again.

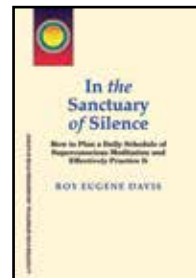
•**2021 Winter Seminars Go To:**  
[csa-davis.org](http://csa-davis.org)  
**Main Menu, Retreats, for Details and Times**

January 16  
February 13  
March 6

### In the Sanctuary of Silence

#### Review and Renew Your Meditation Practice

How to Plan a Daily  
Schedule of Superconscious  
Meditation and Effectively  
Practice It **32 pages \$2.00**



Order online at [www.csa-davis.org](http://www.csa-davis.org)  
or by phone 706-782-4723 or [info@csa-davis.org](mailto:info@csa-davis.org).  
Center for Spiritual Awareness  
PO Box 7, Lakemont, Georgia 30552



Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India.



Visit our Sacred Space at:  
780 West New Haven Avenue  
Melbourne, FL 32901

Celebrating 25 Years in Business!

*reative Energy*

*Enchanted Gifts for the Mind, Body and Soul*

*Brightest Blessings of Love, Peace,  
Healing and Hope for 2021!*



We Are Open & Still Offering Phone Orders & Curbside Service or Shipping! Follow Us on Facebook! An expanded selection of items to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CD's, candles, incense, oils, herbs, sage, divination tools, statuary, altar items, men & women's world clothing, belly dance accessories, henna, tapestries, peace-promoting items, faeries & much more!

**321-952-6789**

Located just 1.7 miles west of  
Downtown Melbourne & less  
than a mile east of the mall



Follow us on facebook  
to get updated information  
<https://www.facebook.com/creativeenergyfl>

**WE ARE OPEN!  
NEW HOURS:**

**TUE - SAT 10am-5:30pm**



## DISPLAY ADVERTISING RATES

### NO MORE CONTRACTS!

I got tired of doing all the math to figure contracts, so from here on, there are no contracts, just one low price each month.

\$200	Full page ad
\$140	1/2 page ad
\$ 70	1/3 page ad
\$ 80	1/4 page ad
\$ 40	Business card ad
\$ 30	Small strip ad

### I'M RUNNING A SPECIAL THRU JULY 2021

For ANY size ad:

Prepay 6 months and receive 1 month free.

Prepay 12 months, receive 3 months free.

*For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.*

**Payment is due by the 20th  
with your ad**

## DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall  
1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide  
1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide  
1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide  
Business card ad is 2" by 3.5"  
Small strip ad is 1" x 3.5"

**We accept all credit cards  
and PayPal online**

**Email HorizonsMagazine@gmail.com**

**321-750-3375 cell/text**

## HORIZONS MAGAZINE

575 Escarole Street SE  
Palm Bay, FL 32909-4802

# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org>      Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**Publisher's note:** We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use.

- 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.



**You are loved and  
guided more than  
you can imagine**

## The greatest optical illusion is separation

### Publisher/Editor/Creator

Andrea de Michaelis

### On the Cover (page 21)

Wolf Spirit

by Holly Sierra

### Contributing Writers:

Seth thru Jane Roberts

Michelle Whitedove

Jamie Turndorf, Ph.D.

James Van Praagh

Cecelia Aitable

Abraham-Hicks

Karen Williams

Debra Strasser

Deborah King

Adam Sayner

Mike Dooley

Tom Sannar

Jeff Brown

Eric Jong

# HORIZONS

<b>Our Advertising Rates • Low because we're in it for the outcome, not the income .....</b>	<b>4</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar .....</b>	<b>4</b>
<b>Our Mission Statement .....</b>	<b>6</b>
<b>This Month's Thoughts About Things with Andrea de Michaelis .....</b>	<b>7</b>
<b>Healing Grief After Loss by James Van Praagh .....</b>	<b>8</b>
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
<b>Herb Corner with Cecelia Aitable .....</b>	<b>10</b>
<b>Does That Bird Have a Message For You? by Jamie Turndorf .....</b>	<b>11</b>
<b>Solar and Lunar Celebrations of the Ancestors with Debra Strasser .....</b>	<b>12</b>
<b>Seth through Jane Roberts .....</b>	<b>13</b>
<b>Need a Spirit Guide? Check Your Family Tree by Deborah King .....</b>	<b>14</b>
<b>Ask Michelle Whitedove .....</b>	<b>15</b>
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>16</b>
<b>Notes From The Universe with Mike Dooley .....</b>	<b>17</b>
<b>A Time of Introspection by Margaret Lembo .....</b>	<b>18</b>
<b>Spiritual Graffiti with Jeff Brown .....</b>	<b>19</b>
<b>Cover Art .....</b>	<b>21</b>
<b>Corona Virus Explained In Glitter Terms .....</b>	<b>21</b>
<b>Why is the Moderna Covid-19 Called The Jolene Vaccine? .....</b>	<b>21</b>
<b>Our Phone Directory .....</b>	<b>22</b>
<b>How to Start a Homestead by Adam Sayner &amp; Eric Jong grocycle.com .....</b>	<b>28</b>
<b>Gardening The Medicine Way with Debra Strasser .....</b>	<b>29</b>
<b>Monthly Horoscopes .....</b>	<b>30</b>
<b>Roy Eugene Davis, Center for Spiritual Awareness .....</b>	<b>36</b>

**Co-incidence has meaning. If you find yourself reading these words, there is a message for you.**

"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 designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

**ARTICLE SUBMISSION:** You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com). Time sensitive articles must be submitted 3 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

*We accept all credit cards and Paypal*

**HORIZONS MAGAZINE**

**575 Escarole Street SE • Palm Bay, FL 32909-4802**

**cell/text 321.750-3375**

**Visit [www.horizonsmagazine.com](http://www.horizonsmagazine.com)**

**Email [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com)**

*What I'm here to do with Horizons Magazine is share a belief and formula for happiness that I've found is true for me and for others I know and give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new.*

Andrea de Michaelis, Publisher

## **HORIZONS MAGAZINE 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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.*

*We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.*

*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.*



**Many PSYCHICS and HEALERS and VENDORS to choose from!**

**MELBOURNE, FL  
MYSTIC FAIRE  
January 23-24, 2021**

**\$5 for one day/\$8 for weekend**  
**Saturday Jan. 23th 10:30am-6pm**  
**Sunday Jan. 24th 11am-5:00pm**  
**Melbourne Auditorium**  
**625 Hibiscus Blvd • Melbourne, FL 32901**

Massage • Tarot • Mediums • Angel Portraits •  
Feng Shui • Crystals • Candles • Incense •  
Beads • Spiritual Art • Jewelry • Mandalas •  
Angel Art • Reiki • Past Lives • Native American  
Art & Drums • Animal Communication

Email [canbria@aol.com](mailto:canbria@aol.com) [www.mysticfares.com](http://www.mysticfares.com)  
**For info, call Candyce 239-949-3387**



## 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

Andrea de Michaelis  
Publisher

### WELCOME TO THE JANUARY 2021 HORIZONS.

Here's to hindsight being 2020. The big changes of 2020 forced me to make big changes in my own life. At first, when the pandemic arrived and the income tanked, I didn't think, "*Oh phooey, what am I gonna do now?*" only because I'd learned to have a Plans B, C, and D-Z ready to go. Still, change is hard.

**With one income stream halted, it also halted a lot of expenses and freed up time.** I didn't take long to debate, "*should I wait this out or jump on Plan B right away?*" *I knew that if I could begin doing mundane daily chores and look at them as spiritual practice, in awhile my thoughts would clear, leaving room for guidance and new ideas.*

"Show me a way," I asked, "make me notice opportunities where I'll find meaningful and fun and satisfying work." *I can't ask that, tho, unless I'm prepared to do my part: look at everything that comes after that request as part of the puzzle piece of the answer.*

**Before I got into my day, I played on Facebook** awhile and got interested in an herb and vegetable garden a friend was planting. She was part of a local veg gardening group so I joined the group and began reading their posts. Their focus on growing their own food for self sufficiency really got my attention.

I didn't think, "*the Universe is guiding me to be a gardener.*" I just became increasingly interested in it. I began researching hours a day what I could easily grow, the different growing methods, in garden and container gardening, from seed, from transplants. I was surprised what was possible here in my yard. *Guidance was coming to me in the form of my own thoughts as I discovered more info to be excited about.*

**I focused on what I like to eat and what I regularly buy:** tomatoes, peppers, kale, spinach, collards, string beans, radishes, carrots, curly parsley, corn, squash, eggplant. I wanted a separate herb garden for several kinds of basil, rosemary, thyme.

**I ordered seeds, potting mix and trays of peat pots.** I kept under my budget of \$300 for the entire garden project. I'm lucky to have excellent fertile soil on my property here, the direct result of years of mulching properly. The idea that I may be able to grow some of my own food was pretty exciting. Especially since the market is consistently OUT of CURLY PARSLEY and now I'd never have to worry about that again!

**I could make myself really self sufficient if I wanted to. But that sounded like a lot of work.** I began rooting organic grocery produce in water on the windowsill and was surprised at how quickly it all grew. Celery, scallions, romaine.

I placed Roma tomatoes slices in soil and sprinkled with peat moss and they grew like crazy. I may have one Feb or March, we'll see.

**Gardening is a great universal metaphor,** the seeds we plant in the garden or in the minds of others by our words, those seeds grow into actual living things that take on a life of their own, long after you've forgotten about them. They grow the more attention is given to them, the more nourishment, warmth and light.



Once I was no longer glued to keyboard and phone every day and had time, I found joy in watching my little world unfold around me, getting more involved with it and learning from it. That was cool since by the time the quarantine came along, I'd already created a Paradise I looked forward to living in.

**I'm inspired by friends like Debra Strasser** (see pages 12 and 29) who for years worked a corporate job and is now pretty much a full time homesteader and herbalist. She loves turning folks on to what plants they are living among that are not only culinary but medicinal, some they may even think are weeds. She knows about the cycles of the seasons, she honors the spiritual significance and celebrations of the seasons in various cultures. I met Debra first thru the Church of Iron Oak where she is now high priestess. She follows many traditions of the ancestors and being self sufficient and providing for yourself and your family is a major tradition.

**I'm also inspired by people like Adam Sayner & Eric Jong** (see page 28) at **Grocycle.com** which offers instruction in homesteading and people like **Deborah King** (see page 14,) as she writes about ancestral guides as deceased grandparents. I feel I'm visiting with or channelling my Gram when I cook. My mom's mom ran a boarding house after WW2 ended. She still had boarders when we'd go visit as kids. I remember her always being in the kitchen, happily cooking away. **Googling** the address,

I found an ad on page 28 of The Tampa Tribune dated Wednesday, April 14, 1954: "Rentals ROOM WITH BOARD -- MEN: Single or twin, Mom loves to cook. 1217 E. Hillsborough. IDEAL home for men. single and double rooms." I guess if it ever came down to it, I could take in boarders!

Enjoy our offering this month.  
Hari Om.

Andrea





# HEALING GRIEF AFTER LOSS

## 4 THINGS THE DEAD WANT YOU TO KNOW

### James Van Praagh Shares Comforting Tips For A Grieving Heart

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

#### DEATH IS AN ILLUSION. THE SOUL NEVER DIES.

We are all souls having a human experience, not the other way around. Everyone who is familiar with my work has heard me use these words to explain how each lifetime is just a single stop on our soul journey. But even with that profound understanding, it hurts when someone we love passes from this world.

No matter who we are, we all share a common event with everyone else on the planet - at some point we will experience the loss of someone close to us. And although the death of a loved one affects everyone differently, it's important to take the time to process the emotions we feel, rather than pushing them deep down inside only to have them resurface later. Through conversations with the dead, plus over 30 years spent providing comfort and guidance to those people left behind, I've gathered some insights to help you through the grieving process.

#### 1. GIVE YOURSELF TIME TO GATHER WITH OTHERS TO SAY GOODBYE.

The rituals of death - funerals, wakes, memorials, or whatever your faith or culture decrees - have been developed for a reason. While it might be tempting to avoid them in an attempt to deny that a loved one is gone, these events provide those left behind with comfort and closure. Death rituals serve more than one purpose. They help the living accept the loss of the physical presence of their loved ones so that they can take the first step on their journey toward acceptance and healing, and they help the spirit to understand the fact that they are no longer part of the physical plane.

Often when I connect with a spirit, especially one who has recently passed, they tell me that they were present at their funeral and share how much they appreciate the loving ges-

tures of those who came to say their goodbyes. Accept that the spirit of your dearly departed is present at these ceremonies and take comfort in the knowledge that while they are no longer with you in body, they will always be with you in spirit.

#### 2. GRIEVING IS A PROCESS – GIVE YOURSELF TIME TO GO THROUGH THE STAGES OF GRIEF.

Dealing with the loss of someone you love can be a long road. There's no short cut - everyone must travel through the steps of shock, denial, bargaining, anger, guilt and sadness before arriving at a place of acceptance and understanding. Take your time going through the steps, moving at your own pace, understanding that you may feel like you're not always in control of your emotions. You may feel angry one moment, numb the next, and almost normal for a while before the whole cycle starts again.

#### 3. ACKNOWLEDGE YOUR FEELINGS AND GET HELP IF YOU NEED IT.

Don't deny the fact that you are grieving. Suppressed emotions have a way of surfacing in destructive ways like overeating, drinking or drug abuse, violence, depression, even thoughts of suicide. Don't be afraid to ask others for help and support. A caring friend, relative or counselor can be invaluable at a time like this. Support groups can be especially beneficial, because you can learn from people going through the same torment that you are.

*...continued on page 20*



### Go Deeper INTO THE MYSTIC

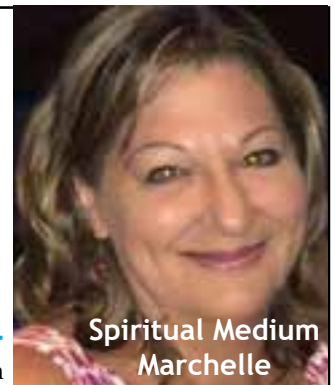
with SPIRITUAL MEDIUM MARCHELLE

*Channeled Readings   Journey Meditations   Inner Light Healings*

Into The Mystic  
1614 US Hwy 1  
Sebastian, FL 32958

**772-480-4344**

[facebook.com/intothemysticsebastian](https://facebook.com/intothemysticsebastian)



Spiritual Medium  
Marchelle



# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## ABRAHAM ON MAKING A GOOD DECISION

If it does not feel good to you, don't do it. The way you feel is always a very clear indicator to you about what to do or what not to do, always. And it is the only indicator we know. You cannot ask another because the other does not hold the combination of intentions and beliefs that you do, and the other's guidance would not be appropriate for you.

Most others who offer you guidance always offer it from their place of guardedness. When you emerged into this body you were surrounded by those who were wanting to warn you of all of the things that could go wrong. And in all of their well meaningness, they've influenced you toward negative expectation.

If we are wanting to make a decision about something, we say we are considering this and then we stop and see how it feels. And if it doesn't feel right, then we approach it from another perspective. We just keep approaching it because we really think we want it. We just keep approaching it from as many directions as we can, looking for a way to feel good about it.

And then when we finally feel good about it, then we take our action. Just keep approaching it from as many directions as you can think of, and let your dominant intent be not that action. So often you get your minds set. "This is what I want. This thing to have or do is what I want." And what we would like your dominant intent to be, "I want to feel good. I want to feel good."

So say, "I want to feel good, and I think I want that." If it doesn't feel good, then approach it in another way. Just keep massaging it, just keep thinking about it, just keep looking for reasons to feel good until, eventually, you will find your path. Always.

## NOBODY IS ANSWERING YOUR PRAYER

**GUEST:** I still don't know why you prayer or why people would answer your prayers though.

**ABRAHAM:** Nobody is answering your prayer. Your prayer causes you to focus, and Law of Attraction causes everything in the Universe that's in vibrational harmony with your focus to come to you. So the prayer is answered by your vibration. Nothing outside of you is answering it. It is the purity of your vibration that causes it to come. That's why we say no one can



**Janice Scott-Reeder**, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL  
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact  
**954-698-6926 (Coconut Creek 33073)**

**SPIRITUALIST CHAPEL** of Melbourne  
We Welcome All To Sunday 10 AM services  
1924 Melody Lane, Melbourne, FL 32901  
Spirit Messages - Healing Service  
Guest Speakers - Private Readings  
\$20/15 minutes after Services  
321-419-6262  
[www.SpiritualistChapel.org](http://www.SpiritualistChapel.org)  
Spiritualism + Mediumship  
Classes \$10 \$20 others  
1st and 3rd Thursdays  
6:30-8:30 pm

Friend us on Facebook: [Spiritualist Chapel of Melbourne](https://www.facebook.com/SpiritualistChapelofMelbourne)  
Check our website or facebook page for reopening date.

deny you or grant you anything. It all comes to you by virtue of your vibration. But it is helpful, for some, to believe that there...iow, to focus on this nebulous energy is a little less satisfying in the beginning, than to believe...

In other words, physical beings keep saying, "I want to be good just tell me what to do."

But if somebody gets too busy telling you what to do, you begin to feel lack of freedom, you see. And so there is no ONE answering your prayer, it is the Universe and its vibrational affinity by Law of Attraction that causes the response. **But we have to say, that All-That-Isness that is responding to your vibration \_is\_ that which you call God.**

## ABRAHAM ON WHAT OTHERS SEE IN YOU:

If someone is arguing with you, or finding fault with you, and not liking what they see, say to them, and mean it lovingly and kindly, but mean it sincerely, "You're seeing something in me, that must be active in you, and I think this is more about you, than it is about me". So if someone is having a bad day, and they are angry at you, it's about their bad day, much more than it is about you. It's always about the beholder. Everything is about the beholder. So what you want to do is become more aware of what you're seeing in others. That's the thing you want to be aware of.

*...continued on page 25*

# THE HERB CORNER AND LEARNING CENTER

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne \* 321-757-7522

**Ongoing Herb Classes! Call for Details!**

## HAVING TROUBLE WITH:

- \* Arthritis/Rheumatism
- \* Asthma/Breathing Issues
- \* Calcium
- \* Cancer
- \* Colds/Flu
- \* Concentration/Memory
- \* Diabetes
- \* Fibromyalgia
- \* Gout
- \* Headaches
- \* High/Low Blood Pressure
- \* IBS/Colitis
- \* Insomnia
- \* Low Immune System
- \* Nutrition Absorption
- \* Stress

*We are a dedicated, caring shop helping you take control of your health with herbs!*

Herbal Teas, Tinctures, Capsules, and Salves/Creams

Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets).



Cecelia Avitable, Master Herbalist & Certified Nutritional Consultant



## Florida native helps hormones & more!

### Saw Palmetto:

(suggested health uses)

- \* Digestive problems
- \* Coughs
- \* Benign prostatic hyperplasia (prostate health)
- \* Boost poor immune system
- \* Hair loss prevention

**We Are More Than Just An Herb Shop!**

## Gifts, Jewelry, Gemstones, & More!



- \* Candles \* Unique Gifts \* One of A Kind Jewelry
- \* Crystals & Gemstones \* Himalayan Salt Lamps
- \* Organic Skin Care Soaps & Cosmetics
- \* Glass & Plastic Bottles, Herbal Supplies
- \* Organic Essential Oils & Diffusers
- \* Detox Foot Bath Sessions



**Gift Certificates Available for All Occasions!**

Visit [www.herbcorner.net](http://www.herbcorner.net) for events, recipes, newsletter, etc.

# HERB CORNER

Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) 321-757-7522

## WHY CHOOSE HERBS FOR YOUR HEALTH

**Herbs or herbal supplements have been classified by the U.S. Dietary Supplement and Health Act of 1994 as "Dietary supplements".** Traditionally they were called "Botanical" or "Phyto" Medicines. In some European countries they are classified as drugs. Herbs can be used to treat many conditions in a variety of ways including teas, tinctures, syrups, extracts, capsules, salves, and baths, even in a pot of soup. Because plants are loaded with vitamins, minerals and specialized constituents when combined they produce greater beneficial synergistic effects; aiding in our body's innate ability to heal. This is due to the fact that herbs can contain 50-2000 different constituents that benefit health and vitality.

**Herbal Medicine is not new.** Plants have been here over 200,000 years and have been used for health and nutrition even then. One of the earliest records was an Egyptian papyrus dating back to 3000BC. For centuries our ancestors used plants effectively for maintaining health with few side-effects. Today the W.H. O. (World Health Organization) estimates that 80% of the world's populations are using herbs in some manner to support or maintain their health. It also estimates that about 1/3 of Americans are using herbs and in Germany some 600-700 plants are prescribed by physicians as medicine.

**I have chosen herbs and I have seen others chose herbs as a complementary way to health.** Like me, people have become dissatisfied in Western Medicine, its costs and their side-effects. Herbs have a long history of success maintaining health when used correctly. Herbal Medicine aims at the underlying cause of the condition. It doesn't treat the problem masking it with short term solutions (Band-Aids) that cause side-effects as Western Medicine does. Herbs naturally bring the whole body back into balance, providing us with the missing building blocks that are necessary for health and vitality.

**In the past Herbalism has been misunderstood** by mainstream medicine labeling it as "snake-oil". Science has not yet caught up with ancient wisdom. Even the W.H. O. sees the positive effect of herbal dietary supplements considering the estimated percentage of people using herbs routinely.

**Just because herbs are natural doesn't mean they are harmless.** Some herbs can cause allergic reactions and all pregnant women need to consult with their physician before using herbs. Before starting anything new talk to your doctor and get advice from someone who has knowledge of herbs, especially if you are taking medications.

**If you choose to use herbs as I have do your research,** get knowledgeable advice and make informed choices that are comfortable for you. With proper management herbs can be incorporated into your life to increase your health and vitality.





# DOES THAT BIRD HAVE A MESSAGE FOR YOU?

Known to millions as "Dr. Love" through her website [www.AskDrLove.com](http://www.AskDrLove.com) since 1996-Jamie Turndorf, Ph.D., has been delighting readers and audiences for three decades with her engaging blend of professional expertise and humor, and her remarkable ability to turn clinical psycho-babble into easy-to-understand concepts that transform lives and heal relationships. She writes a column "We Can Work It Out" for Psychology Today online. Her Ask Dr. Love radio show can be heard on [www.WebTalkRadio.net](http://www.WebTalkRadio.net), which broadcasts in 80 countries worldwide.

## HOW SPIRIT CAN COMMUNICATE THROUGH OPEN VESSELS

**As I have discovered, loved ones in spirit often speak to us through what I call Open Vessels—a term I've coined to describe beings that are open enough to either send or receive spirit communications.**

Since his death, my husband Jean has offered me numerous examples that all living beings are meant to be spirit messengers. I can attest to the fact that Jean enters animals and people's bodies in order to move them to communicate a message to me, and to love me in his name.

Once a being is no longer contained in a physical vessel, that being is able to move about freely and enter other Open Vessels in ways that weren't possible when that being lived in a body.

When you are indoors, domestic animals (natural Open Vessels) and electronic devices are commonly used. Open Vessels of the human kind include the very young and old, the sick, the disabled, the dying, the mentally ill, the homeless, and healers. With the ability to dialogue through so many messengers, a whole new world opens up!

When you're outdoors, spirits will often communicate their presence through wild animals because they are readily available tools and because they're also naturally Open Vessels.

For example, on my return from my first trip to Florida after my husband died, I was feeling despondent about returning home without him. Just before my departure, while the plane was still stationary, I saw a bug fly past my window. I sensed that the bug was meant for me.

*...continued on page 20*

## Crow's Crossroads Shoppe

AND METAPHYSICAL CENTER



**Aurora Collins**

Owner/Psychic Consultant

Old and New Age Health and Wellness

Readings, Classes, Meditations

Aura Readings, Tarot,

Crystals, Herbs, Jewelry

3810 SE Lake Weir Ave, Ocala, FL 34480

**352-235-0558**

Email [Avalon.biz@gmail.com](mailto:Avalon.biz@gmail.com)



## Teach Meditation Change the World!

**Train to Teach  
Meditation, Mindfulness and Deep Relaxation  
in this Unique Program taught by  
Ma Mokshapriya Shakti, Ph.D.**

Deepen & refine your meditation practice.

Deliver inspired & intuitively-led meditations.

Harness the mind with great love & understanding.

Learn unique tools & techniques to reach  
even the most distracted meditator.

*8 weeks - Saturday/Sunday 2-6 p.m.*

*Course available via Zoom starting January 10, 2021*

[www.yogashakti.yoga/teachers-training/](http://www.yogashakti.yoga/teachers-training/)

[718.738.8001.yogashaktiny@gmail.com](mailto:718.738.8001.yogashaktiny@gmail.com)

Serving the Jacksonville Alternative & Spiritual communities since 1994.



Rockshop - Crystals - Gemstones - Fossils  
Silver, Pewter & Gemstone Jewelry - Talismans  
Candles - Dried Herbs - Incense - Oils - Books  
- Tarot Cards - Runes - Pendulums - Art Prints by  
Amy Brown, David Delamare - Statuary including  
Egyptian, Greek, Hindu, Buddhist & Fantasy -  
Feng Shui Supplies, more.

1951 Stimson Street  
Jacksonville, FL 32210

Hours of Operation

Wednesday ~ Sunday

10 AM to 6 PM

Closed Monday & Tuesday

**(904) 389-3690**

[www.earthgifts.com](http://www.earthgifts.com)



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at [scribe@ironoak.org](mailto:scribe@ironoak.org)

## Welcome to January!

January celebrations have long been a place where the community gathered in solidarity to overcome the long hard winter. This winter has likely

been the longest and hardest many of us have known, with the added burden of missing our community.

This month's full moon is called the **Cold Moon**. It is a time for renewal, discovery and dedication to purpose. Use the **Cold Moon** to do workings to bring about wealth and prosperity. Remember that tradition of eating greens and black eyed peas on **New Year's Day**? The beans represent coins and the greens money as well.

Look to the skies on the evening of **January 2nd** to catch the peak of the **Quadrantids** meteor showers, the same day that the Sun makes its closest approach to the earth. Ancient cultures believed that the appearance of meteors and meteor showers were portentous. They were signs that something good or bad had happened or was about to happen. It may make us think that they had little scientific understanding of what meteors were. Early astronomers of the **Near East**, those who created the **Babylonian** and **Egyptian** calendars, and astronomical data were the most advanced in antiquity. Don't forget, for the sake of myth or science, to take a few moments out of your day and connect with nature.

Blessed be!

**January 1st - New Year's Day.** The month of January is named for the **Roman god Janus**, god of change and beginnings. Janus is depicted as a two faced god, looking back at the old and ahead to the new. While we may be nursing our heads this day, ancient **Romans** believed in working part of the day, in order to ensure an industrious year ahead. In **Japan, Shinto New Year festival.**

**January 2nd - Perihelion of the Earth.** 14 days after the **Winter Solstice**, the Earth reaches its closest approach to the Sun. It is truly a New Year's Day for the whole planet.

**January 6th - Where do I start? Known widely as Epiphany, Three Kings Day and Twelfth Night,** celebrations mark the beginning of **Carnival** season in many parts of the world. Feasts, costumes and dance blend indigenous customs with colonial ones from the **Philippines to the Caribbean.**

**January 13th - New Moon in Capricorn, Sikh festival of Maghi**

**January 14th - The beginning of the Islamic lunar calendar month of Jumada al-Thani,**

**January 18th - Martin Luther King Jr Day**

**January 19th - Sun enters Aquarius**

**January 20th - Buddhist celebration of Bodhi Day**

**January 26th - Republic Day in India and Pradosh Vrat, a Hindu Holy Day dedicated to Lord Shiva and Goddess Parvati.**

**January 27th - Tu Bishvat - Jewish holiday, New Year of the Trees**

**January 28th - Full Wolf Moon in Leo**



## CRONE'S CAULDRON



VISIT US ON FACEBOOK  
AT CRONE'S CAULDRON

## NANGA-MAI HYPNOSIS

[www.nangamaihypnosis.com](http://www.nangamaihypnosis.com)  
[nangamaihypnosis@gmail.com](mailto:nangamaihypnosis@gmail.com)

**772-360-0719**

## HOUSE CLEARING/BLESSING

**ENTITIES NOT OF THE LIGHT ARE SENT BACK TO THE LIGHT.**

These can be around people or in homes and on land. A team of trained and initiated Ritual Masters bring the healing love of the light to work with such entities.

Fees vary due to location and start at \$200.

**Call today for a free consultation**

**Email [cronescauldron@yahoo.com](mailto:cronescauldron@yahoo.com)**







# SETH SPEAKS

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. [www.sethlearningcenter.org](http://www.sethlearningcenter.org)

## SETH ON HOW TO CHANGE OUR SELF-IMAGE:

"Changing one's beliefs is a bold endeavor. It is quite possible that along the way you may become discouraged or disillusioned. At such times it is a good idea to give yourself time to relax. Turn your attention to something else entirely, and mentally say, 'To hell with it all for now.'"

"The entire idea involves a process in which you try and not try at the same time, in which you do not strain to achieve results, but instead gently begin to allow yourself to follow the contours of your own subjective feelings, to uncover those spiritual and biologically valid beliefs of early childhood, and to bring to them the very best wisdom that you have acquired throughout your life so far.

"We are actually involved in changing a way of life, in altering our very view of the self and the world, in the hopes of acquiring a new sense of harmony with our bodies, our minds, our fellow creatures, and the environment."

## SETH ON THE NATURE OF CANCER:

Many cancer patients often put up with undesirable situations or conditions for years. They feel powerless, unable to change, yet unwilling to stay in the same position.

The most important point is to arouse such a person's beliefs in his or her strength and power. In many instances these persons symbolically shrug their shoulders, saying, 'What will happen, will happen,' but they do not physically struggle against their situation.

It is also vital that these patients are not overly medicated, for oftentimes the side effects of some cancer-eradicating drugs are dangerous in themselves. There has been some success with people who imagine that the cancer is instead some hated enemy or monster or foe, which is then banished through mental mock battles over a period of time.

...continued on page 26



**Crystals, Books,  
Tarot Decks,  
Himalayan Salt  
Lamps, Jewelry,  
Candles,  
Unique Gifts  
Kannaway CBD  
Oil Supplements**


**Reiki Sessions, Weekly Meditation, Readers**

**352-693-4592**  
[www.FairyDustCrystals.com](http://www.FairyDustCrystals.com)  
 Like us on Facebook

**Your Holistic and  
Spiritual Healing Center**

**11781 SE HWY 441, Belleview, FL 34420 (at the Almeida Plaza)**

# YOGA SHAKTI MISSION



**Sunshine Lectures**  
**Sundays 9 - 10am**  
*Talks on  
Spiritual Topics*

**YOGA  
CLASSES**  
**7-8pm**  
 \$7 Per Class or  
 \$25/month unlimited  
 Monday thru Thursday

**Ma Yoga Shakti**  
**First Saturday**  
**at noon**  
**VEGETARIAN  
LUNCHEON**  
 \$10 donation  
 (children free)

**YOGA SHAKTI MISSION**  
**3895 Hield Rd NW Palm Bay**  
**yogashaktipalmbay@gmail.com**  
**321-725-4024**  
**Visit [www.yogashakti.org](http://www.yogashakti.org)**

**BOOKS BY MA YOGA SHAKTI**

Yoga Syzygy Guide to Hatha Yoga \$15  
 Techniques of Meditation to Enhance Mind Power \$10  
 Shri Satya Narayana Katha \$5  
 Hanumaan Chalisa \$5 • A Spiritual Message \$5  
 The Seven Invisible Psychic Lotusess \$10  
 Yoga Aasana Chart \$2 • Chandogya Upanishad \$5



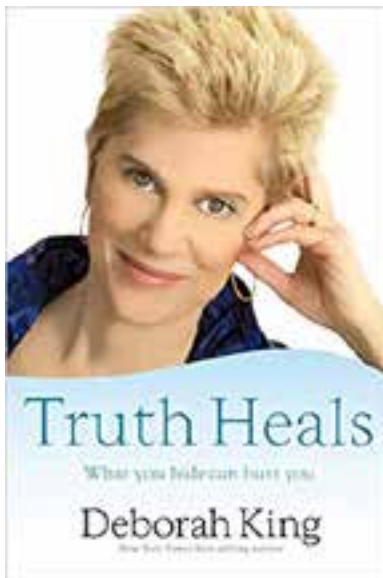
**Live SALE  
events  
on  
Instagram**

Readings & Therapeutic Energy Work, Oracle Consultation, Turkish Coffee Reading.  
**GIFTS:** Crystals, Jewelry, Essential Oils, Natural Cleaning Products, Journals, Organite, Greeting Cards, Organic Bath Salts, Organic Tea & more.

**ISLAND BREEZE CRYSTALS** 500 Barton Blvd, Rockledge 32955  
[www.islandbreezecrystals.com](http://www.islandbreezecrystals.com) **(951) 288-4104**

*Mention this ad and  
receive a free box  
of Incense*

 Find us on FB



# NEED A SPIRIT GUIDE? CHECK YOUR FAMILY TREE

New York Times best-selling author, health & wellness expert, and spiritual teacher Deborah King was a successful attorney in her twenties when she was diagnosed with cancer, which began a quest for healing that would radically change her life. Her amazing recovery led her to leave the corporate arena for the field of energy medicine, where she mastered ancient and modern systems, ultimately developing a powerful technique of her own. Deborah's energy healing and life coaching courses both teach and transform. Visit <http://www.DeborahKingCenter.com>

**All of us have beings on the inner planes who are waiting to help us obtain the answers we want or need.**

## CONNECTING TO YOUR ANCESTRAL GUIDES

When we're not aware of our guides, it doesn't mean that they don't exist or have deserted us; we simply fail to recognize their presence. We all have relatives, some recent and some way back in our family tree, who are ready, willing, and able to give us help—all we have to do is ask them. There's absolutely no reason to go it alone.

**The following steps will help you connect to an ancestral guide who is there for you.** Among the most common of these guides are deceased grandparents, but use your intuition in choosing your ancestor—it could be anyone in your family tree.

The guides and mentors in the invisible realms are specific to each individual's personal beliefs and spiritual lineage. For some, a revered ancestor or power animal, such as an eagle or bear, may have the most significance. Others may orient to an enlightened person, living or deceased: one or more of the pantheon of Hindu or Tibetan deities; Buddha; or the energy of Jesus, referred to as the Christ light.

Connecting to your various guides will provide you with a great way to expand your power and access to information.

**When you go to bed at night**, after you turn out the light and before you fall asleep, state aloud or silently your intention to connect to whatever ancestor is most available to you.

**Choose the person**, whether or not you knew him or her personally, who resonates with you the most. Chances are, whoever first comes to your mind is the right one.

**Picture your ancestor** in whatever form most appeals.

**Tell this individual that you want him or her to be there for you.** Ask this spirit a specific question or for help with a particular problem. You may very well see this guide later in your dreams.

**Don't discount what your dead relatives can do for you from the Other Side** simply because they had an imperfect life. Who didn't?! One of my guides is my grandfather, whom I was close to as a child, and he had all sorts of personal problems. He was a binge drinker and kept losing his job as a fireman, but somewhere along the way he must have cleaned up his act, perhaps during his last very painful and frightening illness.

All I know is that when he comes through to me now, he feels very . . . not "high up there," but not in the darkness either. My grandfather seems interested in my welfare, ready and able to help. Somehow he straightened out his karma, and he is quite a strong guide for me in certain areas of my life. I call

*...continued on page 20...*

*Enjoy a visit to ...*

## *Cassadaga Spiritualist Camp*

*A Community with Spirit*

**Experience This Peaceful Community Where Certified Mediums And Healers Are Available Daily**

- Classes & Workshops
- Historic Tours
- Spirit Encounter Tours
- Special Events
- Readings by Certified Mediums
- Certified Spiritual Healers



**Wednesday Message Service, Colby Temple 7pm**  
**Sunday Adult Lyceum, Davis Bldg 9:30-10:15am**  
**Sunday Message Service, Davis Bldg 12:30-1:30pm**

**Cassadaga Spiritualist Camp Bookstore & Welcome Center**  
 Largest Selection of Books of Spiritualism, Metaphysics and Meditation  
 CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts  
 Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm

**Camp Bookstore 386-228-2880 • Camp Office 386-228-3171**  
 1112 Stevens Street, Cassadaga, FL 32706  
[www.cassadaga.org](http://www.cassadaga.org)

10% off  
with this  
ad

10% off  
with this  
ad



# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## Dear Whitedove, Does Spirit know what we're thinking when we're here in the physical world?

That's correct, every single thought, Great Spirit knows before we do. This is a grand plan for our spiritual growth because our thoughts create our future. That's why it is so important to monitor your thoughts and delete negative self talk.

Spiritually speaking when times are rough and the world looks bleak, this is the time to be strong in your convictions and even work harder to create a better way of life. Especially now monitor your thoughts. Fear and negative thoughts are not what you need as your driving force.

Now is the time to put your blinders on and keep moving forward with your goals. YOU are more powerful than you know! Use your mind, your positive thoughts, your actions and your prayers to create your future. It's very important because once you create positive scenarios for yourself then that positivity radiates out like ripples in a pond. You affect everything - so dwell in the positive and study The Law of Attraction.

## Dear Michelle, Is it more powerful to pray out loud? Does spirit hear us in nonverbal prayers?

Yes, Great Spirit and our angels hear all of our prayers although it's much more powerful and effective to pray out loud because you're invoking those words into matter. When praying remember - never make the mistake of telling God how to do God's job. Because God's solutions are greater than we might imagine for ourselves.

And know that you pray in your time, God answers in his time - it's called Divine timing. Some people literally think that, "Okay, I'm praying now and I'm going to get the answer any time!

## Spiritual Services with Laura Beers



The Motivational Medium

Online Readings  
Weekly Spiritual Development  
Coaching program

Change your Perspective, Change your Life!  
In person, phone, video chat, groups, will travel

321-751-4766 By Appt [HealYourSpirit2.com](http://HealYourSpirit2.com)

Little do they know there are certain steps that we have to go through-- to just meditate is key, but it's really simple. It's just about relaxing and breathing and listening to what spirit has to say after prayer, which by the way raises our vibration and we can get crazy answers.

Maybe you're having a problem that day and you go to meditate and in that meditation, you'd have the solution to your problem and then you think, "Wow, this is a new idea!", you're like, "I feel compelled to do this", and you do it. But it's the very thing that saves you and when you go back and you look and you noted that you were using your gut intuition more than your ego and intellect.

Your intuition is your very own "hotline to spirit" and connection and how God hears everything; so no need to try to hide anything. Prayer is talking to Spirit as you would a best friend or a loving Father. Meditation is listening for solutions.

To make it simple I teach, "Just do an open meditation, because spirit knows why you're there anyway and what you truly need. Meditation is really just about you listening to Spirit." That's all it is. It's nothing more, nothing less.

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


Join us on  
Facebook

**Spiritual Uplifts**  
Metaphysical Store

Gifts, Books, Cards,  
Crystals, Candles,  
Incense, jewelry,  
Salt Lamps, More

**Energy Healing  
Readings  
Classes**

**904-292-4555**

2186 Park Ave  
Orange Park, Florida 32073  
<http://spiritualuplifts.com>



# SOUL SONGS • ABRAHAM FUN

Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. Join "Abraham Fun" on FB and like her FB page, "Soulsongs by Karen Money Williams." Email [karen@karenmoneywilliams.com](mailto:karen@karenmoneywilliams.com)

## LET THE GOOD TIMES ROLL

Feeling good is good for me. Feeling bad is bad for me. I remember this if I notice myself becoming worried, frustrated, annoyed, driven, resentful, discouraged, or fed-up.

There is an ever-present stream of goodness that comes to me easily and naturally when I feel good. This stream brings money, health, love, "luck," synchronicity, and glorious opportunities in all areas of life. This stream is life force itself. I, and only I, can impede this flow when I feel bad.

My feelings are a precise indicator of how much of the flow-of-good I am allowing to reach me. If I want a better life, my foremost work is to tinker with my thoughts and thus start to feel better/happier. I then allow more of the wonder that is my heritage to reach me.

I begin to shrug off annoyances and change the subject in doom-and-gloom conversations. I practice trust, self-soothing, and appreciation. This is the way.

## CAN'T GET NO SATISFACTION?

My life cannot significantly improve until I relax into being OK with the way things are going now. This applies to all areas of my experience, including finances, relationships, health, work, living conditions, and schedules.

The Law of Attraction - like attracts like - orchestrates the Universe. When I am in a place of dissatisfaction, I cannot create a satisfying life. Unhappy me and the circumstances I seek are on two different levels of vibration and cannot meet.

I can find a way to try to make the best of whatever comes my way. Then I work myself up to grudging, perhaps, acceptance of whatever comes my way. Eventually I may be able to actually see benefit in whatever comes along. At that point, wonderful things will find me because my far less resistant attitude will summon them.

I start right here, right now, no matter what's going wrong, no matter what's "in my face," to make the best of things. This process will get easier and will bring wondrous change. Satisfaction guaranteed.

## FEELING GOOD ALL OVER

My entire life is an out-picturing of how I've been thinking. Nowhere is this more noticeable than in my body. My health is a continual, up-close-and-personal reminder of my degree of happiness.

If I have a health condition, I can search for remedies from the medical community, alternative healers, and the Internet. I can prowl health food shops and exercise diligently. However, any external fix will likely be temporary until I adjust my mental focus.

Every thought that I think showers my body with chemicals - harmful, neutral, or beneficial. Thoughts of resentment, jealousy, bitterness, self-pity, and worry spray my cells with toxins.

Thoughts of contentment, optimism, appreciation, and love spray my cells with substances that promote well-being. (Those uplifting thoughts can also magnetize to me the specific doctors, healers, regimens, and remedies that will act as a bridge to good health.)

No more frantic searching. No more trial-and-error. Just health - glorious health - one-thought-at-a-time.



## WAT PUNYAWANARAM

Brevard County's Learning Center Of The Buddha's Teaching, Meditation And Thai Culture  
4490 Aurora Road Melbourne 321-255-1465

<http://www.melbournethaitemple.com/>

### MONDAY-FRIDAY

6:00 am Chanting, Meditation  
11:00 am Alms and food offering to Monks  
7:00 pm Evening Chanting and Meditation

### SATURDAYS

6:00 am, Chanting and Meditation  
7:00 pm Evening Chanting and Meditation

### SUNDAYS

6:00 am Chanting and Meditation  
9:30am -1 pm Social time and Thai Lunch  
12:30 pm Buddha Talks.  
7:00 pm Evening Chant, Meditation

*All times are subject to change  
Call Temple at 321-255-1465*





# NOTES FROM THE UNIVERSE

International tax accountant turned entrepreneur turned writer for "the Universe" and one of the teachers for The Secret, Mike Dooley runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

**With great responsibility,  
comes great power.**

**The more you accept  
of the first — for your  
happiness, unhappiness,  
and all else — the more  
you are given of the  
latter.**

**Sounds like a deal,**

**The Universe**

**Happily-ever-after," I'm  
happy to tell you, begins  
with "happily"... in more  
ways than one.**

**So the next time a loved  
one sets out to find it,  
maybe have them consider  
that the trail may turn  
frosty, if it's not set out  
upon happily.**

**Tallyho,**

**The Universe**

**It may seem a bit back-  
wards for some, but the  
first step one might take  
towards rearranging the  
present circumstances of  
their life is to stop dwell-  
ing upon the present cir-  
cumstances of their life.**

**But for you it's probably a  
no-brainer.**

**You're not like anyone  
else,**

**The Universe**

## A STORE OF SPIRITUAL & ANGEL THEMED GIFTS • READINGS • CLASSES

### EMBARK ON A TRANSFORMATIONAL JOURNEY WITH MORGANA STARR AND DAENA DEVA.

The FREE Master Class will teach you the 5 shifts you need to make to create a life you love. Begin to develop your Spiritual Gifts and become an EMPOWERED Empath. Remember. . . You're not crazy, you're intuitive



Daena Deva • Morgana Starr

**Contact**  
**AngelsOasis7@gmail.com**  
**for info on Classes**

#### DISCOVER THE 5 SHIFTS

Take a look at your spiritual symptoms, acknowledge your past experiences and take control of your energy so that you can transform your life.

#### LEARN HOW TO

Receive and interpret messages that come from your guides.

#### LEARN HOW TO

Become an empowered empath so that you can go anywhere and be around anyone remaining protected and with clear boundaries.

#### LEARN HOW TO

Release your past traumas. Unblock your life and move forward with direction and purpose.

### FREE Master Class: Enroll at [Angels-Oasis.com](http://Angels-Oasis.com)

In Store Hours Tues-Sat 10am-5pm

Readings & Spiritual Supplies

Virtual Classes with Certifications & Lifetime Access

### Special Price for Mini Course: Connecting to Your Spiritual Gifts

Go to [SpiritualCounselingCoach.com](http://SpiritualCounselingCoach.com) to enroll and gain lifetime access

**Morgana Starr and Daena Deva have over 50 years combined experience as psychic mediums and spiritual counselors**

**321-506-1143**

**402 Brevard Avenue in Historic Cocoa Village, FL 32922**

**[www.Angels-Oasis.com](http://www.Angels-Oasis.com)**



# A TIME OF INTROSPECTION

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; The Essential Guide to Everyday Angels, and many more. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) [TheCrystalGarden.com](http://TheCrystalGarden.com)

**As a global community, we are being called to go within, to step away and seclude, and to live a cloistered life for a period of time.** The key to embrace the sequestered experience is to recognize that this is a calling that is temporary in nature but is necessary to quiet down long enough to have realizations necessary for spiritual evolution. During this unusual time, remember that this is all temporary. Nothing is permanent. Use this time wisely and allow loving kindness.

The purpose of the earthly experience is to have the opportunity to evolve and grow mentally, emotionally, and spiritually. It is likely an opportunity to heal physically and regroup. Just as certain religious sects cloister to practice living a kinder and more conscious life, we are being called toward self-reflection without being called into a cloistered religious order.

During this time, you are have a doorway of opportunity to focus on self-realization—the fulfillment on your own potential. Give yourself permission to isolate and go within almost as if in a convent or monastery.

The challenge is to do this while maintaining only essential activities required for basic survival needs. We aren't being asked to step inside a cave but rather isolate a bit to give your consciousness the time and space to think and contemplate.

Accentuate innate knowledge to live a life of purpose. You have the power to realize your unlimited potential. Remember a sacred agreement with the Divine that clearly outlines our Soul's Purpose and unique life path.

## **Before you were born on this planet, you knew**

- what you intended to do,
- what life challenges you would encounter,
- what lessons you would learn,
- what issues would be healed, and
- how you would make a lasting contribution toward harmony and peace.

It is a perfect time to go within and allow a shift to happen that realigns your consciousness long enough to realize your soul purpose and the many reasons you came to **Earth**.



## THE CRYSTAL GARDEN

Nag Champa Spray

### START THE NEW YEAR RIGHT

- Meditate
- Purify
- Evolve



Nag Champa  
Oil



2610 N Federal Hwy, Boynton Beach, FL 33435  
877-444-5099 • [TheCrystalGarden.com](http://TheCrystalGarden.com)

*The Crystal Garden is Evolving*  
**WE'VE GONE VIRTUAL!**

While we're not accepting guests into our building at this time, we're still offering the same great service virtually.

Shop our improved website, we add to it daily—

[TheCrystalGarden.com](http://TheCrystalGarden.com)

Call us at **877-444-5099**

Email us at  
[orders@TheCrystalGarden.com](mailto:orders@TheCrystalGarden.com)

We're happy to text you photos, video, or shop with you on FaceTime or WhatsApp.

Join us live on Facebook Tuesday nights at 6 pm for fun and shopping.

Join Margaret Ann on Zoom for virtual classes.

**New hours for pickup & shipping:**  
**Mon.-Thurs. 11:00 am-5:00 pm**  
**Fri. 11:00 am - 3:00 pm**





# SPIRITUAL GRAFFITI

Jeff Brown is author of *Spiritual Graffiti*, *Ascending with Both Feet on the Ground*, *Love It Forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine* From a Warrior in Transition and *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**Friends! I appreciate that being stuck inside creates a whole host of other issues, including the stagnation of our energy and the intensification of our anxiety.** This is why traditional meditation often doesn't work in situations like this. Because we need to do much more than witness our tensions. We need to clear them by moving our bodies and our feelings. This is a grounded spirituality. With this in mind, I offer you the enrealment meditation below. I used to recommend Osho's **Dynamic Meditation**, but I no longer do. Both because it doesn't ground itself enough, and because of his perpetual emphasis on witnessing. Witnessing can be helpful at times, and useless at others. Sometimes the anxiety levels are so high, that we need to stop watching ourselves. We need to get lost in ourselves, energizing and moving our bodies until we feel more relaxed and relieved. I will share some other techniques from 'Grounded Spirituality' in video form soon, but try this if you feel inspired...

## THE ENREALMENT MEDITATION

Feel free to put on music that calls to you, if you wish. You may have to do this a number of times, before you find the music that works for you. And, it can also be done without any sound at all. This is expressed as a 60-minute meditation, independent of the stretching at the beginning. If you feel inclined to shorten or lengthen it, that's not a problem at all, but do try to go through each stage fully.

This exercise is a tool for self-honoring, and self-expression. It is not about remaining in cognitive control. It is about a different kind of awakening—the kind that moves through the heart of feeling. The kind that finds its roots and its grounding deep within the body temple. The kind that originates within and that is expressed through the bones of your being. It's about clearing and feeling your alive.

Begin by stretching and feeling into your body. Invite yourself to open as fully as you can for 15 minutes, depending on what feels right for you. Your eyes can be opened, or closed, throughout this exercise.

### FIRST STAGE (15 MINUTES) GROUNDING FORWARD

Rub your feet into the ground for a few minutes. See if you can really feel them making contact. Once you begin to feel them—even a little is fine—adjust your posture. Stand with your feet 8-12" apart. Fall forward and try to touch the

## High Springs Emporium



North Central Florida's **ONLY** Rock Shop

The most unusual store in town

• Rocks, Crystals, Gifts, Jewelry

**Let the Light Break through  
in the New Year!**

**This Is the Dawning of the  
Age of Aquarius - Come find  
a Crystal to help you tune in!**

**Fantastic sales all month long.  
Special quartz crystals 50% off.**

**Psychic readings by apptment.**

**We will be doing some  
renovations this month,  
SO CALL BEFORE YOU COME  
to make sure we are open.**

**Happy New Year  
to Everyone!**



Quartz, Corinto, Brazil

**OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm**

19765 NW US Highway 441 • High Springs, FL 32643

**386-454-8657** [highspringsemporium.net](http://highspringsemporium.net)

ground with all of your fingers. If not, just go as far as you can. Bend your knees a little. Let your head drop down as far as it can.

Now breathe easily and steadily. Don't intensify it yet. Just try to find an even, measured flow. Don't hold your breath. Sustain your breathing.

Let the weight of your body fall further forward. It's fine if your heels come up off the ground a little.

Straighten the knees slowly until the hamstring muscles are elongated and you (perhaps) begin to feel vibrations in your legs. It may be very slight, or very intense. Either way, stay with it if you can. Allow the vibration to come to life, perhaps even to spread from your legs to other parts of your body.

*...continued on page 26*



James Van Praagh

## HEALING GRIEF AFTER LOSS

*...continued from page 8...*

Despite my day-to-day dealings with the Spirit world, I still had to work through the grieving process when my own mother passed away. And when a few years ago, Doreen Virtue and I were sharing our personal experiences with the loss of loved ones, we realized that we were uniquely equipped to comfort and guide others through their grief. Together we wrote *How to Heal a Grieving Heart*, a simple and beautiful book full of comforting words to help people through this natural passage.

### **4. REMEMBER YOUR LOVED ONE IS HAPPY, AND THEY WANT YOU TO BE HAPPY TOO!**

It might help to know that during these times the Spirit of your loved one is with you, sending support and love from beyond to help you through. And remember, one of the most common messages that comes through to me when I connect with the Spiritual realm usually goes something like this: “I’m okay, I’m not in pain and I want my loved ones on Earth to be happy and enjoy their lives.”

So, when you are ready, give yourself permission to move on and enjoy your life, comforted by the fact that your loved one is safe, happy, and always with you.



Jamie Turndorf

## DOES THAT BIRD HAVE A MESSAGE FOR YOU?

*...continued from page 11*

Suddenly, it doubled back and landed on my window. I looked closely and saw that it was not one bug, but two bugs, and they were mating! Jean was telling me that we’re mated for eternity. He reached me in this simple and exquisite way using the only vehicle that he could find at that moment.

When an animal is being used to signal a spirit’s presence, you’ll notice that the creature behaves out of character. If it’s a bird, it may remain very still, sitting on a branch and not flying for a long time. Its eyes may close, and it may appear as if it’s in a trance. It may sit beside you or follow you. Spirits will



## NEED A SPIRIT GUIDE? CHECK YOUR FAMILY TREE

*...continued from page 14...*

upon him when I’m lost, whether in the mountains hiking or on a freeway where I can’t find the correct exit. He was evidently really good with maps and compasses, because whenever I ask him for assistance he points me in the right direction.

The information you’ll get from your guides is only as good as their connection to Source. For example, I’d ask my grandfather for help with a practical problem or a family issue, but I wouldn’t request his help to effect healing in others.

That might very well be beyond his current level of consciousness. So chances are you will be using your deceased relatives and the people in your family lineage as guides for the practical things in your life.

In addition to ancestors, you can also access experts who have passed on. I learned how to connect with deceased physicians, for instance, to do etheric template surgery. If you’re taking an exam or doing a project in a specific field of study, you can access the energy of a noted scholar who was prominent in that subject and ask for assistance.

These opportunities are always available to us. We are all connected at the level of the unified field. We in the West are probably the only culture in history that doesn’t know how to utilize the talents and willing assistance of those who have come before us. Here is the main rule to remember with guides: they want to help, but they won’t unless they are specifically asked.

often select birds and insects that fly to communicate their presence. Because they are by their nature mobile, these creatures are naturally adapted to being where spirit wants them to be at a given moment.

When I originally wrote this passage, in front of the open kitchen-door window, two robins landed in front of me. They sat side by side on the rose arbor, looking like a couple seated shoulder to shoulder. They sat motionless in this position until I registered the message that Jean sits by my shoulder morning, noon, and night. As you open yourself to the Open Vessels that surround you, you will be amazed to discover just how often your loved ones in spirit are sending you reminders of their continued loving presence in your life.



## WHY IS MODERNA CALLED THE JOLENE VACCINE?

In April, Dolly Parton made a \$1 million donation to Vanderbilt University Medical Center. The donation was used to fund research for the Moderna vaccine, currently testing at 94.5% effective. Parton grew up in incredible poverty. *She understands that money is something you do, rather than something you have.* She gives much of her time and wealth to those less fortunate than her. Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth until they begin school, no matter their family's income. Visit <https://imaginationlibrary.com/>

**Corona Virus -  
explained in craft terms.  
You and 9 friends are  
crafting. 1 is using  
glitter. How many  
projects have glitter?**

**This is a great way to describe it for people  
who don't quite grasp how it works.**

Look at it this way. Covid-19 is glitter and it's on a doorknob. You touched that doorknob and now the glitter is on your hand. Then you pay cash for a Diet Coke, grab your phone and Hi-5 Carol. Then you wash your hands and wash off the glitter.

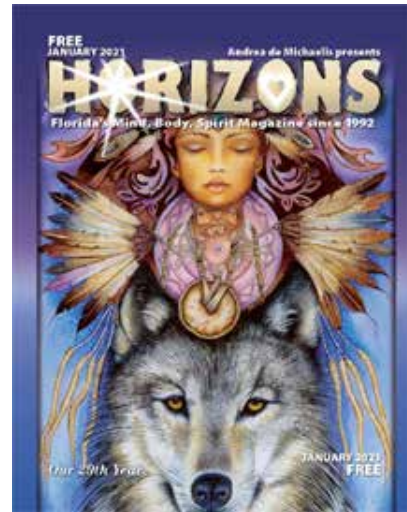
But Carol hops in her car, goes home and touches her eyes ears nose or mouth on the way. The spots are basically glitter transfer sites. They take the glitter from your outer body and bring it to your immune system. So now Carol is infected with glitter.

Meanwhile, the cashier that took your cash has glitter on his hands, let's call him Kyle. So Kyle goes home, grabs both his baby girls and gives them a big hug and kiss. So now the babies have glitter on them, so naturally as babies do, they put their hands into their mouth. Glitter. Transfer. Sites.

But we're not done. You washed your hands and you used soap and you even used a paper towel to turn the contaminated taps off. But you did not clean your phone and your phone has glitter on it. So now with your silky clean hands you grab your phone because hello Becky texted you and -- Bam! Glitter hands.

# WOLF SPIRIT

by Holly Sierra



January 28th is the Full Wolf Moon in Leo

**'THE WOLF OFFERS SOME OF THE MOST STRIKING ANIMAL MEANINGS IN THE REALM OF SPIRIT ANIMALS.**

The power of the wolf brings forth instinct, intelligence, appetite for freedom, and awareness of the importance of social connections. This animal can also symbolize fear of being threatened and lack of trust. When the wolf shows up in your life, pay attention to what your intuition is telling you'

- <http://www.spiritanimal.info/wolf-spirit-animal/>

Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

Holly Sierra now makes her home in colorful Sedona, Arizona and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...Sedona is nestled amidst a geological wonderland. Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light.

Regarded by Native Americans as sacred, Sedona continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with Chrysalis Tarot Decks, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, helps keep her company. See her work at <https://www.etsy.com/shop/HollySierraArt>

# ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line  
Payment due 10th of the month before • Email and Paypal to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com)

## HORIZONS PHONE DIRECTORY

### ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

#### A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657  
Gemstone Jewelry 19765 NW US Highway 441  
in High Springs, FL 32643

### BREVARD (321)

#### AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

#### ASTROLOGY REPORTS

ANDREA de MICHAELIS \$28  
3 month Future Prediction Reports,  
Email [horizonsmagazine@gmail.com](mailto:horizonsmagazine@gmail.com)

#### BOOKS & GIFTS

ANGELS OASIS Cocoa Village 321-506-1143

AQUARIAN DREAMS Indialantic 321- 729-9495

CREATIVE ENERGY 321-952-6789  
Crystals, Jewelry, Singing Bowls, Books, Tarot +  
780 W New Haven Ave, Melbourne FL 32901

#### BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465  
4490 Aurora Road Melbourne

#### CHIROPRACTIC

VICKI M. MERRICK, DC 321-952-7004  
2060 Palm Bay Rd NE #2, Palm Bay, FL 32905

#### CHURCHES

CENTER FOR SPIRITUAL LIVING SC 474.2030

CHURCH OF IRON OAK 321-258-2897  
Wiccan Outer Court. Celebrate Sabbats.  
Workshops Available email [scribe@ironoak.org](mailto:scribe@ironoak.org)

THE NEW WAY [www.TheNewWay.us](http://www.TheNewWay.us) 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 419-6262

UU Church OF BREVARD [www.uubrevard.us](http://www.uubrevard.us)

UNITY OF MELBOURNE 254-0313  
2401 N. Harbor City Blvd Melbourne 32935  
[www.unityofmelbourne.com](http://www.unityofmelbourne.com)

UNITY OF MERRITT ISLAND 452-2625  
210 N.Tropical Trail32953unitymerrittisland.org

UNITY ON THE SPACE COAST 383-0195  
2000 South St Tvl 32780 Unityonthespacecoast.org

#### CRYSTALS, GEMS ROCKS

CREATIVE ENERGY 321-952-6789  
Crystals, Gemstones, Jewelry, Books & More!  
780 W New Haven Ave, Melbourne FL 32901

ISLAND BREEZE CRYSTALS 951-288-4104  
500 Barton Blvd Rockledge 32955  
[www.islandbreezecrystals.com](http://www.islandbreezecrystals.com)

YOUR CRYSTAL SHOP 321-615-8927  
[www.yourcrystalshop.com](http://www.yourcrystalshop.com) Cultural gifts  
2100 N. Courtenay Pkwy Merritt Is, FL 32953

#### HEALTH FOODS

NATURE'S MARKET & CAFÉ 254-8688

NATURE'S HEALTHY HARVEST 321-610-3989

ORGANIC FOOD CTR Indialantic 724-2383

PINETREE HEALTH 777-4677

SUNSEED CO\*OP Cape Can AIA 784-0930

SUNSHINE HEALTH FOODS Titusville 269-4848

#### HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock 321-757-7522

MAMA JO'S SUNSHINE HERBALS  
1300 Pine Tree Dr. IHB 321-779-4647

#### HOME BIRTH SERVICES

PAM PEACH L.M. [www.Birthingpath.com](http://www.Birthingpath.com)

#### HYPNOTHERAPY by Jenny

Transform unwanted behaviors 321-345-8971  
[www.HypnotherapybyJenny.com](http://www.HypnotherapybyJenny.com)  
Email [Jenny@epicrenewal.com](mailto:Jenny@epicrenewal.com)

#### PSYCHIC READERS

ANDREA de MICHAELIS 321-750-3375  
Clairvoyant, honest, accurate, illuminating

#### YOGA

SUNDARI YOGA STUDIO 321-613-5999

FULL CIRCLE YOGA SCHOOL 970-333-4777

YOGA SHAKTI MISSION 321-725-4024  
3895 Hield Rd in Palm Bay [yogashakti.org](http://yogashakti.org)

#### YOGA, MEDITATION

YOGA SHAKTI MISSION 321-725-4024  
3895 Hield Rd in Palm Bay [yogashakti.org](http://yogashakti.org)

#### ZEN MEDITATION

OPEN MIND ZEN [openmindzen.com](http://openmindzen.com) 427-3511  
Al Rapaport/Sensei•Breathwork•Zen Dialogue

### BROWARD (954) FT. LAUDERDALE

#### BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050  
[www.divineloveinstitute.org](http://www.divineloveinstitute.org)

NATURE'S EMPORIUM 755-2223

#### CRYSTALS, READINGS, CLASSES

SPIRITUAL JOURNEY 954-752-2329  
7420 Wiles Road Coral Springs, FL 33067  
<http://spiritualjourneyweb.com>

#### CHURCHES

CENTER FOR SPIRITUAL LIVING 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222

UNITY CHURCH OF HOLLYWOOD 954-548-9320

#### HEALTH FOODS

HEALTH FOODS PLUS Hollywood 954-989-3313

WHOLE FOODS MARKET

810 University Drive Coral Springs 753-8000

7220 Peters Road in Plantation 236-0600

2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333

2501 East Sunrise Blvd in Ft. Laud

#### PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926

Tarotist and Astrologer, e/snail mail readings.

In person readings at the Cosmic Salamander

<http://cosmicsalamander.com>



## **COLLIER COUNTY (239) NAPLES**

### **CHURCHES**

UNITY OF NAPLES Books, gifts 775-3009

### **HEALTH FOOD STORES**

FOOD & THOUGHT 239-213-2222

FOR GOODNESS SAKE 239-992-5838

NATURE'S GARDEN OF NAPLES 239-643-4959

SPROUTS FARMERS MARKET 239-325-6950

WHOLE FOODS MKT 239-552-5100

WYNN'S MARKET 239-261-7157

## **DUVAL (904) JACKSONVILLE**

### **BOOKS & GIFTS**

EARTH GIFTS [www.earthgifts.com](http://www.earthgifts.com) 389-3690  
Wed - Sunday 10am - 6pm Closed Mon & Tues

SPIRITUAL UPLIFTS 904-571-2586  
2186 Park Ave, Unit 102 Orange Park

### **CHURCHES**

COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax  
[www.unityinjax.com/](http://www.unityinjax.com/) 904-287-1505

UNITY OF JACKSONVILLE BCH 904-246-1300

## **ESCAMBIA (850) PENSACOLA**

### **CHURCHES**

UNITY OF PENSACOLA 850-438-2277  
716 N. 9th Ave. [www.unitypns.com](http://www.unitypns.com)

## **HIGHLANDS (863) SEBRING**

### **CHURCH, CLASSES**

UNITY LIFE ENRICHMENT CTR 863-471-1122  
10417 S. Orange Blossom Blvd, Sebring 33875  
<http://www.unityofsebring.org>

## **HILLSBOROUGH (813) TAMPA, LUTZ**

### **BOOKS, GIFTS, READINGS**

MYSTIKAL SCENTS 813-986-3212

## **INDIAN RIVER (772) VERO, SEBASTIAN**

### **BOOKS & GIFTS**

INSPIRED HEART Old Dixie Hwy 772-696-1910  
SPARK OF DIVINE 772-257-6499

### **CHURCHES**

UNITY OF VERO BEACH 772- 562-1133  
950 43rd Ave 32960 [www.unityofvero.org](http://www.unityofvero.org)

### **READINGS, CLASSES**

INTO THE MYSTIC 1614 US Hwy 1 Sebastian  
Spiritual Medium Marchelle 772-480-4344

## **LEE COUNTY (239) FT. MYERS**

### **BOOKS & GIFTS**

THE MYSTICAL MOON 239-939-3339  
8890 Salrose Lane in Fort Myers 33912

THE MYSTICAL MOON 239-301-0655  
8951 SE Bonita Beach Rd Bonita Springs 34135

THE LABYRINTH 239-939-2769  
12995 S. Cleveland Avenue #108

### **CHURCHES**

UNITY OF FT. MYERS 239-278-1511  
[www.unityoffortmyers.org](http://www.unityoffortmyers.org)

## **LEON COUNTY (850) TALLAHASSEE**

### **BOOKS & GIFTS**

CRYSTAL PORTAL 850-727-8214  
[www.crystalportalgems.com](http://www.crystalportalgems.com) FB Crystal Portal

STONE AGE Tallahassee Mall 850-383-0233

### **HEALTH FOOD STORES**

HONEYTREE 1616 N. Monroe St 681-2000  
NEW LEAF MARKET 942-2557

## **MARION COUNTY (352) OCALA**

### **BOOKS & GIFTS**

CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592  
11781 SE HWY 441, Belleview, FL 34420  
Crystals, books, tarot, jewelry, candles, oils  
[www.fairydustcrystals.com](http://www.fairydustcrystals.com)

SOUL ESSENTIALS OF OCALA 352-236-7000  
805 E. Ft. King St., Ocala, FL 34471  
[www.soulessentialsfofocala.com](http://www.soulessentialsfofocala.com)

### **CHURCHES**

UNITY OF OCALA 101 Cedar Road 352-687-2113

## **HEALTH FOOD STORES**

EARTH ORIGINS MARKET 352-351-5224

## **OCALA GHOST WALKS**

[www.ocalaghostwalks.com](http://www.ocalaghostwalks.com) 352-690-7933

## **MARTIN CTY (772)**

### **FT. PIERCE/STUART**

### **HEALTH FOODS/CAFE**

PEGGY'S 5839 SE Federal Hwy 286-1401

### **SPIRITUAL CENTERS**

UNITY OF FORT PIERCE 461-2272  
3414 Sunrise [oneness@unityoffortpierce.com](mailto:oneness@unityoffortpierce.com)

## **MONROE (305)**

### **KEYS, KEY WEST**

### **AROMATHERAPY & HERBS**

BLUE MOON HERBALS, AROMATICS 305-587-8303  
[www.bluemoonherbals.com](http://www.bluemoonherbals.com)  
30150 Overseas Hwy Big Pine Key, FL 33043

### **HEALTHFOOD/JUICE BAR**

GOOD FOOD CONSPIRACY 305-872-3945  
US 1, Mile Marker 30 on Big Pine Key  
<http://www.goodfoodconspiracy.com/>

### **NEW AGE BOOKS, GIFTS**

BLUE MOON TRADER 872-8864

## **OKALOOSA (850) FT. WALTON BCH**

### **CHURCHES**

UNITY CHURCH FWB 864-1232

### **HEALTH FOOD STORES**

FEELIN' GOOD! 654-1005  
GOLDEN ALMOND FWB 863-5811

## **ORANGE COUNTY (407) ORLANDO**

### **BOOKS & GIFTS**

AVALON Hillcrest St in Orlando 895-7439  
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

### **BUDDHIST CENTER**

VAJRAPANI KADAMPA CENTER 407-896-3998  
813 Montana 32803 [meditationinorlando.org](http://meditationinorlando.org)

### **HERBS, GIFTS**

LEAVES & ROOTS 407- 823-8840  
9476 E. Colonial Drive in Orlando

BRANCH OF LEAVES & ROOTS 321-422-0815  
460 N. Ronald Reagan Blvd, Longwood 32750

## **PALM BEACH (561)**

### **BOOKS & GIFTS**

SHINING THROUGH 276-8559  
DREAM ANGELS 561-745-9355  
CRYSTAL GARDEN 369-2836  
2610 N. Federal Hwy Boynton Beach

### **CHURCH / CLASSES**

UNITY OF THE PALM BEACHES 561-833-6483

UNITED METAPHYSICAL CHURCH 561-686-0217  
OF THE PALM BEACHES unitedmetaphysical.org  
917 North Dixie Highway Lake Worth 33460

### **HEALTH INSTITUTE**

HIPPOCRATES HEALTH 561-471-8876  
http://hippocratesinstitute.org WPB 33411

## **PINELLAS (727)**

### **ST PETE, CLRWATER**

### **BOOKS & GIFTS**

MYSTIC GODDESS Largo 727-530-9994

### **CHURCHES**

UNITY OF CLEARWATER 727-531-5259  
PEOPLE'S SPIRITUALIST CH 727-823-5506

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET St. Pete 727-347-5682  
EARTH ORIGINS MKT Palm Harbor 352-786-1231

## **SARASOTA (941)**

### **BOOKS & GIFTS**

ELYSIAN FIELDS Midtown Plaza 941-361-3006

### **HEALTH FOOD STORES**

EARTH ORIGINS MARKET 365-3700 and 924-4754

## **SEMINOLE (407)**

### **SANFORD, LAKE MARY**

### **CHURCH, BOOKS, GIFTS**

UNITY CHURCH OF CHRISTIANITY  
4801 Clarcona Ocoee Rd ORL 407-294-7171

### **GIFTS, CONSULTATIONS**

LUNASOL ESOTERICA Sanford 321-363-4883

## **ST. JOHN'S (904)**

### **ST AUGUSTINE**

### **BOOKS & GIFTS**

PEACEFUL SPIRIT 904-228-9240  
THE PURPLE LOTUS 904-295-8876

## **SUWANNEE (386)**

### **LIVE OAK, WELLBORN**

### **BOOKS AND GIFTS**

KORNUCOPIA 386-963-4898  
12093 CR 137 in Wellborn, FL 32094  
Antiques Candles Sage Incense Tarot Jewelry

## **VOLUSIA (386)**

### **DAYTONA, DELAND, NSB**

### **BOOKS, GIFTS, PSYCHICS**

CASSADAGA CAMP BOOKSTORE 386-228-2880  
1112 Stevens Street, Cassadaga, FL 32706  
MY CAULDRON 386-624-7000

MAMA GAIA'S MYSTIQUE 386-366-4385

### **CHURCHES**

CASSADAGA SPIRITUALIST CHURCH 386-228-3171  
1250 Marion Street, Cassadaga, FL 32706

### **CRYSTALS AND GEMS**

TIMELESS TREASURES 386-252-3733  
Daytona Flea Market • Corner Shops CS 75&76

### **HERBS AND GIFTS**

SPICE OF LIFE HERBS 386-734-0035  
214 W. Beresford Avenue, Deland  
Open Wed 11-6pm, Thurs, Fri, Sat 11-6pm  
www.spiceoflifeherbs.net

### **HAUNTED MUSEUM**

C. GREEN'S HAUNTED HISTORY MUSEUM 228-3315  
Next to Purple Rose 1079 Stevens Street 32706

### **PSYCHICS GEMS ROCKS**

PURPLE ROSE in Cassadaga 386-228-3315  
1079 Stevens Street 32706

## **KNOXVILLE, TN**

### **READINGS AND REIKI**

THERESA RICHARDSON 865-705-2525  
Original co-founder of Horizons Magazine  
Clairvoyant Intuitive Readings, Channeled  
Readings, Angel Readings, Tarot Readings.  
Readings are available by phone or in person.  
Email info@theresarichardson.com  
Visit www.theresarichardson.com

## **UNITY CHURCHES IN FLA**

Atlantic Beach	904-246-1300
Bonita Springs	239-941-3100
Bradenton	941-758-6489
Brandon	813-727-4431
Clearwater	727-531-0992
UnityNow	727-524-0600
Daytona Beach	386-253-4201
Delray Beach	561-276-5796
Dunedin	727-734-0635
Ft Laud Metaphysical Chapel	754-300-1428
Fort Myers	239-278-1511
Fort Pierce	772-461-2272
Gainesville	352-373-1030
Gulf Breeze	850-932-3076
Hollywood	954-922-5521
Jacksonville	904-287-1505
Jacksonville	904-355-5100
Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburgn	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483





# ABRAHAM HICKS

...continued from page 9

Esther Hicks

Don't worry about what other people are seeing in you. Don't worry about the love they're giving you, or the love they're not giving you. Let your awareness be about what you're putting out. Let your awareness be about how much you're loving. We wouldn't be running around saying, 'Who loves me or who doesn't love me?'. We'd be saying, 'Who do I love, what is it about you, that I love?'

## ABRAHAM ON ATTENDING TO YOUR INNER BEING OR THE PROBLEMS OF THE WORLD:

Let's start by looking for the positive aspects, let's start talking about what feels good about all things. Let's get into that high-flying, light-hearted place.

Notice the difference between the way your body feels when you are depressed and look at the way your physical body feels when you are enlivened or feeling appreciation or when you are in love. Start noticing the emotional factor, the emotional factor, which is the indication of the vibrational factor. Get to the basis of creation, and stop messing around with everybody else's idea about what you should be doing about which they have no idea about who you are or what you are wanting or where you stand in relationship to it. It's like saying to others, *Hey, I've got an Inner Being who knows exactly where I am in relationship to where I want to be regarding every subject in the world, but I've decided to block that off while I argue about this. And we say if you could just stop arguing for a little while, stop worrying for a little while, about a week is enough. Just start floating freely. Float in a sea of wellbeing on a voyage of magnificence, and let all of your problems be wherever they be, but not with you, and watch what begins to happen to your physical body.*

There's a lot of wisdom out there; there's a lot of specific information that could very well be the piece that you want right now, but you can't find it unless you're happy, you can't find it when you're worried, you can't find it when you're mad, you can't find it when you're worried, you can't find it when you're mad, you can't find it when you're worried, you can't find it when you're mad (this is going to take a while), you can't find it when you're worried, you can't find it when you're mad. Lighten up. Be easy about it.

## ABRAHAM ON GETTING TO A BETTER PLACE:

You don't have to be in that place of really powerful momentum all the time. In fact, you may not even like that it's nice to have variety in all of it. But just be aware that there is always a choice that is more fun or is more clear or does feel better. As long as you know that there always is, in every moment, the potential for something that feels even better than now, and you are relaxed rather than tense, and open rather

than closed, and expectant rather than doubting, then it just gets better and better and better and better.

## ABRAHAM ON SHOWING HOW IT'S DONE:

If you are selfish enough to care about how you feel, then you will be able to focus yourself into alignment with the wellbeing that you seek for them. But if you are not selfish enough to care about how you feel, then you may focus upon their plight, which means you have no power to assist them.

So, this is the thing that's hard for so many to understand people think that in their selflessness, and sometimes sacrifice of their own alignment, they will be of more value for someone else. But you cannot get sick enough to help sick people get well, you cannot become poor enough to help poor people become prosperous, you cannot become confused enough to bring clarity to something.

You have to maintain your alignment with clarity and with abundance and with wellbeing in order for your projection to the Vortex of someone else to be of any value to them. So it turns out that your selfishness is also the only avenue toward your value or upliftment; that your humanitarianism really is about alignment with this Energy that creates worlds and then focusing upon something.

## ABRAHAM ON LISTENING TO WHAT DOES WORK:

If you watch those who are great at whatever they are great at, you'll notice that they are not willing to stand around and listen to people talk about what will not work. They don't want to hear that. And even if somebody is saying it, they're not listening to it; they're always listening for what does work. You just tune yourself to it, and little by little, those beliefs that have been holding you back lose their grip.

You see, you can't dig in and get those beliefs, and ferret them out and tromp on them and destroy them, you just have to let them become less active and more dormant. So it's about what you are thinking about, not about what you are no longer thinking about, because when you try not to think about it, you're thinking about it, so it's about deciding what you are going to think about. And if we were standing in your physical shoes we would be deciding what we're going to think about by one criteria and by one criteria only... how does it feel. How does it feel? Does this thought feel better than this thought?

In the beginning, if all thought about it feels uncomfortable, then become more vague about it, become more general about it, become less specific about it, because in your specific attention to the absence of it, you've got quite a bit of momentum going, so you've got to slow that momentum down by getting more vague, more general. And then it just sort of dissipates, while what you do want becomes more active in your vibration.

And while that's happening, then things are happening the Universe is showing you all kinds of clues: you get these impulses, you have these rendezvous, someone that you meet maybe for three minutes in an elevator gives you information that you needed, a friend calls you that you haven't talked to in a very long time all kinds of things come into being.



Seth (depiction) Jane

## SETH SPEAKS

*...continued from page 13...*

While the technique does have its advantages, it also pits one portion of the self against the other. It is much better to imagine, say, the cancer cells being neutralized by some imaginary wand.

Doctors might suggest that a patient relax and then ask himself or herself what kind of inner fantasy would best serve the healing process. Instant images may come to mind at once, but if success is not achieved immediately, have the patient try again, for in almost all cases some inner pictures will be perceived.

Behind the entire problem, however, is the fear of using one's full power or energy. Cancer patients most usually feel an inner impatience as they sense their own need for future expansion and development, only to feel it thwarted.

The fear that blocks that energy can indeed be dissipated if new beliefs are inserted for old ones - so again we return to those emotional attitudes and ideas that automatically promote health and healing. Each individual is a good person, an individualized portion of universal energy itself. Each person is meant to express his or her own characteristics and abilities. Life means energy, power, and expression.

Those beliefs, if taught early enough, would form the most effective system of preventative medicine ever known.

Again, we cannot generalize overmuch, but many persons know quite well that they are not sure whether they want to live or die. The overabundance of cancer cells represents nevertheless the need for expression and expansion - the only arena left open - or so it would seem.

Such a person must also contend with society's unfortunate ideas about the disease in general, so that many cancer patients end up isolated or alone. As in almost all cases of disease, however, if it were possible to have a kind of 'thought transplant' operation, the disease would quickly vanish.

Even in the most dire of instances, some patients suddenly fall in love, or something in their home environment changes, and the person also seems to change overnight - while again the disease is gone.



Jeff Brown

## SPIRITUAL GRAFFITI

*...continued from page 19...*

Feel the connection between you and the ground, and how that groundedness enlivens and energizes you. This is where sustainable transformation begins. Not in the sky, but in the ground of your being. If feelings arise, or words and sounds that want to be expressed and released, hold onto them for the moment.

### **SECOND STAGE (15 MINUTES) BREATHING DEEPLY**

Now, slowly come out of the grounding position and stand up. Begin to focus on the intensification of your breath. You can breathe through your nose, or through your mouth, but be sure to breathe into the lungs, and as deep as you can into the body cavity. Invite the breath to pick up its pace and increase its rhythm as you go. Breathe quicker, smoothly or chaotically, while remaining standing right where you are, or moving as you see fit. Allow the breath to take you, to eradicate self-consciousness, to connect you with anything you are holding inside. Feel into the whole of your body, as you surrender to and become the breath. If more feelings arise, or words and sounds that want to be expressed and released, invite them closer to the surface of release, readying for launch...

### **THIRD STAGE (15 MINUTES) EXPRESSION AND RELEASE**

Now, invite yourself to express anything that longs to be moved. Move as wildly, chaotically, freely as you wish to. Do not burden yourself with needless judgments. Do not witness or watch yourself. This is a self-forgetting practice. If your mind tries to take over, breathe through it. Feel yourself, embody yourself, express yourself, release yourself.

Move into the animal body, and allow it to speak its truth. If you feel called to shout, shout. If you feel called to cry, cry. If you feel called to dance, dance. If you feel called to rage, rage. If you feel called to stomp, stomp. If you feel called to laugh, laugh. If you feel called to howl, howl. If you feel called to curse, curse. If you feel called to moan, moan. If you feel called to shake, shake. If you feel called to celebrate, celebrate. Become the chaotic magnificence that you are. Surrender to the body alive, and grant freedom to anything that wants to be LIVED. Be with whatever it is. Let it move through you...

### **FOURTH STAGE (15 MINUTES) INTEGRATION**

Now, allow yourself to calm down and integrate your experience. Lie on the ground, move into child's pose or another restful position, or return to the initial grounding position. Whatever feels calming and peaceful. You can also continue to move your body. Not with the same intensity—more akin to a piece of driftwood floating down a river. Invite yourself back to center, and allow yourself to integrate any loose threads and realizations. Practice self-care in whatever form you need.



## CASSADAGA HOTEL & PSYCHIC CENTER

355 Cassadaga Road • Cassadaga 32706 [www.cassadagahotel.net](http://www.cassadagahotel.net) 386-228-2323

If you are looking for answers, call for an appt with one of our gifted psychic mediums

We are currently seeking a psychic-medium specializing in Spirit contact. Professional experience required, minimum of 5 years, including references. We are looking for someone who is a spiritual being with willingness to work as part of a team and, to a greater extent, a family. Must be available a minimum of 4 days/week, including weekends, 11am to 5pm. Bilingual English-Spanish and/or established clientele base is a plus. Please bring a resume and references.

Please call or email [hotelcassadaga@gmail.com](mailto:hotelcassadaga@gmail.com) for more information.

# Funky Chicken Farm

**OPEN Saturdays and Sundays 10am to 2pm**

3510 Hield Rd, Melbourne, FL 32904 Please observe Covid-19 protocol

See Food Order Form at [www.funkychickenfarm.com](http://www.funkychickenfarm.com)

**Chicks, Eggs, Red Wiggler Worms  
Bacon, Sausage, Kraut, Pigs, Rabbits**

**Farm Store, Vegetable Seeds  
Honey, tie-dye wear, more**

**WE'RE AT THE  
BREVARD COUNTY  
FARMERS MARKET  
THURSDAYS 3 TO 6 PM  
INSIDE WICKHAM PARK**

**In the main, open air pavillion. Come see what  
the locals are growing at this fun market.**

Covid-19 Protocol Masks required



### PLACING AN ORDER FOR OUR FARMERS MARKET ITEMS IS EASY

See Curbside Pickup Order Form at [www.funkychickenfarm.com](http://www.funkychickenfarm.com)

Select the products you wish to pick up. Products are priced by pound or by item. Please note the quantity. If you do not want to purchase an item, leave the drop-down menu blank. We will send an invoice payable online when the order is ready for pickup. The invoice will include instructions for picking up your order.

## Funky Chicken Farm

**OPEN Saturdays and Sundays 10am to 2pm**

3510 Hield Rd, Melbourne, FL 32904

**(321) 505-4066** Text is best!

[www.funkychickenfarm.com](http://www.funkychickenfarm.com)

**ORDER AND  
PAY ONLINE  
IF YOU LIKE**

**CHICKS, EGGS,  
SEEDS, HONEY,  
TIE-DYE WEAR**



# HOW TO START A HOMESTEAD: STEP BY STEP BEGINNERS GUIDE



Excerpted with permission. Adam Sayner & Eric Jong are Grocycle.com which offers instruction in homesteading, permaculture, microgreens and mushrooms. Visit <https://grocycle.com> "Since 2009, we have been finding the easiest Low Tech ways to cultivate mushrooms, including our Low Tech Mushroom Farming Online Course, which includes more than 50 video lessons with step-by-step instructions for planning, building and running a small scale mushroom farm. Or check out GroCycle's mushroom growing kits, which are perfect for anyone who wants to grow mushrooms at home in the simplest way. Or, check out GroCycle's Resource Hub for free education <https://grocycle.com/blog/>

## HOW DO YOU START A HOMESTEAD?

You don't need to move to a farm to get started with homesteading. Anything you can do to develop more self-sufficiency, cut costs and live closer to nature will begin moving you in the right direction. Start growing your own food, learn to sew and preserve food and pick up other valuable skills.

### START SMALL

You don't need to wait until you have your dream farm to begin. You can start your journey into homesteading right away. Much of homesteading is a mindset and lifestyle, as opposed to where you live.

Whatever your situation is, even if you're living in an apartment, you can start moving toward a more self-sufficient lifestyle this week.

### START A GARDEN

If you have a sunny window, you can start growing your own herbs or lettuce indoors.

Got a large backyard that's not being used to grow much besides grass and weeds?

Put in a garden or raised bed next spring and start growing a portion of the vegetables for your household. (Be sure to pick vegetables that you actually enjoy and want to eat regularly!)

### CONTINUALLY SIMPLIFY YOUR LIFE

Homesteading often goes hand-in-hand with minimalism and living a more frugal lifestyle.

A big part of that is getting out of the cycle of always needing the newest and greatest phones, gadgets, trendy clothing, and other things that can suck money out of your bank account but

not really offer much value. For homesteaders, less is more, and there's usually a cheaper and better way to do something.

You should be continuously taking an audit of your life to see what things are draining your money, time, and energy, and seeing if you can reduce or completely eliminate them from your life.

**ANYTHING YOU CAN  
DO TO DEVELOP MORE  
SELF-SUFFICIENCY,  
CUT COSTS AND LIVE  
CLOSER TO NATURE  
WILL BEGIN MOVING  
YOU IN THE RIGHT  
DIRECTION**

Adding homesteading to your lifestyle will often require taking some previous things out. Some things might be obvious. Like if you're now doing physical activity on your homestead of hours each day, you can probably cancel your gym membership.

### LEARN TO PRESERVE FOOD

There are a ton of different ways to preserve food, but the idea of food preservation in general is becoming a bit of a dying art.

Even picking up one food preservation skill like canning, pickling, freezing, cold storage, dehydrating, or smoking can help cut down on your food costs.

If you're growing your own fruits and vegetables, then learning to preserve food is an absolute must.

You're likely going to have far more food at the end of the season than you know what to do with. And if you can't preserve it, then most of it will end up going to waste.

You'll need to find a way to keep your produce from spoiling so that you can keep your family fed all throughout the winter months.

### COMPOST

Composting and gardening go hand in hand. Even if you can't afford fertilizer or premium soil at first, after your first year of composting you'll be making excellent nutrient-rich soil of your own. It doesn't take much effort to throw all your food scraps, leaves, chicken manure, and extra plant matter from your garden into the compost. It's also hard to do it wrong. Just let everything decompose and turn it over once and a while, and you'll have free soil to put back into your garden in no time.

# GARDENING THE MEDICINE WAY

## WHAT TO DO THIS MONTH?

## SOIL BUILDING!



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at [scribe@ironoak.org](mailto:scribe@ironoak.org)

*I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

**MAYBE YOU'VE PROCRASTINATED starting your Florida winter garden, but it's not too late.** As cooler temperatures will prevail from January to late April, many common produce items you pick up at the store can be grown and produce food for you during these months. Whether you've decided to grow in containers or beds, something to consider **NOW** is amending your soil to help your plants thrive.

We've all learned how important gut bacteria is to our health, but did you know that healthy garden soil also has a microbiome that needs care and feeding? *A microbiome is the combined genetic material of the microorganisms in a particular environment.* Just as we are encouraged to consume fermented foods, an agricultural system called **Korean Natural Farming** utilizes fermented plant juice recipes to add at a specific stage of growth.

**Soil microorganisms need the same things we do to thrive: food, water and oxygen.** These microorganisms break down organic matter, such as fallen leaves, dead plants, animals and insects, so that they become readily absorbable nutrients for living plants. As the heat of summer wanes, beds can be prepared for fall and winter planting by enriching the soil with things such as mulch, grass clipping, aged manure, compost created from kitchen waste and even clean cardboard and paper.

If you are interested in economical raised garden beds, I recommend learning about **Hugelkultur**, which is a raised garden bed that is built from the bottom up with logs, sticks and branches, wood chips, grass clippings, manure, leaves, food scraps, egg shells, coffee grounds... everything you would put into a compost heap.

**LAZY? There are easy shortcuts to these processes to be bought at home improvement stores.** Organic potting soil, aged manure, perlite and worm castings make an instant and nutrient rich soil for your plants. Please remember to always wear gloves and a mask when working with new soil. Microscopic fungal spores can be inhaled and cause mild lung symptoms all the way up to serious illness for those with a compromised immune system.

With a little patience, your hard work will be well rewarded. Happy Gardening!



### AGRICULTURAL MARKETING COOPERATIVE

We promote Florida-grown medicinal herbs, connect herb farmers with herbalists, retailers, and other buyers, and facilitate education and sharing resources between Florida herb farmers

**Are you an herb grower, herbalist, or herb retailer? We need your input.** Help guide the cooperative by filling out the online survey found on our website. Sign up for our newsletter or follow us on Facebook for upcoming online workshops!

**FLORIDAGROWNHERBS.COM**

# HOROSCOPES JANUARY 2021

## ARIES – (March 19 – April 18)

A beautiful energy energizes you until the 6th, enough to meet professional challenges that are waiting for you under the powerful effect of the cluster in Capricorn Sun until the 19th, Mercury until the 8th and Pluto all month long.

Your finances occupy your mind, Mars, your planet, tumbles in Taurus from the 7th to the 31st and comes to awaken your interest for your money especially that which is related to your profession. From the 20th, there is room for your projects, your friends and your desire for expansion! Your nature should appreciate these energies resolutely turned towards the future. Jupiter and Saturn in Aquarius boost the first decan by offering a beautiful anchoring and a superb evolution! Neptune still titillates your intimate life, second decan, a desire for introspection? This month foreshadows challenges and a long-term vision.

### Love in General:

The first week your emotional life is favored by Mars at home and by Venus in Sagittarius: passion! Release the pressure in your professional affairs to devote yourself to those of the heart and it will all be beneficial. From the 9th, your socio professional destiny takes over as well as the desire to increase your income. And love in all this?

### In a relationship:

Friendly until the 9th, you invest so that your other half is filled. The rest of the month is more complex, the energies are focused on your career and your wallet, nothing obvious for your couple. Mars in Taurus awakens your libido a bit enough to compensate for your lack of availability?

### Single:

Your social sector could facilitate a meeting that engages your feelings especially until the 9th. Beyond that your carnal desires will be clear, foreshadowing a romance less sentimental but rather carnal. Mars, your planet, in Taurus from the 7th to the 31st, allows your intimate nature to arise and it can help you make a wise choice.

## TAURUS – (April 19 – May 19)

The Sun in Capricorn until the 19th escorted by Pluto all month and by Venus from the 10th to the 31st harmoniously boosts your ideal of life.

The monthly energies stimulate your professional destiny from the 20th, thanks to the Sun and Mercury in Aquarius, you will be conquering and enterprising, especially with Mars arriving in your sign from the 7th, your dynamism and your punch will serve during all tests! Jupiter and Saturn start modifications for this same sector of life, first decan, by infusing you with salutary but sometimes delicate questions for an anchored

personality like yours. Neptune brings you golden friendships and original projects that can emerge slowly but surely, second decan. Love is carnal until the 8th then idealistic and faithful. A nice start of the year!

### Love in General:

Your libido usually powerful is valued by Mars in Aries until the 6th giving you a carnal appetite sometimes a bit raw and a little secretive. From the 7th to the 31st, Mars comes to your home and gives you a powerful energy in love. Feelings take precedence especially from the 9th, Venus in Capricorn meets your emotional demands. Perfect!

### In a relationship:

A beautiful marriage agreement is announced thanks to the influx of earth planets that are highly concentrated during this month. Anchoring and fidelity reach you, especially since Mars at home, ensures carnal appetites that are able to satisfy your other half. Opt for a professional letting go, your sentimental complicity is certain.

### Single:

The whole month is favorable to a meeting thanks to the Sun in Capricorn until the 19th and thanks to Venus in the same sign from the 10th to the 31st. Matters of the heart are serious, here there is no fleeting love but one of durable commitment. If you are in search of your other half then open your eyes!

## GEMINI – (May 20 – June 19)

An introspection is announced for your sign until the 19th, you are concentrated, less scatterbrained and deeper. From the 20th to the 31st, the Sun in Aquarius awakens your desire to travel and your ideal of life.

Jupiter and Saturn in beautiful aspect to your sign already favors this beautiful awakening! Mercury, your planet, until the 8th in Capricorn, endows you with serious thoughts, then from the 9th to the 31st this planet facilitates your exchanges in your relationships and your legendary eloquence resumes its rights. Your energy benefits your circle until the 6th and strengthens your inner life the rest of the month. Second decan you always receive the energy of Neptune, adapt if necessary in your socio-professional sector. Pluto still shakes up the third decan, transformations in you and around you must be done, accompany them!

*...continued on page 31*



# HOROSCOPES JANUARY 2021



## Love in General:

The whole first week you are conquering, love gives you the wings of desire! Mars and Venus underline your seduction and your charisma. From the 10th, beautiful things cool down, but not your libido! Mars in Taurus slows down this one but makes you more affective. From the 9th, by your words or by your actions, you seduce!

## In a relationship:

Venus promotes the desire to reunite together until the 9th! You could escape the world a little to find yourself face to face. Until the 19th, the Sun illuminates your sensual sphere, enjoy this solitude for two to rediscover the Kama Sutra! Then you prepare projects together!

## Single:

More ambitious, more enduring, you aspire to a quality meeting! The skies could help you there! Venus in the sector of your official partner until the 9th comes to open very interesting emotional perspectives. Your chances are concentrated with your friends or during festive or cultural outings.

## CANCER – (June 20 – July 21)

Until the 19th, the Sun in Capricorn illuminates your relationship sector par excellence, your nature of solidarity can express itself fully. Professional affairs are a bit demanding up until the 6th under the influx of Mars in Aries. Then there is room for your projects and your friendships thanks to the harmonic energies of Mars in Taurus.

First decan you receive Jupiter and Saturn coming to inspire you to think deeply about your most intimate aspirations while also promoting the pecuniary affairs of the collective. Neptune continues to infuse her spiritual magic in the second decan while Pluto always changes your married life or associative life, third decan. From the 20th to the 31st the Sun in Aquarius joins Jupiter and Saturn and reinforces this idea of introspection for the whole sign, accompany this process in good conscious.

## Love in General:

The month is split into two distinct periods, the one up to the 9th and then the 10th to the 31st. The first period invites you to savor a little the sweetness in your daily life, in order to compensate for too much energy, that can sometimes be belligerent. Then the emotional harmony even marital is clear, Venus and Mars pamper you, commitment and libido are at the top!

## In a relationship:

The Sun and Mercury in Capricorn, in your conjugal sector, are harmoniously connected to your loved ones and encourage your complicity with your other half and any approach made together. Venus from the 10th to the 31st evokes commitment and total love while Mars in Taurus gives you a powerful sensuality. Complicity and an easy relationship.

## Single:

Your chances of meeting someone are real! Venus in Capricorn, mirror of your loved ones, could foster the encounter you hope for while Mars, carnal god and conquest, distils his great energy from the 7th to the 31st within your social circle. Forget your doubts and your shyness!

## LEO – (July 22 – August 21)

Your daily life and your work are highlighted by the influx of the Sun until the 19th and Mercury until the 9th in Capricorn.

Enterprising, dynamic until the 6th, Mars in Taurus comes to tickle your socio-professional destiny, challenges at the end? Venus in Sagittarius until the 9th protects your creative and emotional sector then this beautiful planet carries its beneficial attention to your career, with no excess! Neptune invites you second decan to deepen your thoughts and open your spirituality while Pluto always shakes up the sphere of health or daily life, last decan. From the 20th, the Sun and Mercury in Aquarius gives pride of place to the other, your partner or spouse, contracts are favored as well as inspired and innovative exchanges.

## Love in General:

The monthly energies invite you to room for the expression of your partner, you have everything to gain from cooperating rather than imposing. Venus in Sagittarius until the 9th makes you a player and passionate! Your sensuality is overflowing until the 6th, then a bit of stress could tarnish your mane. Stay magnanimous, take care of the dialogue, it is favored from the 10th to the 31st.

## In a relationship:

The daily routine is highlighted until the 19th, enough to put oil on the wheels and harmonize your marital relationship. Venus fired up until the 9th and Mars until the 6th makes you sensual, happy, conquering and dynamic! Take the opportunity to tighten your bonds, then it will be more calm.

*...continued on page 32*

# HOROSCOPES JANUARY 2021

*...continued from page 31*

## LEO Single:

Until the 20th opportunities can arise at work or in your daily life. Things take a better turn with the Sun and Mercury in Aquarius in harmony with your sign, specifically in your conjugal area! Open your heart and your ears, communication will play a big role!

## VIRGO – (Aug 22 – Sept 21)

Emotional satisfaction in sight! The Sun in Capricorn until the 19th, supported by Mercury, your planet, until the 9th, facilitates good relationships with your children, if you are parent, or in love if you are! You are energetic for your pecuniary business until the 6th, then your ideal of life occupies your activities boosted by Mars in Taurus.

Some home remodeling is possible before the 10th, do not get annoyed if things are more complex than expected. Your marital or associative life continues its moult, second decan. From the 20th, a planetary cluster in Aquarius, the Sun, Mercury Jupiter and Saturn occupies your sector of work or daily life, you will be productive, efficient, communicating and ultra-serious, especially the first decan. The beginning of the year is promising dear Virgo!

## Love in General:

You are pampered! Your emotional sector receives the beautiful presence of the Sun until the 19th, Mercury until the 9th, Venus from the 10th to the 31st and they are all in harmony with your sign. Passion, fruitful exchanges, exacerbated creativity and peace of heart. The constructive energy of Mars in Taurus from the 7th announces a healthy libido coupled with an idealistic impulse unusual to your intimate nature. Success!

## In a relationship:

Happiness in your relationship is easy! The sky promotes both your feelings, your sensual energy and your communication, which is sometimes expressively emotional and soothing in your daily life. Let go of some indiscretions at home or in the family and refocus on the love you share with your other half with ease.

## Single:

Beautiful influxes directly affecting the love sector indicate real chances to make a quality encounter. After the 10th, Venus in beautiful aspect of Mars and Pluto boosts your seduction capital and your chances of falling in love. An inspired person could tumble on your life path!

## LIBRA – (Sept 22 – Oct 21)

A light is shed on your home, family and creative sector! Until the 19th, the Sun and Mercury until the 9th in Capricorn animate your private sector, no precipitation or annoyance, stay zen. Especially since Mars in Aries until the 6th, in the face of a sign, announces a strong energy, a little belligerent that can ignite the powders.

Venus your planet, promotes your communication and your relationships until the 9th then arrives in your sector of the home coming to soften it as well as your family relationships. Last decan, Pluto completes its process of metamorphosis always in the residential or family sector, what are you modifying? From the 20th to the 31st, the energies of Aquarius, the Sun and Mercury, bring to light your emotional and creative sector, Jupiter allows an evolution while Saturn stabilizes the first decan. A nice beginning of the year!

## Love in General:

The energies of the sky favor your loves the whole first week, you are entrepreneurial and optimistic! From the 10th, your sensuality gains in power while Venus takes care more of your family life, also between libido and residence, a balance will be found! From the 20th, you wake up to love more strongly!

## In a relationship:

Monthly impulses benefit your family life a lot but not so much your relationship in love. Your affective nature will have to adapt, which does not interfere with your legendary diplomacy! Remember to relax together, Mars in Taurus from the 7th to the 31st, endows you with an incomparable sensual energy.

## Single:

This month does not announce an important chance in terms of an emotional encounter. Nevertheless, Mars until the 6th could provide love at first sight, which is up to you to perpetuate while Venus in Sagittarius until the 9th favors your displacements and your social circle It's your turn to play!

## SCORPIO – (Oct 22 – Nov 20)

Beautiful communication in your relationship is also intimate! You start the year with the Sun and Mercury in Capricorn coming to stimulate harmoniously your capacities of intellectual exchanges until the 19th. Venus from the 10th to the 31st also in this sign in beautiful aspect to yours softens your steps and your movements.

*...continued on page 33*

# HOROSCOPES JANUARY 2021

...continued from page 32



Mars in Aries pulses your dynamism a little too until the 6th, do not rush anything in your daily life or at your work. From the 7th to the 31st, Mars will face your sign and your energy is on the rise but also some marital or associative disagreements at the end. Your home receives the energies of a cluster in Aquarius from the 20th, Jupiter and Saturn are a bonus for the first decan, a residential or family restructuring is possible, a lot of discussions regardless. Challenges are foreseen!

## Love in General:

From the 10th, Mars in Taurus and Venus in Capricorn announces a surge of passion quite in harmony with your intimate nature! Your libido could be hot, your feelings take a turn at once solid and sincere. However, be careful not to show too much enthusiasm in your intimate relationships, your partner also has a say.

## In a relationship:

It is a pretty emotional period! You two enjoy your duvet! The cold outside will have no impact on the heat of your heart and your body. Your partner should relive, thanks to you, your most voluptuous emotions starting from the 10th! Some minor contractions in the home will not interfere with this marital harmony.

## Single:

Insolent chances of a meeting! Between the Sun, Mars and Venus alternately in harmony with your sign throughout the month, the sky spoils you! Dare to get out of your daily life, unannounced meetings including ones in the neighborhood are favored even those during cultural outings, second decan.

## SAGITTARIUS – (Nov 21– Dec 20)

Pecuniary questions are announced at the beginning of the year! Until the 19th a planetary cluster in Capricorn awakens your sector attached to your credit, if you want an increase, now is the moment as Venus, in your sign until the 9th, endows you with a charm and a charisma that can serve this type of demand.

A bit of static in the home will have to find a resolution, second decan, while Mars in Aries until the 6th predisposes you to getting wrapped up in love. From the 7th the red planet comes to park in your area of work, everyday, a lot of energy but maybe a bit of impatience. From the 20th, the Aquarius energies harmonically linked to your sign announce beautiful encounters, timely movements and an outstanding intellect! The first decan begins a new intellectual or relationship cycle.

## Love in General:

Hyper charismatic until the 9th and very dynamic, your emotional sector is quite favored. Then Mars in Taurus restrains your sensual momentum forcing you to handle daily affairs. So you'll put so much energy into your work that this sector will take a back seat. However, from the 20th, you find ardor and the desire to seduce!

## In a relationship:

Together, some monetary discussions could darken your complicity a little or on the contrary tighten your bonds. It will be good this month to grant you a few moments of intimacy conducive to your sensuality until the 9th and after the 20th. Outings for two could also promote good times, take advantage of it!

## Single:

Until the 10th opportunities are real! Then from the 20th energies support your efforts your meetings and your desires for renewal. Add to that a winning mind, you could start a romance by going from friendship to love or facilitating changes in your close entourage, allowing openings!

## CAPRICORN – (Dec 21 – Jan 19)

Your sign receives the Sun until the 19th, Mercury until the 9th, Venus from the 10th to the 31st and Pluto for those at the very end of the sign. You are dynamic, intellectually connected, charismatic and always in deep regeneration. Saturn, your planet, arrives in Aquarius accompanied by Jupiter in your financial sector: structuring and luck in this field are possible, first decan.

A strand of tension is possible in the home until the 6th but quickly dissipates when Mars in Taurus harmoniously awakens your love or your relationship with your children from the 7th to the 31st, if you are a parent. Neptune always promotes an inspired and benevolent intellectual opening, second decan. From the 20th, the Sun joins Mercury, Saturn and Jupiter in Aquarius comes to favor your wants or your eventual inner gifts. A very promising beginning of the year!

## Love in General:

The sky favors your emotions from the 7th when Mars in Taurus settles in your sector relative to your loves, a healthy sensuality and joyful excess! Venus in your sign from the 10th opens more than beneficial perspectives, it gives you charm to spare, sweetness in your emotional relationships, patience and tact. Your heart is happy!

...continued on page 34



# HOROSCOPES JANUARY 2021



*...continued from page 33*

In a relationship:

Heavenly energies spoil you! Apart from a bit of shyness and reserve until the 9th, the rest of the month is largely favorable for your life as a couple. You could procreate if this is a project you are considering, in any case you are in osmosis both sentimentally and sensually with your other half.

Single:

Charismatic as all get out and you like it! The planet of desire, Mars, is in beautiful aspect to your sun as of the 7th, in your sector related to your loves, it suggests that your chances of meeting are insolent! Add to that Venus and Pluto in your constellation and your heart will vibrate high!

## **AQUARIUS – (Jan 20 – Feb 17)**

A winter introspection and a beneficial structuring of your personality! The energies of Capricorn and the Sun until the 19th and Mercury until the 9th invite you to think and ask yourself.

Saturn and Jupiter arrive in your constellation favoring a beautiful anchorage, a sense of responsibility is increased, as well as a beautiful evolution, first decan, formidable! Love is friendly until the 11th then could either hide from the eyes of the world or become silent starting from the 10th. You are stimulated during your travels or meetings by Mars in Aries until the 6th, but beware of family disagreements or disagreements in the home from the 7th to the 30th, diplomacy will be your best weapon! From the 20th, the Sun returns home and joins Mercury, the program: a high-performance spirit and a beautiful aura. It is a nice month!

Love in General:

The whole first week love takes you and transports you, Venus and Mars announce a synergy between your feelings and your desires. Then, calm settles down, Venus becomes secret and cold while Mars boosts your sign in an excessive way. Some slip ups are possible, do not confuse enthusiasm and haste. Let go in case of disagreements, love is worth a little diplomacy!

In a relationship:

Not talkative until the 9th communication becomes your specialty and facilitates your intellectual complicity with your other half. A beautiful Venus of fire ignites your relationship, optimism and joy! Enjoy it, from the 10th, your feelings are shy or hidden, Mars square to your sign makes you nervous. Relax, your other half is not for nothing!

Single:

An emotional meeting is possible especially if you frequent your often numerous friends regularly, especially until the 9th. However, your dynamism will be powerful even excessive, take care of your approach, use your quirky humor. Your personality shines from the 20th, act with simplicity, big feelings will come or not!

## **PISCES – (Feb 18 – March 18)**

Projects are, why not, collective and communication is beautiful! The energies of Capricorn favor your social circle and your intentions. Your enigmatic personality is more pragmatic until the 19th, even if Neptune, in your sign, second decan, continues to increase your mediumistic perceptions and you rationalize more.

A global cluster in Aquarius favors long-term projects, you are in a gestation phase for the moment, especially the first decan. Your sometimes fluctuating dynamism is interested in your financial sphere until the 6th under the impulses of Aries, which then increases your communication and your movements from the 7th to the 31st. From the 20th, the Sun illuminates your inner life, often very rich. Here, the universe invites you to indulge in your most audacious and even far-fetched ideas. What do you want to bring to the world?

Love in General:

Venus in Capricorn from the 10th to the 31st warms up your social circle, but you could deliciously mix both, amorous friendships suit you so well! The monthly energies of the Sun, half-light half shade, vibrate in you, you adapt without losing your thirst for life. Mars in Taurus from the 7th to the 31st boosts your libido and fills your heart!

In a relationship:

Your socio-professional destiny could momentarily capture your feelings until the 9th and then dedicate yourself to the object of your flame, you are boosted by a healthy, powerful and no-frills libido! Your feelings are anchored, not necessarily demonstrative but your other half will appreciate your sensibility, which at the same time, is delicate and playful. It is a nice sentimental month.

Single:

The influxes of the month favor some opportunities throughout the weeks. The energies in Capricorn could help you stabilize your emotional life by meeting a serious person, a bit shy, surely out of your melting pot. Communicate clearly, after the 9th it will be less obvious!



# ASK WHITEDOVE

*...continued from page 15...*

## Whitedove, Are we the same personality when we are on the other side?

We do maintain some of our personality, like the core of our soul. Yes. Every soul is different and every soul vibrates on a different vibrational frequency, because if we were all the same, we would learn nothing. Not even here on earth, but even in the heavens, we still learn and evolve. Although in Heaven we learn at a much slower pace, because there's no death and darkness and evil and all the negative crap that we experience on Earth. It's all here for us to experience and overcome ... which equals spiritual growth on the fast track.

When we release the physical body during the transition that we call death we also let go of the ego and the intellect too. When people talk about hoping their "monkey mind goes away", they are talking about the ego/intellect. Yes that's for sure cleared when we drop the physical body and it is laid down much like unwanted clothing!

Me? I'm all about cremating, thank you. Yeah. Ashes to ashes, dust to dust. But that's very personal and to each their own. But basically the ego leaves, the monkey mind leaves and your negative emotions leave. The ego, thank God, when we die, the ego dies with it. And when we cross-over to the OtherSide we come into a Knowing!

The truth of ALL That IS rushes to you even as your questions are formed. And the feeling of unconditional love resonates with the answers, so this way you know them to be true! I expand more about this topic in my book SHE TALKS WITH ANGELS if you want more in-depth information.



Next door to  
Purple Rose Trading Co.  
1079 Stevens Steet  
Cassadaga, FL 32706

Rev. Tina, Owner  
**386-228-3315**

## Haunted History Museum

Photos and documents, bizarre and macabre displays  
[www.facebook.com/cgreenshauntedhistoryhouse](http://www.facebook.com/cgreenshauntedhistoryhouse)



## Teach Meditation Change the World!

**Train to Teach**  
*Meditation, Mindfulness and Deep Relaxation*  
in this Unique Program taught by  
**Ma Mokshapriya Shakti, Ph.D.**

Deepen & refine your meditation practice.  
Deliver inspired & intuitively-led meditations.  
Harness the mind with great love & understanding.  
Learn unique tools & techniques to reach  
even the most distracted meditator.

*8 weeks - Saturday/Sunday 2-6 p.m.*  
Course available via Zoom starting January 10, 2021  
[www.yogashakti.yoga/teachers-training/](http://www.yogashakti.yoga/teachers-training/)  
[718.738.8001 yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com)

**Rocks, Crystals, Fossils, Jewelry, Essential Oils, Astrology**

## YOUR CRYSTAL SHOP



**2100 N Courtney Pkwy  
Merritt Island 32953  
321-615-8927**

Mon – Thu 10 am – 5 pm  
Friday 10 am – 7 pm  
Saturday 11 am – 3 pm

**Find Us On Facebook**

Email [Info@YourCrystalShop.com](mailto:Info@YourCrystalShop.com)

## GOT TICKETS?

**Broadway on Brevard**

**CocoaVillagePlayhouse.com**

**(321) 636-5050**

HORIZONS MAGAZINE  
575 Escarole Street S.E.  
Palm Bay, FL 32909-4802



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

When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.  
Ma Yoga Shakti



## Attend Programs Online

To support the safety of our guests and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in early 2021.

We will continue to offer online classes that you can participate in from anywhere in the world using Zoom:

**Visit:** [www.csaretreat.org](http://www.csaretreat.org)  
Code: 980 663 1368  
Password: 957607

**Note:** If you don't have a smart phone or computer, you can call with your telephone: 1-669-900-6833  
Then enter Meeting ID:  
980-663-1368 and press #.  
When it prompts you for the participant ID, press # again.

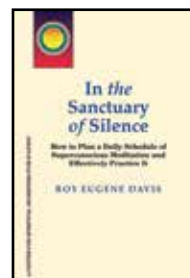
• **2021 Winter Seminars Go To:**  
**[csa-davis.org](http://csa-davis.org)**  
**Main Menu, Retreats, for Details and Times**

January 16  
February 13  
March 6

## In the Sanctuary of Silence

### Review and Renew Your Meditation Practice

How to Plan a Daily  
Schedule of Superconscious  
Meditation and Effectively  
Practice It **32 pages \$2.00**



Order online at **[www.csa-davis.org](http://www.csa-davis.org)**  
or by phone 706-782-4723 or [info@csa-davis.org](mailto:info@csa-davis.org).  
Center for Spiritual Awareness  
PO Box 7, Lakemont, Georgia 30552



Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India.