

Andrea de Michaelis presents

# HORIZONS

**JANUARY 2024**

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*The January mag is now online at*

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# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>  
Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**PUBLISHER:** We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the same, no matter what name we use for the **God of our understanding**.

**1. Recognition.** 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 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 the spiritual source of my choice.

**The greatest optical illusion is separation**

# HORIZONS

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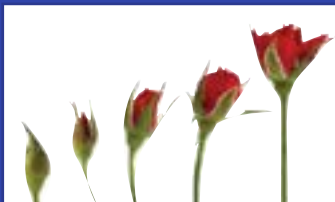
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**Co-incidence has meaning. If you find yourself reading these words, there is a message for you.**

“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.

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# THIS MONTH'S THOUGHTS ABOUT THINGS

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

**HELLO AND WELCOME TO THE JANUARY 2024 HORIZONS MAGAZINE.** Ah, first of the new year, a time for taking down the old and making way for the new. **Code Enforcement** invited me to remove 15ft (the easement width) of my north woods away from the neighbors' privacy fence. My east neighbor had to remove his as well. We uncovered another a tortoise mound which technically should have been left undisturbed as they're endangered, but the mound wasn't seen until the undergrowth had been cleared away. I gotta admit it looks nice and clean now on the north boundary and we both still have our wooded lots. The tortoise has another mound in the woods about 30 feet away, and her mound in the clearing will remain undisturbed.



*This was a dense 6 ft tall x 20ft wide hedge before*

*...continued on page 23...*

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# 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).

## THE POWER OF EXPECTATION:

**You get what you expect, have you noticed that? You expect to survive, and so you do. You expect to have a roof over your head, and so you do. You expect to live alright, and so you do. But you don't expect extraordinary things, so they don't come.**

You don't expect magnificent money to flow into your experience, and so it cannot get in. The only thing that comes to you is what you are expecting to come to you.

And so, how have you been programmed to expect? You expect to decline as you age: You expect to lose your memory, you expect to lose your hair, you expect to lose your teeth.

Do you see what we are saying? And so, as you expect, your body just follows the orders. Just as you say I want to stand up and you do, your body does everything that you expect it to do.

The Universe responds purely to your expectation. And so everything that we have talked about here today is in an effort to assist you in getting your expectations in



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harmony with your desires so that what you are wanting and what you are expecting are one and the same. That's the purity of thought that we have been talking about, wanting and expecting.

And so, the way that you have to do that - we'll say it very bluntly to you - is that you have to stop giving so much credence to the physical evidence that surrounds you.

All those statistics and all those facts - all that stuff that everybody calls reality - it's not reality. It's garbage. It's not reality, it is illusionary. It is somebody else's physical manifestation of the balance of their thought.

It is not statistics that has anything to do with you.

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

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# NON-RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> and <https://www.jimpalmerauthor.com>

## 36 THINGS IT'S NOT:

**God** is not a belief-system.  
**Jesus** is not a religion.  
The good news is not a ticket to **Heaven**.  
**Church** is not an address.  
The **Bible** is not divine dictation.  
**Heaven** is not eternal **Disneyland**.  
**Spirituality** is not a religious mask.  
**Community** is not a meeting.  
**Grace** is not subject to exceptions.  
**Ministry** is not a program.  
**Art** is not carnal.  
**Questioning authority** isn't ungodly.  
**Women** are not inferior.  
**Our humanity** is not the enemy.  
**Doubts** are not a lack of faith.  
**Divorce** is not the unpardonable sin.  
**Sinner** is not our identity.  
**Salvation** is not an escape from reality.  
**Conformity** is not discipleship.  
**Science** is not unholy.  
**Sexuality** is not filthy.  
**Sickness and hardship** are not signs of failure.  
**Worth** is not measured by tithing and attendance.  
**Pastoral counseling** is not a substitute for mental health services.  
**The herelife** is not a warm-up for **the afterlife**.  
**Prayer** is not a magic wand.  
**Tattoos** are not evil.  
**Theology** is not the only field to know ultimate reality.  
**Loving the earth** is not satanic.  
**Seeing the divine** in all things is not heretical.  
**Self-actualization** is not self-worship.  
**Feelings** are not dangerous and unreliable.  
**Faith** is not a substitute for critical thinking.  
**The heart** is not wicked.  
**Being human** is not bad.  
**Happiness** is not a carnal purpose for living.

## 10 THINGS ABOUT CHRISTIANITY THAT JESUS WOULD VEHEMENTLY DISPUTE IF HE RETURNED:

1. That his vision for a transformed society, which he called the "kingdom of **God**", got twisted into an afterlife fantasy about heaven.
2. That a religion was formed to worship his name, instead of a movement to advance his message.
3. That the gospel says his death solved the problem of humankind's separation from **God**, instead of saying that his life revealed the truth that there is no separation from God.
4. That the religion bearing his name was conceived by the theories and doctrines of **Paul**, instead of the truth that Jesus lived and demonstrated.
5. That he was said to exclusively be **God** in the flesh, putting his example out of reach, rather than teaching that we all share in the same spirit that empowered his character and life.
6. That the religion that claims **Jesus**, teaches that his wisdom and teachings are the only legitimate way to know truth and **God**.
7. The idea that humankind stands condemned before **God** and deserving of **God's** wrath and eternal conscious judgment, requiring the death of **Jesus** to fix it.
8. That people are waiting on **Jesus** to return to save the world and end suffering, rather than taking responsibility for saving the world and solving suffering ourselves.
9. That people think there is magical potency in uttering the name of **Jesus**, rather than accessing our own natural powers and capabilities to effect change.
10. That people have come to associate **Jesus** with church, theology, politics and power, rather than courage, justice, humanity, beauty and love.





# 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)

## BOING, BOING, BOING!

**Today I may encounter various opportunities to feel aggravated, frustrated, and judgmental. But I do myself a favor not to leave my thoughts in those places, for the Law of Attraction, in response to my mental focus, orchestrates all events and circumstances.**

A regular pattern of upset reactions can impair my happiness and thus impede the happy circumstances the Universe yearns to send me.

Yet, a negative thought can become a springboard for a happier thought, one that will bring me blessings instead of irritation.

*I hate this commute becomes I want a good job closer to home.*

*I don't enjoy being around gloomy Gus becomes I want a fun circle of friends.*

*I feel tired and burned out becomes I want a vacation on a pristine beach.*

*Oh, no, not more rain! becomes I want sunny skies and a picnic in the park.*

*I dread getting old becomes I want to feel vibrant and energetic well into my later years.*

*I'm fed up with dating Neanderthals becomes I want a partner who is intelligent and sensitive.*

"I want" statements take my attention off that which bothers me and move it to a better-feeling place. These statements of desire summon energy, life force, and the very things that I request.

## REFLECTIONS ON CONNECTION

**If I were a scuba diver, probing the treasures of a sunken ship, my work would come secondary to staying fully hooked-up to my air source.**



This principle applies to all aspects of life. It is crucial that I ever give priority to connection to my Source energy.

Part and parcel of this energy, I came into physical expression to have desires born of life in this environment of contrast and then find ways to feel emotionally good enough to manifest these desires. But when I lapse into negative thought and emotion, I compromise my ability to manifest what I want. I clog my supply line of well-being.

If I've convinced myself that success comes by hurrying, overworking, prodding people, staying on my guard, and obsessing about details, well, I'm just like countless other people who do life the hard way and likely fall prey to stress ailments and maybe addiction.

Achieving my desires comes from learning to stay relaxed, calm, and upbeat, no matter what happens around me. When I thus keep my connection to my joyful Source clear, I lead a "charmed life," and my goals and desires come running with open arms.

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# A PRACTICAL GUIDE TO CHASING THE MYSTICAL

Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives. Visit [www.drjoedispenza.com](http://www.drjoedispenza.com).

**There are four states of consciousness: wakefulness, sleeping, dreaming, and the transcendental.** The transcendental state of consciousness is a state of awareness that is often associated with mystical experiences, and it's the mystical that allows us to experience another aspect of the self. To say this another way, this means we have to transcend the known self to experience some other aspect of our potential unknown self. To get beyond the known self is what begins to fill in the mystery of the self, and that moment awakens us to our journey back to source. In other words, there is more to you than meets the eye.

In the case of the mystical, the experience comes not from an external world; it comes from an internal one. When you have a mystical, transcendental experience, it is as if your senses heighten to such a degree that the internal experience causes you to become more aware, more awake, and more conscious than any experience you have in your everyday, waking, 3D reality—but it's not the 3D world that you are awakening to. It's another entire world beyond the senses. It is as if you are having a full-on sensory experience without your senses.

You may have previously heard me say that the stronger the emotion you feel—that is, the stronger the change in your internal state—the more you begin to pay attention to whatever is causing it in your outer world.

This is how we create long term memories. In a mystical experience, it's an increase in energy that makes us feel more like frequency and energy, and less like matter and chemistry. As a result of the increase in energy in the form of an elevated emotion, due to the internal experience, vivid, lucid images capture the brain's full attention, and it's the energy directing your awareness that begins to neurologically reshape the brain.

The elevated emotion or energy you experience from the internal event is what begins to condition the body to a new mind. In other words, it's what moves the body out of the past and more into the present moment—and the stronger you feel that ecstasy, energy, love, bliss, or whatever you want to call it, the more

you want to experience the present moment. This is how the body begins to move out of the past. This is also why so many people heal in this work.

For the past ten years, at our workshops around the world we've been teaching our students how to do this. At the same time, we've been conducting the research to back up the results, as well as further developing and refining the methodology that produces these powerful outcomes. What all of this comes down to is that we are teaching our students how to get beyond themselves so they can enter the elegant present moment—the doorway to the mystical.

With that said, standing on the shoulders of Dreamtime III, the recent Advanced Follow-up workshop in Berlin, Germany, let's go over some simple steps you can take in order to have a mystical experience. This is going to require you to align certain choices to perform certain functions.

## GET UP EARLY IN THE MORNING

If you want to have a mystical experience, you have to get up early (ideally between 1am to 4am). Why? Because this is when our brain chemistry is ripe for the mystical, meaning, this is when our melatonin levels are at their height. It's also when our brainwaves are at their best.

For example, when you get up in the early morning hours, our brainwaves tend to be in a slower frequency like alpha and theta. As a result, you don't have to work as hard to get the body in a relaxed situation and into that particular brainwave state. If you don't want to get up early—if you don't want to be awakened in the middle of the night or disturb your sleep habit—then more than likely you're going to miss the opportunity.

Sit up in your meditation longer than you normally would.

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# 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. [herbcorner.net](http://herbcorner.net)

## TOOTHPASTE

### All toothpastes are not created equal.

When I first heard that **fluoride** was not good for your teeth I was a bit confused, it goes against all that I have been taught. Recently I have been reading scientific reports that **fluoride** may not be as safe as we believed it to be; in fact **fluoride** is not only an unwise choice for your teeth but it also not wise for the rest of your body.

Just look at the warning sign on the side of your toothpaste. Apparently if a small child ingests too much **fluoride** (which is just a pinch on the toothbrush) you need to call poison control. Apparently there is enough **fluoride** in one tube to kill a small child.

Over time **fluoride** from toothpaste as well as from water can lead to **fluorosis**, a condition that leads to the loss of enamel, discoloration and pitting of the teeth. If left untreated there can be fluorosis of the bones causing skeletal weakness, arthritis, bone fractures and other bone problems.

**Fluoride** increases the absorption of **aluminum** in the brain which is linked to **Alzheimer's**, it's linked to an under active thyroid and some forms of bone cancer.

It blocks and destroys the enzyme that holds the teeth firmly in the gums, allowing bacteria to set in around the teeth, eventually leading to problems in the heart.

It's not just the **fluoride** in your toothpaste there are a few other chemicals some good some not so good. For instance some toothpastes' have chemicals that block the absorption of **calcium**, strong abrasives that wear away at **enamel** causing them to yellow and become sensitive.

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# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

## TANZANITE

Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit.

**As the new year dawns, we are entering into uncharted territory. Many old precepts and boundaries are shifting so rapidly that it can feel impossible to focus. We are barraged with information and it is challenging to discern what is true or false.**

But when the new year comes, we can all do our best to sense possibilities that bring hope to our weary world and help those in despair. We can bear witness to what we see, speak out against wrongdoing, work to protect our natural world and create beauty whenever we can. All of these things are ways to transmute the energy within and around us from fear and anger to love.

The stone that calls to aid us this month is **tanzanite**. **Tanzanite** is a blue grey variety of zoisite that is found only in a very small part of **Tanzania** near the **Mererani Hills**. It was discovered in the late 1960s and shows remarkable trichroism, displaying colors of blue, purple and red depending on the crystal orientation.

The beautiful indigo violet color you see in fine **tanzanite** gemstones is most often created by heating the rough material, so if you can find a natural crystal with nice blue to purple coloration you have found a prize. I have also seen natural **tanzanite** in shade of pink and green.

**Tanzanite** was formed over 500 million years ago from extreme volcanic activity and powerful shifting of the earth's tectonic plates. This massive upheaval led to the formation of **Mt. Kilimanjaro**, the highest mountain on the continent of Africa and one of the most sacred places on the planet.

Those who work with crystals in the metaphysical realms consider it to be one of the strongest stones



**Tanzanite, Mererani Hills, Tanzania**

of transformation available today. It is used to help shed negative patterns and programming that can bring toxicity to the soul. As you continue to work with it, you can begin to open to a new awareness of joy as you learn to transmute these energies into sources of strength. When we work to heal ourselves, we are also helping to heal the broken world. Spiritually, this is one of the best possible ways to lay a new foundation of hope for our future here on earth. By shifting our fixed perceptions, we can change our reality and set ourselves free from the fears that narrow our vision.

Wearing **tanzanite** jewelry is a great way to remind yourself to focus on what serves you and the greater good, and you can find it in any good jewelry store. Personally I like to work with natural crystals that are not treated. These can be hard to find but well worth the search. A good rock and mineral shop may have them, or you can find one online from a trusted vendor.

May this year bring us the possibility of peace. Many blessings to you all.



# PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues.

She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

**Dear WhiteDove, In difficult times it's hard to stay on the right path without getting all freaked out! The world seems so out of balance with war, economic challenges, crimes, and crazy weather too. Any advice for the light workers?**

**Dearest,** It's all too easy to become distracted with the negativity but freaking out with stress and worry won't help. It will be a time of great change and upheaval. Change makes us uncomfortable, but getting out of our comfort zone is just what we need to do. The negative aspects of our world need to be wiped away to make room for the rebirth of higher spirituality in the new year.

In times of turmoil, focus your time and attention on helping those in need. Offer your prayers, give your love freely, be of service, and stay connected to the Divine Intelligence for guidance. Material goods will come and go, but your actions, thoughts, and deeds stay with you for eternity.

**Dear Michelle, I have been focusing on my spiritual growth for a few years and developing my gifts. I see orbs, I see my guides during meditation and I actively participate in the dreamtime. I have made real progress until now. Recently I've had a series of night terrors. I've seen dark beings and feel they are trying to influence me. This has been going on for a few weeks and now I'm fearful of going to sleep at night. I need answers. - A friend in Spirit**

**Dear Friend,** Because of the shift of consciousness that is occurring now, "Spirit" is much more active and darkness is too. It's good that you see and feel the difference between beings of love and Light, and the negative ones. This is the duality of the Earth realm. Those who experience Angels also glimpse darkness.

Spirit would like to make a suggestion. I see that you are a hard worker and in the evening you like to have a few cocktails to unwind from your stressful job. Everything in moderation my dear; I would suggest that you not drink too many glasses of wine or have too many cocktails before bedtime. When we consume alcohol it lowers our vibration and leaves us open and more susceptible.

Also remember to do your prayers at bedtime; prayer raises your vibration just before you enter the Dream Time. Because our dreams are the doorway to the Spirit World, you can actively participate in where you are going and what you are doing. Any time you become fearful, immediately call upon The Holy Spirit, Archangel Michael and Archangel Uriel. For when you call in the light of Heaven, darkness disappears.

**Dear Michelle, What happens to a soul when they are in a coma either by accident or by a doctor inducing it with drugs? My Mum had surgery and has been on a ventilator for a week as I sat talking to her I started wondering this – can she hear me, will she wake? - Mum in Manchester**

**Dear Mum,** The soul is our true essence. When the body is in a coma, the soul travels just like when we are asleep. Also when under the effects of anesthesia the soul disconnects from the body and is free.

In fact, there are many stories of people in surgery recounting the events and watching the doctor as the soul was hovering above. Many times after surgery people remember these conversations, and on a soul level they know who is present when they are in a coma even if they don't remember when they awaken.

It's important as you watch over a coma patient to stay positive in your conversations and actions because we have the power to coax a soul to come back to us.

Many times the soul goes to The Elders to weigh their options; whether to go home to Heaven or return to the body and finish their mission.

During this time we can help to sway them, by playing their favorite love song that's connected with a powerful emotion; telling stories and recounting good times and then assuring them that you will make more memories together. But ultimately the decision is in **God's** hands.



# THE TEN COMMANDMENTS FOR VISITING AN ASHRAM OR SPIRITUAL RETREAT

Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily ([www.mitchditkoff.medium.com](http://www.mitchditkoff.medium.com))

**During the past five decades, a curious phenomenon has swept this nation. Inspired by the teachings of several Master souls from the East, an unusually large number of ashrams and retreats have made their appearance on the scene -- spiritual centers designed to provide seekers of the truth with a focused environment in which to practice their particular spiritual path.**

Seduced by the Western notion of cause and effect, they somehow think that spiritual attainment is related to the way they act -- as if **God** were some kind of transcultural **Santa Claus** looking for good little boys and girls to bring his shiny red fire trucks to.

While most people who spend time in these places are extremely dedicated and sincere, there still remains a goodly number who, in their attempt to have "an experience," miss the point completely.

Not surprisingly, the spirit of the law is all too often traded for the letter -- a letter that, no matter how many stamps are put on it, is continually returned for insufficient postage.

Surrender is replaced by submission; patience by hesitation; and humility by timidity.

Alas, in the name of finding themselves, our **God**-seeking brothers and sisters have tended to lose the very thing that makes them truly human -- their individuality.

And so, with great respect to your personal **God**, your **Guru**, your **Guru's Guru**, and your favorite tax-deductible charity, I humbly offer you the following soul-saving tips should you decide to visit (or move into) the ashram or spiritual center of your choice.

Take what you can, leave the rest, and remember -- it's not whether your shoes are on or off, but if your heart is open.

## 1. DO NOT CHANGE THE WAY YOU WALK.

Most visitors to a spiritual retreat think they have to change the way they walk if they are truly going to have a meaningful experience. Somehow, they believe there is a direct correlation between the way they move their feet and the amount of "grace" or "blessings" about to enter their lives.

The "spiritual walk," is actually a not-too-distant cousin of the "museum walk," the curious way a person slows down and shuffles knowingly, yet humbly, past a **Monet** (or is it a **Manet?**), silently getting the essence of the Masterpiece even as they move noddily towards that incomprehensible cubist piece in the next room.

If you like, think of the spiritual walk as the complete opposite of the on-the-way-to-work-walk or the exiting-a-disco-in-New York walk.

Simply put, the spiritual walk is a way of moving that practitioners believe will attract small deer from nearby forests -- deer that will literally walk right up to them and eat from their hand -- more proof to anyone in the general vicinity that they are, in fact, enlightened souls, humble devotees, children of **God**, or the so-far-unacknowledged successors to their guru's lineage.

Ideally, the spiritual walk should be taken in sandals, though **Reeboks** or **Chinese** slippers will do in a pinch. Cowboy boots are definitely out, as are galoshes, high heels, and **Chuck Taylor Converse All-Stars**.

## 2. DO NOT, UNDER ANY CIRCUMSTANCES, SUCCUMB TO THE SPIRITUAL NOD

Closely related to the spiritual walk, the spiritual nod is routinely practiced in retreats the world over. And while no one completely comprehends its divine

*...continued on page 24*

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## ON THOUGHTS AND EMOTIONS

It is somewhat fashionable to place feelings above conscious thoughts, the idea being that emotions are more basic and natural than conscious reasoning is. The two actually go together but your conscious thinking largely determines your emotions, and not the other way around.

Your beliefs generate the appropriate emotion that is implied. A long period of inner depression does not just come upon you. Your emotions do not betray you. Instead, over a period of time you have been consciously entertaining negative beliefs that then generated the strong feelings of despondency.

If emotion could be trusted above conscious reasoning then there would be little point in aware thought at all. You would not need it.

You are not at the mercy of your emotions, either, for they are meant to follow the flow of your reasoning.

Your mind is meant to perceive the physical environment clearly, and its judgments about the environment then activate the body's mechanisms to bring about proper response.

If your beliefs about existence are fearful, then the emotional reactions will be those leading to stress. Your own value judgments need examination in such a case.

Your imagination of course fires your emotions, and it also follows our beliefs faithfully. As you think so you feel, and not the other way around."

*...continued on page 36...*





# 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, Karmageddon, an award winning documentary, and Grounded Spirituality. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**It's important to remember that those coping strategies that helped you to survive, may not help you to heal from what you survived.**

They were defense mechanisms, parts that you developed in order to manage unbearable realities. They were the best friends many of us had, as children. But healing requires something different.

Our healing requires that we peel away the adaptations and disguises and come back to our vulnerable core.

Our armored warrior's willfulness, our imaginative defense mechanisms, are now impediments to our quest for transformation. We can't come back to center, if we are identified with those parts that protect it.

This is not to say that we harshly sever from what has served us. No, no, we do it slowly, lovingly, gratefully bowing to the best friends we ever had, as they assume a more secondary role in our life.

A centered life is not a defenseless life. It's one where we live from a sturdy and integrated core.

?Our defenses are no longer all that we are. They are places we consciously go now and then, before returning to the magnificent core of our being.

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# 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>

**The root of every "evil" is looking to time and space for meaning, solutions, or identity; for friends, love, and laughter; for wealth, health, and harmony.** The source of all material things is spirit, which is molded by your thoughts and then, without judgment, forms into matter. Trying to get what you want by looking to time and space is like trying to change your reflection in the mirror without its source.

Instead, go within. You can create anything you want by imagining what you truly want as if it already existed. You are pure source energy,

**The Universe**

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# LISTENING TO THE QUESTIONS

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: [davidcronin490@gmail.com](mailto:davidcronin490@gmail.com). All photographs shown here were taken by him.

**Many years ago, I worked for a small community newspaper, writing articles and taking photographs. For one series of articles, I interviewed all the local clergy and asked them the same question: "Where do you, as one of the spiritual leaders of our community, go when you feel in need of inspiration or guidance?"**

The answers were as varied as the different faiths. One thing I noticed, however, is that all the ministers, priests, and rabbis spoke with a sense of awe when it came to the mysterious connection between humanity and the divine. How that connection played itself out depended largely on the tenets of the particular faith, but the childlike wonder and respect for that mystery were very much the same.

Of all my interviews, one with a **Methodist** minister stands out. He taught me a wonderful lesson in listening. I frequently had to leave messages explaining my intentions for the article before I spoke to the clergyman.

This minister returned my call and said, "*So, I hear you are looking for inspiration.*"

I explained that I wasn't looking for inspiration for myself but rather where he found his.

We met at a pre-arranged time and after I set my recording equipment he said, "*So, you*

*have come seeking inspiration.*" I once again politely explained the purpose of the interview.

He leaned back in his big chair, and for what seemed like a very long time, simply looked deep into my eyes. I do not doubt that he was measuring how far to push what he was feeling in his gut. Finally, he gave me a gentle smile and proceeded to answer the question as I had presented it.

The funny thing is that he was correct and the only one in the group who picked up on it. I was indeed looking for inspiration in my life. It was my wrestling with some personal issues that gave me the idea for the series.

This experience has made me aware that when people ask certain types of questions, they may be grappling with that same question for themselves. I have found that occasionally, asking the question back to them can be more helpful than any answer I could give.



# ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit [www.yogashakti.org](http://www.yogashakti.org) Email [yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com) Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

## FATHER SKY, MOTHER EARTH

**This planet is a wondrous being. Yes, it is alive. Every day we just go about our business and really do not think about mother earth. That needs to change. This beautiful earth sustains our being. It is the source of our existence. Just as we give thanks to the hand that feeds us, we must also give thanks to mother earth.**

According to quantum physics a particle vibrating due to our sound when we speak can affect a molecule inside a star at the edge of the Universe instantly. This phenomenon is known as quantum entanglement.

The greatest illusion is the illusion of separation. We are all one. Presently the earth is suffering due to our misuse. Not only the chemicals that we have burdened her with, but also all the negative vibrations. Blood spilled by hatred and wars have affected her deeply. We are plundering its resources for our greed rather than preserving them for future generations.

It is now more important than ever that we make a direct effort to heal the earth. Our entire life is dependent on her. She not only gives us food, water, and air that sustains our physical existence but also has healing qualities that we are not using.

The National Library of Medicine's online resource PubMed lists 7021 studies and 522 review articles from a search of "antioxidant+electron+free radical." It is assumed that the influx of free electrons absorbed into the body through direct contact with the Earth likely neutralizes free radicals and thereby reduces acute and chronic inflammation.

Throughout history, humans mostly walked barefoot or with footwear made of animal skins. They slept on the ground or on skins. Through direct contact or through perspiration-moistened animal skins used as footwear or sleeping mats, the ground's abundant free electrons were able to enter the body, which is electrically conductive. Through this mechanism, every part of the

body could equilibrate with the electrical potential of the Earth, thereby stabilizing the electrical environment of all organs, tissues, and cells.

Modern lifestyle has increasingly separated humans from the flow of Earth's electrons. For example, we have increasingly worn insulating rubber or plastic soled shoes, instead of the traditional leather fashioned from hides. Earthing is now being explored as a healing modality by putting the body in direct contact with the earth including grass, soil, sand, bodies of water, and even concrete. The benefits are many including reducing inflammation and chronic pain, regulating cortisol levels, improving blood flow, restoring energy and regulating immunity.

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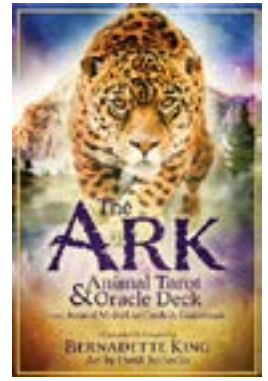
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# WHAT IS MY SPIRIT ANIMAL



Bernadette King, creator of The Ark Animal Tarot & Oracle Deck has for 20+ years helped folks get closer to their Animal Allies, become more accurate psychic mediums & animal communicators & stronger intuitive tarot readers. Thru [WhatIsMySpiritAnimal.com](http://WhatIsMySpiritAnimal.com)

folks are learning about their own Spirit, Totem, & Power Animals. The Ark is a 100 card deck which practitioners can use for divination & healings. Visit [WhatIsMySpiritAnimal.com](http://WhatIsMySpiritAnimal.com)



## BOBCAT SYMBOLISM & MEANING

As we look at the **Bobcat** in nature, it's obvious that they have magnificent hunting skills; this Animal knows how to plan a means of reaching their goal quietly. They take their time - no rushing. As such, **Bobcat**, as a **Spirit Animal**, begins with the symbolism of patience and tenacity. A strategy is key here. Humans need this skill along with a good dose of adaptability for on-going success.

**Bobcats** tend to hang alone or simply co-exist in their environment. When they are among other **Bobcats**, their actions belie wariness; this means that **Bobcat** recognizes that even family and friends may not always have your back. **Bobcat** constantly measures everything and knows when to step in or step out of a situation.

Because of **Bobcat's** independent nature, this **Spirit** is a perfect helpmate for keeping secrets. Those who walk with **Bobcat** can be trusted wholeheartedly. Knowing when to speak or be silent is among **Bobcat's** gifts. Mind you, this comes with great responsibility. You are honor-

ing someone's trust. Once broken, it will be very hard to reclaim it.

The quiet time for **Bobcat Spirit** is one of introspection; this is when the unseen world meets here and now. One of **Bobcat's** great lessons is that we live with all manner of energies every day, but rarely stop to notice them! Each human also has many levels of self that remain unexplored. **Bobcat's** message encourages both endeavors.

While the **Bobcat** sounds imposing, like all felines, He has a love of play. When the opportunity arises, they will roll and romp with the best of them. Here **Bobcat** reminds us that play is very important to our inner child's wellbeing (let alone our stress levels.)

Shamanic traditions consider **Bobcat** a very wise and ancient soul who is often attracted to other old souls in the earth plane. Old souls often have problems sorting out the vast amount of mystical information gathered over lifetimes. They also often feel that they are not well understood by their peers as their maturity level far exceeds the standard. In this **Bobcat** comes to say, you are not alone. This **Spirit** helps you navigate the wilderness gracefully so you can integrate your life lessons.

**Bobcats** prefer the dark; this gives the **Bobcat** symbolism and meanings that tie to the night. Darkness requires we know our surroundings and use our instincts. By extending our senses, we can "see" what most do not. People who work with **Bobcat Spirit** may also find themselves more nocturnal than normal.

## BOBCAT SPIRIT ANIMAL

If the **Bobcat** enters your life, you are probably entering a time of making all manner of plans that require serious coordination. **Bobcat** knows how to hunt down what he most wants, but recognizes that it requires a certain skill set and a good deal of fortitude. As a **Spirit Animal**, **Bobcat** is here to help you with follow-through.

Another reason for **Bobcat's** appearance is when we have over-extended ourselves. The world is hectic and busy, which leaves many of us burning the candle on both ends.



# WHAT IS MY SPIRIT ANIMAL

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**Bobcat** counsels slowing down and giving yourself more recreational time. Laugh more; stress less.

If you have been feeling over-exposed or simply uncomfortable in groups of people, **Bobcat** comes admonishing you to take downtime. Solitude is good for the soul. Quiet time gives you a chance to tune into yourself and the Divine.

Other common reasons **Bobcat** comes into our lives include when you feel “in the dark” and hesitate to trust in your instincts; when you feel someone is two-faced, and when you wish to learn greater **Spiritual watchfulness**. Finally, **Bobcat Spirit** often appears to those who are about to begin a new life cycle - teaching others important life lessons. These are of a very practical nature, but as the saying goes, “Common sense is rarely common”. This shift may include taking on students, or it may just be walking your talk in such a way as to inspire others.

## BOBCAT TOTEM ANIMAL

Those born with a **Bobcat Totem** give whole new meaning to the phrase “strong, silent type.” There is an air of mystery about you. You listen far more than you talk, which is a great information gathering skill.

**Bobcat** people seek out solitude and quite regularly to refill and re-energize their Spirit; this is also the time in which they prepare the best plans. Once those move forward, efforts seem to go off without a hitch.

Having a **Bobcat Totem** means that people can rarely, if ever, fool you. You can smell deception a mile away as well as hidden agendas. **Bobcat's** radar is keen. Trust in it even when there's the temptation to brush it off as nothing.

Many people with a **Bobcat Totem** become eternal students or teachers. They love learning and discovering secrets in the pages of a good book. They also enjoy sharing those treasures with others.

## BOBCAT POWER ANIMAL

Call out to **Bobcat** as a **Power Animal** when you cannot find patience in yourself, or when your awareness is wanting. **Bobcat** is also a good companion for alleviating anxiety and learning to have more fun. If you have plans in the works, **Bobcat Medicine** can help you organize, strategize, and stay on track.

Another reason to ask for **Bobcat's** assistance is when you feel someone is intentionally hiding something from you. **Bobcat** is the knower of secrets. Look through his eyes and discern the truth.

## NATIVE AMERICAN BOBCAT SYMBOLIC MEANINGS

The **Native Americans** trust their secrets to **Bobcat Spirit**. They also consider this **Spirit** the revealer of truth. Know, however, that **Bobcat** usually wants some gift for his efforts. Some Native stories illustrate **Bobcat** as a bad temper, without any regard for manners. In the **Southwest** seeing a **Bobcat** is bad luck.

Other tribes like the **Zuni** seek out **Bobcat Animal Spirit** for luck in the hunt. Wearing **Bobcat** fetishes colored red activates **Bobcat's Medicine**. Among the **Pawnee**, wrapping a newborn child in a **Bobcat** cloak brings blessings from the stars.

Some of the **Native American** folklore twins the **Bobcat** with **Coyote**, both of whom represent **Fog and Wind** (a duality). **Shawnee** tales tell us of a very clever **Rabbit** who outwits the **Bobcat**. When **Bobcat** trapped **Rabbit** in a tree, he is persuaded to create a fire. The embers from this left sooty marks on his fur as a lasting reminder of one-upmanship. The **Mohave** believed dreaming of **Bobcat** gave them magical hunting skills.

The **Creek** and **Chickasaw** both have clans with the **Bobcat** as their Animal.

## BOBCAT DREAMS

Dreaming of a **Bobcat** indicates that you are not as aware of your surroundings as you should be. Keep all your senses tuned in, especially your Spiritual ones. Use every tool at your disposal to find out what's hiding just beneath the surface of things. When you are not paying attention, that's when trouble begins.

Another reason **Bobcat** may appear in your dreamscape is that you are not giving enough attention to a relationship in your life. In turn, this relationship experiences stress and misgivings. It's time to reconnect.

The **Bobcat** is the most abundant cat in North America, which gives this kitty the additional symbolism of fertility and plenty. A good turn is coming your way.

## BOBCAT SYMBOLIC MEANINGS KEY

Adaptability • Grace • Introspection • Play • Secrecy  
Seeing in Darkness • Soul Wisdom • Stealth • Strategy  
Trustworthy



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL.

## WELCOME TO JANUARY 2024

**Welcome to January 2024. January celebrations have long been a place where the community gathered in solidarity to overcome the long hard winter.**

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 3rd to dawn Jan 4th** to catch the peak of the **Quadrantids meteor showers**. Ancient cultures believed the appearance of meteors and meteor showers were portentous. They were signs that something good or bad had happened or was about to happen.



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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.

**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.

**January 1st - 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 - 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 11th - New Moon in Capricorn**

**January 12th - Sun enters Aquarius**

**January 13th - Sikh festival of Maghi**

**January 15th - Martin Luther King Jr Day**

**January 18th - Buddhist celebration of Bodhi Day**

**January 23rd - Pradosh Vrat, a Hindu Holy Day dedicated to Lord Shiva and Goddess Parvati.**

**January 24th - Tu Bishvat - Jewish holiday, New Year of the Trees**

**January 25th - Full Wolf Moon in Leo, also called The Cold Moon.**

**January 26th - Republic Day in India**

Blessed be!



## THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

"People keep saying I need a bf. Sure, it would be nice but here's the thing: I LOVE my life right now. So, unless he's going to add something pretty special, I'm good, thanks."

I'm hearing this more & more from galpals. I was married 5 times, I finally learned I don't need a partner, I just need a purpose.

When I engage with a purpose, whether it's "working" at it or thinking about it, I'll be VIBING with it.

I'll become in vibrational RESONANCE with it which means I'll also begin resonating with OTHER circumstances, events & people who vibe in the same place.

They are my tribe. I don't have to look for it, it finds me when I focus on my purpose.



Image by Claudia Beer

Oh, and I'm not a complete loser, three of them died and no, it wasn't the mushrooms.



Cleo

Venus

Both my cats **Ben** and **Sam** passed last month due to outdoor incidents. I'm heartbroken but know the remedy is finding something new to pour love onto. **Gary** sent me a link to **Kitten Angel Rescue** on **Facebook**.

We called, went up there and returned with 4 month old torties **Venus** and **Cleo**, who will be INSIDE ONLY KITTIES.

"**Get 2,**" I said, "**they'll keep each other company.**" Yes, they do and I'm so glad they get along so well. Most of the time tho it's like a 3 legged race when they appear, side by side, bumping into each other, always underfoot in the kitchen.

I haven't had a kitten for 40 years, my cats have all shown up when they're about a year old. Having a kitten meant I could collar train them and so far, so good.

They have different color collars so it's easy at a glance to tell them apart. **Venus** keeps her green one on, **Cleo** always takes her pink one off. **Cleo** had a taste of the wild for a month before she was rescued, so she's the wild child. She prefers to be naked.

**Venus** is obsessed with my hair. When it's down, **Venus** will play with it until she falls asleep. When it's up in a bun, she likes to grab on & bunny kick it. **Cleo** tries to pull the chain off my neck.

I'm keeping their names written on my hand until I get used to saying them.

Enjoy our offering this month. Hari Om.

Andrea





Mitch Ditkoff

## TEN COMMANDMENTS FOR VISITING AN ASHRAM OR SPIRITUAL RETREAT

...continued from page 14...

origins, many believe it began when a blissful brother simply forgot the name of his roommate on his way to the bathroom.

Instead of issuing the familiar **Sanskrit** phrase of the week, our trend-setting friend simply tightened his lips, looked at the ground and... well... nodded.

Now, every time you walk by someone at the ashram, you are half-expected to flash them the nod, the non-verbal equivalent of "*Hi! I know you know, and you know I know, and you know that I know that you know, and in my knowing, I know that I know you know, and by so knowing, need not speak, since words are finite and cannot express the knowingness which the two of us (being one) share from such a knowful place. Know what I mean?*"

### 3. DO NOT JUDGE ANYONE, INCLUDING YOURSELF

This is the hardest of all commandments to obey. Why? Because spiritual environments not only bring out the best in people, they also bring out the worst. And while the worst is often more difficult to detect than the bliss of people wanting you to notice how blissful they are, the higher you get, the easier it is to notice -- that is, if you are looking for it.

Of course, it would be very easy to spend your entire spiritualized retreat noticing all the subtle ego trips going on around you. Resist this temptation with all your might!

Do not, I repeat, do not, focus on the stuff that would make good material for this article. You have no right. In fact, you have absolutely no idea why anyone is there, what their motivation is, or how they will learn the kinds of lessons you are absolutely sure they need to learn.

In reality, you are most likely seeing your own projections -- those disowned parts of your self that you've refused to acknowledge all these years... Your spiri-

tual groupie, your brownie point collector, your junkie for more experience, your suburban yogi, your guilty seeker of **God**, your con man, your eunuch, your resolution maker, your ass watcher, your closet fanatic, your glutton for humble pie, your too poetic definer of ecstasy, your flaming bullshit artist, your know-it-all, your have-it-all, your spring-headed bower towards anyone with more than two devotees.

All of them are you! Every single one of them! Don't judge them. Love them! Bring them tea! Rub their feet every chance you get!

### 4. DO NOT THINK THAT THIS IS THE ONLY PLACE WHERE "IT" IS HAPPENING

Spiritual retreatants have a marked propensity to think that the grounds they inhabit are somehow more blessed than any place else on earth -- that they are privy to a special command performance by **God**, revealing himself in thousands of exotic ways for those lucky enough to be there, while thousands, nay millions, of **George Bush**-like souls are stumbling around in uncool places recently vacated by the **Power of Life** so a very cosmic thing can happen here and only here this weekend.

Life, in fact, is often perceived as so good in the "Center," that the rest of the world becomes eerily cast as the "booby prize."

Indeed, to new age seekers, everything else is simply referred to as "the world," much like **Manhattanites** speak of **New Jersey**. In short, the new age retreat comes to represent all that is good -- about **God**, about the **Guru**, about life itself.

Somehow ("and I don't know how, but you could ask anyone who was there this weekend") flowers seem sweeter there, the moon seems fuller, the air seems cleaner. Even the bread tastes better. If you glimpse a shooting star at night, it's the "guru's grace." If you see a double rainbow, it's directly over the meditation hall.

I guess it's all in how you look at it. The same shooting star convincing you that your guru is, in fact, the **Supreme Guru**, was also seen by a plumber named **Leroy** who just happened to be drinking a beer in between innings of the **Mets** game. His conclusion? The **Mets** were gonna win 20 of the next 25 and bring the pennant home to **Flushing!**

...continued on page 25 ...





Mitch Ditkoff

## TEN COMMANDMENTS FOR VISITING AN ASHRAM OR SPIRITUAL RETREAT

*...continued from page 24...*

What do the signs in the sky (or what we perceive as signs) really mean? Isn't the whole world our ashram? Isn't the real issue one of appreciating what is happening all around us? The flowers? The stars? The beggars asking for spare change?

Flowers aren't any sweeter on retreat. It's our willingness to breathe deeply and enjoy them that's different. What's stopping us from being in this place right now? What's stopping us from realizing that the very ground beneath our feet is the promised land -- wherever we happen to be at the time.

### 5. DON'T PUT A RED DOT ON YOUR FOREHEAD IF YOU DON'T WANT TO

Unless you've been living in a trailer park your whole life, you probably already know what the red dot thing is all about. That's right. The third eye. The sixth chakra. High holiness. **INDIA!!**

While sometimes mistaken for a beauty mark or a random bit of watermelon, the little red dot is actually a useful reminder to focus one's attention on the space between the eyebrows, which, for some people, is where **God** lives (or if not lives, at least vacations). Nothing wrong with that, now is there?

Still, you have to concede that the third eye isn't the only spot on the human body that's sacred. What about the earlobes? The belly button? The nipples?

They come from **God**, too -- not too mention chakras #1 - 5 and the highly under-represented center of consciousness at the crown of the head. Sacred, every one of them!

Don't you think that, if the body is the temple of the soul, it follows that our entire physical structure is sacred? Shouldn't we be covered from head to toe with little red dots? And if so, why is it that we routinely quarantine people with measles -- the very people who have selflessly chosen to manifest disease just to remind us to honor our body's ultimate holiness?

### 6. PLAY WITH THE CHILDREN

The only sentient beings free from the collective mentality of spiritual seekers are the children. Children visiting "holy places," in fact, behave the same way the world over no matter what adjectives their elders use for the unspeakable name of **God**. When they're hungry, they eat. When they're tired, they sleep. They cry when they want to, laugh for no reason, consume ice cream without guilt, and rarely wonder why your picture of the **Master** is bigger, newer, or better framed.

### 7. FART AT YOUR OWN RISK.

If you fart, and there's no one around to hear it at the ashram, did it happen? And if it did happen, does that mean you've been disrespectful? Is the resident **Guru** able to hear you? And if he or she is meditating, out of the country, or dead, is their guru or their guru's guru able to hear you? And if so, so what? Will you be reborn as a gerbil? Does the **Guru** fart? And if it's OK for him or her to pass wind, why not you?

OK, so it's their place and you're a guest. But after all, aren't we all guests here? Even the **Guru**? Who do they answer to? And if it's not the same one you're answering to, what the hell are you doing getting up at five in the morning and sitting in the lotus position?

Maybe the real question isn't whether or not it's permissible to fart on holy ground, but how you fart. For instance, if you're farting out of a blatant disregard for the Master's teachings or the sincerity of his or her followers, you might want to reconsider where you're coming from. However, if your farting is just a random release of gas, relax! Give yourself the benefit of the doubt. You see, a typical visit to a spiritual center quickens one's ability to "let go" -- so what you call "farting" may, in fact, be a timely sign of your evolving spiritual condition.

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

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Dr Joe Dispenza

# A PRACTICAL GUIDE TO CHASING THE MYSTICAL

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When you do the pineal gland meditation to induce the mystical moment, sit up longer than you normally would. This is important because if you sit up past the point where your body wants to lie down, your body is going to surrender more deeply when you finally do lie down. It's in this state of relaxation and satisfaction when the door to the mystical opens. This is essential because if you want to operate in that realm between wakefulness and sleep, your body has to feel like it's asleep, while at the same time your mind has to be awake. As you pass through that little doorway, through that portal, it causes you to again enter another world. You become very conscious in your subconscious mind.

It's also important to add here that if you really want to have a great mystical experience, do your meditation somewhere other than your bed so you're not as likely to immediately fall asleep. When you do lie down, it helps if you put a pillow or a bolster under your knees so that you feel relaxed and comfortable, but it doesn't feel like you are in bed.

## SET AN ALARM TO WAKE UP AND RECORD YOUR DREAMS

Every now and then, set an alarm to wake up in the middle of the laying down portion of your meditation to write down your dreams in a journal—or at least the last thing you remembered from your dreams. If you can recall the dream, you are literally learning how to stay conscious in the subconscious realm. Once you do that, the next step is to review the dream. As you get good at it, the dream becomes animate again, and now you're back in the dream world consciously. When you're conscious in your dream, this is when lucid dreaming starts to occur.

## DO THE BREATHS

- Do the breath to pull the mind out of the body (pre-meditation breath)

The purpose of this pre-meditation breath is to pull the mind out of the body so as to draw the energy of the body's first three energy centers back up to the brain.

The application of this breath couples a slow, steady inhalation as you contract your intrinsic muscles at the same time. Meanwhile, follow your breath all the way to the pineal gland. When your awareness reaches your sixth center, hold your breath and further squeeze those intrinsic muscles again. As you push cerebral spinal fluid up against the crystals of the pineal gland, it activates latent systems that cause the pineal gland (the gland that's responsible for the transcendental experience) to become electrically stimulated. This electrical current causes the crystals in the pineal gland to begin to shimmer, and it's the vibration of the crystals that allows them to pick up frequencies beyond the senses. The pineal gland then transduces the frequencies into profound imageries. As we pull the mind out of the body and back into the brain, the brain can go into heightened brainwave states of gamma.

- Do the laying down breath to oxygenate the brain (post-meditation breath)

If you want to linger in the doorway to the subconscious longer, there's a breath we teach where you inhale deeply through your nose and push the air out of your mouth. The rapid, passionate repetition of this breath in cycles of 7 - 10 times (or however many times you like) oxygenates the brain, causing you to feel slightly lightheaded and euphoric. The purpose of this breath is to keep you a little longer in the alpha and theta brainwave state so you slowly descend the ladder of consciousness into delta brainwave states. This is when your body falls asleep but your mind stays awake.

If you are really interested—and committed—to having a mystical experience, it will most likely take you a couple of weeks to train yourself into the proper habits to have one. As you do this, it will also require you to change the beliefs you're tied to, such as you'll be too tired during the day and/or that you'll be in a bad mood as a result of not having what you previously considered to be enough sleep.

Once the door to the mystical opens to you, because you have been knocking on the door every morning, you will say what every person says when their moment comes: "That was so worth it." When the mystery of the unknown self is revealed to you, you will never be the same person again. Why? Because you will know too much. You will finally understand that the only way to get to the mystical is to leave behind everything known to you—so much so that you will want to get beyond your known self every day.

To be selfless then is to lose yourself to the unknown every day. Once you know the formula of how to get there, I can't think of a better way to experience life.

# HORIZONS MAGAZINE MISSION STATEMENT

*What I'm here to do with Horizons is share a belief and formula for happiness that I've found is true for me and for others I know. To 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

## 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, truly in the 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 you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss the 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.

**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.**



# ABRAHAM HICKS

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Esther Hicks

And so, instead of looking at all of the facts, and trying so hard, rather than putting any of your attention upon the physical evidence, if somebody quotes a statistical evidence to you, just laugh - it means nothing.

The statistic is worthless (all it is is the evidence of something that somebody else is doing, it has nothing to do with you) - and give all of your attention to your awareness of **Law of Attraction**, and all of your awareness to the way you feel, which is a pure indication of which side of the balance you are attracting from: either what is wanted or the lack of it. It is really as simple as that.

## Your Relationship With Food

Your body has the ability to effectively utilize what you're eating, unless you're angry about it or you're scared about it or unless you're guilty about it.

Your body has the ability to extract from your diet what it needs and wants.

When you don't make peace with the very thing you're eating, you make it harder for your chemical-factory to utilize it. That is the biggest thing that has gone wrong in your diet in your culture today.

You use to eat and like your food, now you've made all food your enemy. It is a really rare one of you, that can eat anything and not find something in it that makes you believe you shouldn't be eating it.

You've got this love-hate relationship going on with food. You want it, because the cells of your body are asking for it, and then you give it the food, and before you've even swallowed it, ***you set up a vibrational wall of resistance which makes it more difficult for your body to utilize the food.*** That's why different people can eat identical food, and get different re-

sults from it. If it was the food, you'd all get the same results from it.

It isn't what you EAT, it's how you FEEL when you eat it.

It's not what you SAY, it's how you FEEL when you say it.

It's not what you DO, it's how you FEEL when you do it.

It's how you FEEL that MATTERS."

## On Deliberate Creation

Nobody can put anything in your pie unless you observe what they're putting in their pie.

And when you observe what they're putting in their pie, now you're a vibrational match to what they're putting in their pie, and now you're putting it in your pie.

And now you're blaming them because you've got it in your pie! But you are the one who put it in your pie.

"No, I didn't," you say, "I didn't put it in my pie. They put it in my pie. They put it in their pie first, and then some of it got in my pie."

And we say none of it could have gotten in your pie if you hadn't had your nose in their pie. ***If you hadn't been paying attention to somebody else's pie, you wouldn't have their stuff in your pie.*** You only get in your pie what you are giving your attention to.

And you say, "Well, it's hard not to notice what other people are putting in their pie." And we say, we know it can be hard, but maybe you could start making your own pie and getting interested in that.

"Well, my pie isn't as interesting as their pie. Their pie's on CNN! Their pie is on the front page of the newspaper. Their pie is on my soap opera and on all the television programs. The stuff that they're putting in their pie seems to be everywhere. And because it's everywhere, it keeps getting in my pie."

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# ABRAHAM HICKS

*...continued from page 31...*

Esther Hicks

Only because you're giving attention to it. Nothing can get in your pie that you're not giving your attention to.

"Well, how can I not give my attention to the things that are everywhere?" And we say, **find something that feels good to you-and give your attention to that.** "Well, it's hard," you say. "It's hard to focus."

And we say, but that's what a creator does. A deliberate creator focuses. A deliberate creator decides what he wants in his pie, and puts it in his pie.

"Well, how do I know for sure what I want in my pie?"

Make some pies and eat them, and see how they taste. We call that post-manifestational pie-eating. We call that **waiting until it has manifested in order to figure out what the vibrational content of it was...** It works.

Or, you could pay attention to the way you feel while you're putting the stuff in your pie because if it feels good while you're putting it in there, it's going to taste good when it's done."

## The Power of Non-Resisted Thought

Are you enjoying your variance with your desire? That's the big question. Are you enjoying it when a desire is hatched, it's clear to you, but you don't believe it - do you enjoy that? Of course you don't. Do you like it when you chew on ground glass? (Fun) It's pretty much the same, isn't it? Are you able to avoid chewing on ground glass? Mostly. If somebody offers you a big old bowl of it, you say I'll pass. We know you are wise enough to know that when you get hold of a thought that is really in opposition to your own desire, that it's not a good idea for you to foster it, which means it's not a good idea for you to continue to focus on it and poke at it and thrash about in it.

And yet you do it all the time, because, as humans you are wanting to find a problem and find a solution to it; you want to find a need and fix it. You sort of want to fix things, and that orientation is not altogether

astray from the intentions that you held when you were born, or when you decided to come forth into this physical experience, because you certainly knew that there would be contrast, and you knew the value of it because you knew out of contrast you, as a **Leading Edge creator** (and that's who you are, that's why you're here), you knew you would be able to utilize the contrast to help you to focus into your clear intention or desires.

And in fact, you knew that the contrast was necessary, because without knowing what you don't want, you can't know what you do want, and the other way around, too. In other words, contrast is the basis of focusing, and focusing is the basis of creation.

It's just that most people focus sort of irresponsibly, they focus with no personal footing or guidance, they have lost their footing, they don't realize that they're focusing on what's loudest or on what's biggest, or sometimes on what's baddest rather than upon what is most desired.

So, we want to remind you of something that you intended with a lot of determination when you made the decision to come forth into this physical body - **it was your intention to focus amongst contrast in order to come to personal conclusions about your personal desire, because then you knew unequivocally the power of your thought, the power of your non-resisted thought, the incredible power of a non-resisted thought.** Oh, that's the thought that creates worlds, that non-resisted thought, that **Source Energy** thought where no resistance is in the mix.

But you also knew that you were not going to be able to, in your human body, always think unresisted thought, non-resisted thought. You knew that you would be thinking plenty of thoughts that were surrounded by resistance because you knew then that you were coming into an environment for the purpose of taking thought beyond what it has ever been before for the purpose of you in your individual awesomeness finding from your perspective what you most preferred, and you knew that you would be sifting it out of the contrast or the variety that exists in this **Leading Edge** time and space which allows you to focus.

So you knew that you would experience some contrast, but you also knew that when you did, you would be aware that you are doing it. And that's where we come in, to remind you of your own **Guidance System** that lets you know when you're about to chomp down on a little piece of glass in your food. In other words, you

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# ABRAHAM HICKS

*...continued from page 32...*

Esther Hicks

can, in a pre-manifestational way, have awareness of that. Or you can wait until your mouth is bleeding - that's post-manifestational awareness. In other words, you can see it coming, you can sense it coming. Or even better, not be one who is avoiding the ground glass, but one who is (and here it is) following the path of least resistance, and the path of least resistance will not lead you to chomp down on that ground glass.

The path of least resistance is the path that feels the best to you, but we have a sort of sales job that we have to do with you because you are human and you've been focused upon the contrast.

You've come in many ways to believe yourself as those who are supposed to suffer and struggle and sacrifice and bleed a little. **It's the Leading Edge, friend - it's not the bleeding edge, it's the Leading Edge.** (Fun) It's the **Leading Edge**. You've come into this **Leading Edge** environment intending to find new awarenesses for you - new things that you desire and new ways to find them.

So this **Guidance System** that you were born with is your **Emotional Guidance System**, and the reason that it works, the reason that it is and the reason that it works, is because you are **Source Energy** first and foremost in a physical body (that's important), and the **Source Energy** part of you is the non-resistant part of you. The **Source Energy** part of you - we call that your **Inner Being** - never ever, ever, ever, ever, ever, ever, from your perspective (in other words, your sensitivity to it) would focus in a way that has resistance in it.

That means when you are in complete harmony with your **Inner Being**, you are tuned-in, tapped-in, turned-on, you're in your own power, you're under the influence, you're in a state of **Pure Positive Emotion, Pure Positive Energy**, you are in your power.

You just don't stay there very long. And that's all right, too, as long as you know that that vibrational place is there for you and that you can find it.

So what does it feel like to you when you are tuned into that **Source Energy**? It feels like **interest**, or it feels like **enthusiasm**, it feels like **love**, it feels like **appreciation**, it feels like **lack of resistance**.

It doesn't feel like jealousy and it doesn't feel like guilt and it doesn't feel like blame and it doesn't feel like wanting to make trouble for someone. It doesn't feel like hatred, it feels like love. It doesn't feel like confusion, it feels like clarity. It doesn't feel like fear, it feels like autonomy and strength and invincibility. When you are in sync with your Source Energy, with your **Inner Being**, you feel wonderful in that moment.

We want to help you to come to a really personal and really clear awareness that in every moment that you are focused here in your physical body upon any subject, that you have **Source Energy** focused with you on the subject of your interest, on the subject that has your attention.

We are focused upon the subject that has your attention for so many reasons: First, you are the **Leading Edge** of thought and we like being out there on the **Leading Edge** with you. Next, if it is your interest, it is our interest because your **Leading Edge** thought leads us, too. So we are focused with you on whatever it is that you are focused upon. And you can feel the harmony or lack of it that you have accomplished in the moment of your attention on a subject; you can feel how in sync with us you are or not: The more in sync you are with the whole of You, the better you feel, and the more out of sync you are, the worse you feel.

But here's something that we really want you to know: We're not saying to you that you should never ever, ever have an out of sync thought with your **Inner Being**, and in fact, we are saying something very different to you - we're saying to you that you are on the **Leading Edge**, and you came here to have out of sync thoughts from your **Inner Being** because you're here discovering new things that you want.

And in the discovery of those new things, you don't have your balance. We do, so when you focus upon something that causes you to be agitated or fearful, that very fear or agitation, that very experience of negative emotion is your indicator that you're out on the **Leading Edge/bleeding edge/Leading Edge/bleeding edge**, and that you're focused in a way that the **Source** within you is not, which means you have a sort of **Guiding Light** vibration - you can find your way back. It's not that your **Inner Being** is not focused upon what you're focused upon, it's that your **Inner Being** is seeing it through the eyes of **Source**. Your **Inner Being** is seeing the value in it.



Mitch Ditkoff

## TEN COMMANDMENTS FOR VISITING AN ASHRAM OR SPIRITUAL RETREAT

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### 8. DO NOT THINK THAT YOU ARE HIGHER OR LOWER THAN ANYONE ELSE

One of the favorite pastimes of people visiting a spiritual retreat is comparing themselves to everyone else. "See the guy over there carrying firewood? He's a very old soul -- way older than me. Been on the path for years. And that dude laughing hysterically in the corner? That's **Shiva**. Oops, he can probably see through me, maybe I better walk around the other way."

Want to save yourself some time? Don't try to figure out how "on the path" anybody else is. It's impossible.

Stare into the eyes all you want, watch for tell-tale signs of liberation, but when it comes right down to it, the only conclusion you'll reach will be your own -- one that may have absolutely nothing to do with the anything but your own projections.

Face it, how accurate is your assessment going to be when 99 percent of humanity couldn't tell that the carpenter from **Galilee** had something special going for him?

Indeed, it's not at all unlikely that the beer-bellied, first-time visitor you met this morning at the ashram is, at this very moment, being treated like a spiritual mongoloid by everyone who meets him (repeatedly being asked if "this is your first time") when, in fact, the beer-bellied, first-time visitor is actually the reincarnation of **Buddha**.

**AD RATES ON PAGE 4**

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### 9. DO NOT THINK THAT YOU ARE GOING TO GET SOMETHING

Many people visit a a spiritual retreat because they want to get something. They want "clarity" or "contentment," "enlightenment" or "grace," "blessings" or "peace of mind." At the very least, they want their business to improve or their marriage to be saved.

Alas, they miss the point completely: If you try to get, you will lose, left only with the sinking feeling of having just bought \$300 worth of lottery tickets only to learn that some electrician from **Staten Island** just won the whole thing.

Look, it's really very simple. You don't go to a spiritual center (or a **Big Time Teacher**, for that matter) to **get**.

You go to **give**, to let go -- to relax your grip on the very thing that's been separating you from getting all these years: Your grasping. Your fear. Your well-rehearsed strategy to realize God.

### 10. DO NOT FEEL COMPELLED TO CHANGE YOUR NAME

OK, so your name is **Joey**. Ever since you were knee high to a jar of **Cheese Whiz**, everyone called you **Joey** -- as in, "**Hey, Joey, what's goin' down, bro?**" Yeah, you grew up in **Brooklyn**, cut school once a week, and dated a chick named **Angela** with very big boobs.

Great. So, here you are at the ashram and ba-bing, you run smack into a bunch of dudes with names like **Arjuna, Govinda, Namdev, Shanti, and Krishna**. "**Hey,**" you think to yourself, "*maybe they got something I don't.*"

Guess what? They do. They have spiritual names given to them by their **Guru** -- names that make their mothers somewhat close-lipped around the canasta table.

And while these names are clearly given with a purpose, the fact of the matter is -- they are irrelevant. Do you think the people in **India** who have spiritual experiences get their names changed to **Eddie, Gino, Stacey, or Shirley**?

Hey, what difference does it make? You are not your name -- even if your namesake was enlightened. It doesn't matter what they call you, when it's time to go, you're gone.

The only name worth knowing at that time is **God's** name -- and that, my friend, no matter how many mantras you've memorized, can never be pronounced.



Mokshapriya Shakti

## ESSENTIAL LIFE HACKS

...from page 19

Most importantly, we need to connect to **Mother Earth** with our thoughts of gratitude. Deep within the earth is the sacred **Mother** energy. Our earth has been dominated by the **Father** energy for a long time and we need to come to a balance.

As we move to the new **Aquarian Age** our help is necessary. The wars and destruction, which are primarily directed from the male energies we need to balance by bring the earth's mother energy to the surface. The memory seed atoms of the perfect planet are stored in the core of the earth; just as the memory seed atoms of our life are stored in the seat of our human core at the base of the spine.

The **ajna padma** (center of eyebrows) has two petals, matter and spirit. **Shiva and Shakti, yin and yang, right and left hemisphere** are other ways of expressing the two petals. They are one!

It is imperative that we balance these energies. Imbalance leads to disharmony not only within us but also within the earth. We have lived too long in imbalance and our earth has lived too long in imbalance. As we balance the earth, we will automatically balance ourselves.

### THE ACCORDION BREATH EXERCISE

The wonderful **accordion breath** is one way to connect to **Mother Earth**. As you breathe in, feel the energy traveling down from your higher self in a stream of light going through your crown chakra (**sahasrar padma**) going down your column of light to the heart center (**anahat padma**) at the same time feel the energy of **Mother Earth** entering your root chakra (**mooladhar padma**) and rising up your column of light to the heart center.

As you breathe out, feel the energies going from your heart chakra mixed with love, gratitude and devotion traveling back the same way they came. You have now integrated **Father Sky** and **Mother Earth** in that moment.

Do this breath a few times. Then do a few of the same breath but, as you exhale, send it out from both the front and the back portal of your heart to all sentient beings on earth.

Also you can do this beautiful meditation to ask **Mother Earth** to bring her **Divine Energy** to the surface.

Take a couple of deep breaths. Breathe in, breathe out, breathe in, breathe out. Breathe in, breathe out. Feel yourself moving into the center of the core of your sacred heart. Now envision however you perceive the spirit of light coming down from your higher self, moving slowly to soul star and down into the **pineal** and **pituitary** and then it moves down through the **medulla oblongata**, down the rod of power into the back portal of **Sacred Heart**. Now envision within your **Sacred Heart** your magnificent, and beautiful diamond core **God** cell. It is unique, there is a form, a geometric pattern that contains Divine Will, Divine Love and Divine Wisdom. See the brilliant colors of that diamond core god cell pulsating and getting brighter.

Now envision your descent down through your rod of power into **Mother Earth**. You are moving down, down to various levels and like going down an elevator you are protected, and you will not feel any of the negativity energies that are outside of this column of light. You go down and down into the core. Envision this magnificent beautiful core earth, the pulsating beautiful heartbeat that enlivens, activates and keeps the beautiful earth breathing. It is your time with the **Divine Mother** of the core of the earth.

Your diamond core **God** cell will be imprinted and infused with the pure **God** particles (**Adamantine particles**), from that pure love light of the mother, but also some of the divine blueprint for the earth and all sentient beings of the coming age. And now gradually see yourself coming up, up to the earth, until you arrive at your root chakra. Through your rod of power move into your sacred heart. This is the basis of unity consciousness that you may send out of your heart center: **Father Sky** and **Mother Earth**.

*"We need to wake up and fall in love with the Earth. Our personal and collective happiness and survival depends on it." – Thich Nhat Hanh*



# SETH SPEAKS

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

## SETH ON THE NATURE OF CANCER

**Many cancer patients have 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. 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.

**A PUFF FOR A FRIEND?**  
 Saying a prayer and holding a vision for a friend is like each time you think of them, a puff of air goes into a heal-ium balloon. The more breaths into the balloon, the higher the balloon rises, the higher we can lift our friend. Every thought of "bless him," every thought of our friend adds another puff to help them rise above their current situation.



**GIVE A FRIEND A PUFF?**

andrea de michaelis

# HERB CORNER

...continued from page 11...

They may contain detergents that lead to mouth ulcers and canker sores. Colorants, flavorings, thickeners, sweeteners and preservatives may be present.

So why would you want to use commercial toothpastes when you only need a few common ingredients to make your own?

## RECIPE:

**The simplest recipe is to mix baking soda with peroxide. These ingredients have mild abrasive factors to help remove plaque and cleansing agents to help whiten teeth.**

### For sensitive teeth you can mix

- ¼ cup Kaolin Clay
- ¼ cup pure vegetable glycerin
- ½ teaspoon Myrrh powder and
- 4 drops each of the essential oils of Orange and Clove.

You can also blend **Kaolin Clay, Sea salt, Baking Soda, Goldenseal, Myrrh** and the essential oils of **Wintergreen** and **Clove**.

In these blends, **Goldenseal** and the **Myrrh** provide strength to the gums; they are antiseptic, antifungal and antibacterial helping prevent periodontal diseases like pyorrhea, gingivitis, bleeding gums, inflammations and sores of the mouth and tongue.

**Kaolin** acts as a gentle polishing agent helping remove plaque; plus it contains minerals helping to strengthen the enamel preventing tooth decay.

The essential oils are antiseptic, antibacterial, analgesic and anti-inflammatory these help to ease tooth and gum pain, strengthen the teeth, prevent tooth decay and freshen the breath.

Natural toothpaste is not hard to make; you may even have some ingredients in your cupboard.

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# HOROSCOPES JANUARY 2024



## ARIES – (MARCH 19 – APRIL 18)

### ARIES: MOOD FOR JANUARY 2024

Nothing will slow you down in your race for success, and you'll be focused on your work all month long. Count on your ability to shake things up to surprise and seduce your contacts, and end the month on a high.

#### Love

### ARIES: LOVE FOR JANUARY 2024

If Venus increases your ambitions in love, you're more inclined to concentrate on your business and professional life than on your love affairs. January is not devoid of sentimental gratifications, but more focused on expanding your career plan.

**As a couple:** warn your partner that, even if you're not indifferent to his or her charm, you have too much to do at work to have time to fully abandon yourself to the vertigo of love.

**Single:** you're not necessarily the most likely to win someone over. Not that you're lacking in assets, but you're too often held up at work and not present on all fronts.

#### Money

### ARIES: MONEY FOR JANUARY 2024

If you need money to finance your projects, we're ready to consider your requests and grant your wishes.

#### Work

### ARIES: WORK FOR JANUARY 2024

When you're on the move, you'll showcase your talents and merits, your originality and your daring ideas that are sure to please. Rely on your conquering energy and convincing verve to make a lasting impression.

#### Leisure

### ARIES: LEISURE FOR JANUARY 2024

Energy to spare, the desire to overturn certain barriers, a taste for risk. Opt for creative and sporting activities

that are out of the ordinary, and have a good time letting off any excess fuel.

#### Advice

### ARIES: ADVICE FOR JANUARY 2024

-The 1st : certain memories and regrets pollute your desire to find the rare pearl, to develop the relationship and to flirt with an ideal. Don't let these bad vibes spoil the mood.

-10th: Your creativity, originality and proposals are seductive. Rely on your mobilization and combative energy to solve recurring problems that are blocking your way.

-On the 12th: your actions pay off, and you get the recognition you deserve thanks to your efforts, your commitments and, above all, your obvious talents.

-The 19th: you negotiate to your advantage, and certain doors open. But don't get your hopes up. Whether in terms of your ambitions or your love life, you may suffer a few minor disappointments.

-The 29th: your popularity and love rating will end the month on a high. Your charm works, your talents seduce and your out-of-the-ordinary creativity completes this charming picture.

## TAURUS – (APRIL 19 – MAY 19)

### TAURUS: MOOD FOR JANUARY 2024

If in the past you've seemed overcautious, a renewed energy helps you to impose your rules and act as you please. This new self-confidence allows you to redefine your place at home and in society.



## Love

### TAURUS: LOVE FOR JANUARY 2024

You have too much to do to change behaviors that alienate you, to flirt, to reassure your partner or to think about anyone but yourself. It's time to assert your independence.

**As a couple:** no matter how attached you are to your loved ones, there's only one thing on your mind: to be given more freedom of movement. For a sign usually eager for security, this means the possibility of a major upheaval.

**Single:** you feel that this is the time for you to explore areas of freedom and autonomy that you've been missing. You want to spread your wings

## Money

### TAURUS: MONEY FOR JAN 2024

Before thinking about earning more or securing your assets, you're looking for space, for a change in the way things work. If the housekeeping follows, so much the better. There's no question of sacrificing your independence.

## Work

### TAURUS: WORK FOR JANUARY 2024

You can now take flight, explore new territories, escape from a restrictive system. It's time to dare to break with habit, to try something new and take charge of your life.

## Leisure

### TAURUS: LEISURE FOR JAN 2024

Rather cautious, not very adventurous, you discover new resources, new appetites and you push your limits, without putting yourself in danger.

## Key dates

### TAURUS: KEY DATES FOR JAN 2024

The 1st : a powerful desire to evolve, to realize a project, comes up against a wall, and you have to deal with a feeling of frustration. Hang in there and wait for it to pass.

The 10th: your horizons broaden, your points of reference change and a new cycle begins. You gain greater autonomy and are no longer dependent on ties that weigh you down. You redouble your energy to build on solid ground.

The 12th: your determination to achieve your goals and the possibility of launching a new cycle of expansion in full possession of your means. Nothing will stop you. Nothing will.

The 19th: your horizons broaden and you push back your limits towards success. But beware of a tendency to muddy the waters.

The 29th: your energy is put to work in the service of a new vision of your destiny. Nothing will stop you when it comes

## Advice

### TAURUS: ADVICE FOR JAN 2024

You want to free yourself from the guardianship that has kept you from yourself. It's up to you to dare to take the next step and open a new page in your personal history.

## GEMINI – (MAY 20 – JUNE 19)

### GEMINI: MOOD FOR JANUARY 2024

Determined to use your sense of strategy and your discreet but effective strike force, you have no time to dabble with love. Make the most of these assets to evolve while remaining open to others.

## Love

### GEMINI: LOVE FOR JANUARY 2024

Venus favors exchanges and encounters and invites you to take a step towards the other, but you hardly have time to coo, you're acting to free yourself from the weight of a past that's holding you back.

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**As a couple:** you're attentive to your partner, but you're also busy with some internal housework that's visible on the outside.

**Single:** you'll need to be a good listener to win people over. Even if you're busy with inner work. The time to move on seems near.

## Money

### GEMINI: MONEY FOR JAN 2024

If you need funds to finalize the preparation of a new cycle, you deploy your talents and powers to influence your banker and he is tempted to respond positively to your solicitations.

## Work

### GEMINI: WORK FOR JANUARY 2024

You use your experience to make events evolve to your advantage, and astutely direct operations. You are particularly effective, and your well-targeted initiatives achieve their goals.

## Leisure

### GEMINI: LEISURE FOR JAN 2024

There's no time for fun, but if you do manage to get away from it all for a while, opt for playful activities that appeal to your racing mind.

## Key dates

### GEMINI: KEY DATES FOR JAN 2024

The 1st : if you keep listening to others, if the current doesn't necessarily flow, especially at work, in society where people expect you to prove yourself and assume your responsibilities.

The 10th: barriers begin to fall. You mobilize to convince your hierarchy that you are up to the task assigned to you.

On the 12th: you're deploying a great deal of firepower and a sense of strategy that's paying off and earning you a few successes that you're quietly savoring for the time being.

19th: Negotiations are moving in the right direction, and your arguments are bearing fruit. But don't fool

people by presenting objectives that many find unattainable. You risk being distrusted.

The 29th: You express your sensuality in the privacy of your bedroom. Rely on your energy to unblock difficult situations.

## Advice

### GEMINI: ADVICE FOR JAN 2024

You'll want to put your sense of strategy to good use, clearing the way for a new start next summer. It's up to you to play your cards right.

## CANCER – (JUNE 20 – JULY 21)

### CANCER: MOOD FOR JANUARY 2024

Enthusiastic and endowed with contagious energy. You know just what to say to make people want to follow you, to embark in your friendly and stimulating company on an adventure that promises to evolve. All the more so as you're always ready to listen and open to dialogue.

## Love

### CANCER: LOVE FOR JANUARY 2024

You want to make peace at home, but you also want to involve others in your bold plans. You have the eloquence and the power to make an impact.

**As a couple:** you want to convince your partner to follow you into projects that he or she will find surprising. You'll find the right words to take them off the beaten track.

**Single:** you won't give up on a project that's close to your heart. But you're not short of arguments when it comes to getting someone you like on board.

## Money

### CANCER: MONEY FOR JAN 2024

If you need funds to get your projects off the ground, you'll find the right words to arouse the curiosity and envy of those who hold the reins and the cash.



# HOROSCOPES JANUARY 2024



## Work

### CANCER: WORK FOR JAN 2024

As the year gets off to a flying start, you won't hesitate to persuade your contacts to agree to your proposals, which some may find unusual but seductive. Your charm does the rest.

## Leisure

### CANCER: LEISURE FOR JAN 2024

Active, even dynamic, you rely on your ability to convince to organize activities that strengthen team spirit. There's no question of you going it alone this month.

## Key dates

### CANCER: KEY DATES FOR JAN 2024

-The 1st : despite laudable intentions to serve the community, your initiatives are not well received, and you may feel resentful. Don't get too personally involved.

-The 10th: You enthusiastically share a daring project, and have no trouble convincing people that it's worthwhile and that they can trust you for the rest.

-The 12th: you use your power of conviction to bring people together around a vision. Your energy and mobilization will win you over.

-The 19th: Your brilliant verve is seductive, and people are ready to follow you, but don't sow mistrust by playing the savior of humanity. The sauce may not take.

-The 29th: By listening to others, you can look forward to meeting new people and strengthening ties with a charming partner. This doesn't stop you from surprising everyone with your bold vision of the future.

## Advice

### CANCER: ADVICE FOR JAN 2024

January serves your interests and particularly a vision of the future that motivates you and strengthens your ability to convince everyone to follow you, and you don't let go.

## LEO – (JULY 22 – AUGUST 21)

### LEO: MOOD FOR JANUARY 2024

There's no question of stagnating, but rather of taking action to move towards greater autonomy and room for manoeuvre. You're not afraid of anything, and you'll see your battle through, even if it means losing security.

## Love

### LEO: LOVE FOR JANUARY 2024

Venus reinforces your charisma and your desire to love, but you also want to evolve professionally, and even more broadly in terms of your destiny. You're breaking away from an environment and behaviours that have shackled you for a long time.

**As a couple:** you're freeing yourself from the constraints that were hindering the expression of your personal will, you have little time to devote to each other and your priority is to get on with your life.

**Single:** Venus exalts your radiance, but you're more likely to be working to free yourself from constraints that were holding you back.

## Money

### LEO: MONEY FOR JANUARY 2024

You need the energy to dare more than the money to secure your foundations. Your priority is not to amass money, but to break the moorings.

## Work

### LEO: WORK FOR JANUARY 2024

You need to renew yourself socially, to open doors, to free yourself from habits that end up alienating you. Count on your determination to achieve your goals to gain freedom and change your register, your work, even your life.

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## Leisure

### LEO: LEISURE FOR JANUARY 2024

You're showing great energy, which you'll use to change your methods, objectives and goals. If you have any fuel left, distract yourself by changing your habits too.

## Key dates

### LEO: KEY DATES FOR JANUARY 2024

-On the 1st : some disappointments and frustrations are to be expected in your desire to fully enjoy the present moment and assert your ego. You have to deal with limitations that force you to reduce your expectations.

-On the 10th: you're determined to evolve, to change course, to change your life. Rely on your hard work to achieve your goals, without forgetting to serve the common good.

-On the 12th: there's no stopping you, as you make the most of your assets to grow in power, even in rank.

-The 19th: your negotiating skills and efficiency help you to make a lasting impression. If you're aiming for a raise, a promotion or an improvement in your situation, this is the time to act and demand. But avoid overestimating your powers.

-The 29th: Your willingness to cooperate and collaborate bears fruit and earns you well-deserved recognition. Some don't hesitate to go for it, even if it means breaking with tradition.

## Advice

### LEO: ADVICE FOR JANUARY 2024

It's an active, dynamic and invigorating month, during which you'll work hard to move on, renew your life in depth and turn over a new leaf.

## VIRGO – (AUG 22 – SEPT 21)

### VIRGO: MOOD FOR JANUARY 2024

Inventive, tuned in to high frequencies, you have the resources to forge ahead and go the distance. You're looking to escape a routine that's suffocating you, and you're finding opportunities to launch yourself into promising new adventures.

## Love

### VIRGO: LOVE FOR JANUARY 2024

You want to spice up your emotional life and go beyond conventional patterns. Count on the astral conjuncture of January to break with an old-fashioned way of doing things. You're inspired, inventive and seductive.

**As a couple:** there's no question of purring, but rather of putting a little fantasy into the air and renewing your love codes. The other person is ready and delighted to follow your lead.

**Single:** the possibility of a meeting that is out of the ordinary and that corresponds to what you're hoping for to escape the conventional. Rely on your little touch of madness and your charm to seduce.

## Money

### VIRGO: MONEY FOR JANUARY 2024

You're more interested in surpassing yourself and navigating in other spheres than in increasing your income. But one doesn't preclude the other, and if someone decides to give you a raise, you won't say no.

## Work

### VIRGO: WORK FOR JANUARY 2024

You're full of bold ideas and creativity, pushing back your usual limits to explore another field of possibilities. You dream of large indoor or outdoor spaces, of innovation, even if it means changing work, country or even life.

## Leisure

### VIRGO: LEISURE FOR JAN 2024

Anything that gets you out of your rut makes you dream, any activity that broadens your horizons appeals to you. Whether it's climbing Everest or remaking the world.

## Key dates

### VIRGO: KEY DATES FOR JAN 2024

-On the 1st : despite your desire to harmonize your family relationships, you may come up against coldness on the part of others who are very demanding. Remain constant in your initiatives to convince others.

# HOROSCOPES JANUARY 2024



-The 10th: you're looking to spice up an existing relationship or to live a story that breaks with your previous choices. You don't want to be bored, and you'll redouble your efforts to overcome the other person's reticence.

-The 12th: You're defending great ambitions and asserting them thanks to your audacity. It's hard to see who could hold you back.

-The 19th: your glibness and unstoppable arguments will break down barriers. But beware of clumsiness in the family, which may blur the lines of communication between you and your family.

-The 29th: Your charm leaves no one indifferent. Whether in society, at work or in love, you have everything it takes to melt anyone's heart. So don't hesitate.

## Advice

### VIRGO: ADVICE FOR JANUARY 2024

A lively, invigorating month awaits you, as you gain access to possibilities that exhilarate you. Whether in love or elsewhere, the new and the unknown are sure to seduce you.

## LIBRA – (SEPT 22 – OCT 21)

### LIBRA: MOOD FOR JANUARY 2024

Combative and determined to evolve, even if it means shaking things up, surprising people and giving them the feeling that they can count on you to spice up life and get away from the usual points of reference. Your energy and state of mind help to renew your emotional and social ties.

## Love

### LIBRA: LOVE FOR JANUARY 2024

You maintain unusual links, develop powerful arguments and a sense of humor that leaves no one indifferent, and strengthen a long-term relationship by surprising the other person and changing behavior. It's all about innovating and giving the other person more freedom of movement.

**As a couple:** you give yourself the means to surprise your partner, who is currently looking for more autonomy. Don't try to hold him back by imprisoning him, offer him something else.

**Single:** you'll make the person you like want to walk the same path with you by assuring them that you're looking for an open union. Avoid playing the fusion card.

## Work

### LIBRA: WORK FOR JANUARY 2024

You attract the attention of your colleagues, superiors and various interlocutors, defending a different version of participation with conviction and assurance. Use your powerful arguments to make others want you on their team.

## Leisure

### LIBRA: LEISURE FOR JANUARY 2024

If you're asked to try something new, to take part in an experimental group, you're up for it. Whether it's innovating creatively or surpassing yourself athletically, if you're asked to collaborate, you're up for it!

## Key dates

### LIBRA: KEY DATES FOR JAN 2024

-The 1st : despite your desire to smooth things over and get your message across gently, you come up against the reality of a frustrating day-to-day life that offers you few opportunities for self-fulfilment.

-The 10th: unexpected events will help you evolve in your family life, where you feel the need for a change of scenery and a new exchange of ideas. Rely on firm communication to move the situation forward.

-On the 12th: your determination to improve the atmosphere at home is bearing fruit, allowing you to blossom more fully within the family.

-The 19th: You and your family are on good terms. Your flourishing financial situation allows you to improve the ordinary and please everyone. But don't send confusing messages.

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# HOROSCOPES JANUARY 2024



-The 29th: Your private life is very gratifying. Your desire to harmonize exchanges and put them on a new footing comes to fruition thanks to your desire to do things right, and your willingness to break with sclerotic habits.

## Advice

### LIBRA: ADVICE FOR JANUARY 2024

You aspire to experience links and exchanges that strengthen your mind, connect you to something else, invite you to collaborate, associate, unite using other codes to take your mind off things.

### SCORPIO – (OCT 22 – NOV 20)

#### SCORPIO: MOOD FOR JAN 2024

You don't want to follow the herd. You're brimming with daring ideas that everyone can get behind. Rely on your imagination to amaze and seduce, to make others want to team up with you.

## Love

### SCORPIO: LOVE FOR JAN 2024

You respect your partner's autonomy to positively renew an ongoing affair or start a new one, with the assurance of not being invaded by the chosen one or invading his or her space. Everything you need for a carefree first month of the year.

**As a couple:** you're on good terms with your partner, who appreciates your freedom of movement. This is the best strategy to spice up your relationship and give it new life.

**Single:** there's no question of locking yourself into a relationship that's too fusional and the other person has the same desire as you. Take the opportunity to start a relationship without excessive constraints.

## Money

### SCORPIO: MONEY FOR JAN 2024

You want to escape routine and offer something different. Whether in love or in business, you're eager to open new doors. You just have to hope that your stewardship will follow.

## Work

### SCORPIO: WORK FOR JAN 2024

You're never short of ideas to surprise your partners and contacts, who love your unusual proposals. Take advantage of your hectic mind to make original associations and escape from routine. Your joint initiatives revitalize everyone's world.

## Leisure

### SCORPIO: LEISURE FOR JAN 2024

You love to socialize with those around you, as long as they welcome your crazy ideas or make you tempting proposals for a break from routine or a change of scenery.

## Key dates

### SCORPIO: KEY DATES JAN 2024

-The 1st : thwarted desires, unfulfilled appetites. If you ask for too much, you risk ending the day hungry. Channel your demands to escape frustration.

-On the 10th: you and your partner are very close and appreciate the fact that you leave them free to make their own choices. Only then will they agree to follow you. Use your powers of conviction to reassure them and overcome any reservations they may have.

-On the 12th: no one can resist your forceful arguments, and you have no difficulty persuading a partner or associate to join you in an adventure.

-The 19th: rely on your humor and eloquence to bring people together. You'll sign an advantageous contract or make an emotional commitment. But be realistic.

-On the 29th: you're in a delightful mood, communicating on the same frequency with those around you who are under your spell. Some of you will take advantage of this to engage in stimulating exchanges.

## Advice

### SCORPIO: ADVICE FOR JAN 2024

January helps you to renew your behaviors, dust off your relationships and install a different way of relating to the world. Work to bring a little fantasy into your life.



## **SAGITTARIUS (NOV 21– DEC 20)** **SAGITTARIUS: MOOD FOR JAN 2024**

Courageous and determined to get your way, you assert your ambitions. Your combative energy is used to free yourself from pressures you no longer want. Showcase your talents and resources to make people realize your worth and the value of responding to your requests.

### **Love**

#### **SAGITTARIUS: LOVE FOR JAN 2024**

You can count on your personal radiance to attract attention, even if you have only one goal: to think outside the box. You aspire to give yourself the means to manage your daily life as you see fit.

**As a couple:** you're totally devoted to a cause that mobilizes you. If your charm works, it's more a quest for autonomy than the vertigo of love that occupies you this month.

**Single:** although you're not lacking in charm or seduction, you don't have much time to devote to your love life, as you're too busy organizing your schedule to suit you.

### **Money**

#### **SAGITTARIUS: MONEY JAN 2024**

You're more interested in the freedom to be and to act than in money, but if you need to finance your daring projects, you defend them with determination.

### **Work**

#### **SAGITTARIUS: WORK FOR JAN 2024**

It's in the field of your daily occupations that you seek to free yourself from hindrances that slow down or even block the expression of your potential. You use your energy to redefine your space and your place within the group.

### **Leisure**

#### **SAGITTARIUS: LEISURE JAN 2024**

Anything out of the ordinary attracts you. You take risks, you try something new that reflects your current desire to break away.

### **Key dates**

#### **SAGITTARIUS: KEY DATES JAN 2024**

-The 1st : you have the power of seduction, but it doesn't work much in private, on those who expect you to reassure them.

-On the 10th: you'll seize the slightest opportunity to stand out from the crowd. You'll be offered unexpected opportunities to stand out from the crowd, to change your work, your world or your methods, with the result that you'll have more room to maneuver.

-The 12th: your determination to progress is rewarded. Don't skimp on the energy you put into making an impression and getting a promotion or a raise.

-The 19th: don't try to influence your nearest and dearest by playing on your charm. The method won't work. But if you're in the middle of a financial negotiation, it's a card you can play.

-The 29th: your initiatives are rewarded, your audacity pays off, the lights are going green. This is the time to go for it, to amaze, to evolve and, for some, to obtain the reward for their merits.

### **Advice**

#### **SAGITTARIUS: ADVICE JAN 2024**

January is invigorating and dynamic, encouraging you to act, assert yourself and free yourself. This vibration encourages you to free yourself from all constraints that undermine your physical and mental well-being.

## **CAPRICORN (DEC 21 – JAN 19)** **CAPRICORN: MOOD FOR JAN 2024**

It's impossible to curb your desire to shine, in love or in business. We don't expect lukewarm or rule-abiding demonstrations from you, but daring deviations that please. You express your difference without taboos or reservations.

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# HOROSCOPES JANUARY 2024



## Love

### CAPRICORN: LOVE FOR JAN 2024

You have an irresistible urge to spice up your love affairs, to live a unique story, to take the one you love into a different universe or to revisit the relationship in a more whimsical way. Count on your charm to convince the other person to follow you.

**As a couple:** you invite the other person to reconsider behavior that is too conventional. You work hard to take your partner off the beaten track.

**Single:** you decide to put an end to an overly conventional version of the relationship and contact whoever you like in a more original way. You aspire to surprising love affairs that don't commit you too much, too quickly.

## Money

### CAPRICORN: MONEY JAN 2024

To make people want to fund your crazy ideas, start by convincing those who hold the funds that you're ahead of everyone else. It's a powerful argument.

## Work

### CAPRICORN: WORK FOR JAN 2024

You're a game-changer, breaking with tradition, even if it means astonishing those around you who are seduced by your audacity, determination and inventiveness. Don't hesitate to break new ground, to explore areas where people want to follow you.

## Leisure

### CAPRICORN: LEISURE JAN 2024

Anything out of the ordinary appeals to you, whether it's exploring new talents or embarking on an activity that tests your limits.

## Key dates

### CAPRICORN: KEY DATES JAN 2024

-The 1st : an emotional dispute is hampering your spontaneity and chilling your exchanges with those close to you. Take advantage of this time to review your approach to others and make it more flexible.

-The 10th: in love, with your children or creatively, you want to free yourself from codes that have had their day. Make the most of your strength to rekindle constructive debates.

-The 12th: You're a conqueror, and your charisma is likely to win you back, or lead to promising encounters. This is the time to express your feelings and talents.

-The 19th: an undeniable charm and magnetism enchant those around you, and you get what you want from others.

-The 29th: Charismatic and irresistible, you're not lying about your feelings, but rather declaring yourself and taking the plunge. Nothing and no one will stop you.

## Advice

### CAPRICORN: ADVICE FOR JAN 2024

January invites you to challenge yourself, and even to provoke others into a state of mind that attracts attention, a bonanza to be exploited with relish.

## AQUARIUS – (JAN 20 – FEB 17)

### AQUARIUS: MOOD FOR JAN 2024

You deploy your energies in the shadows, you want to free yourself from codes and systems that hold you back. Particularly in the family, where you're dreaming of imposing the new rules you're starting to put across.

## Love

### AQUARIUS: LOVE FOR JAN 2024

You're working out strategies to help your family evolve on a private level. If you would like to escape certain family-related behaviours, or even take to the open sea, you can count on the energies of this month to encourage your manoeuvres, which for the moment are being carried out in the shadows.

**As a couple:** you're developing plans to change what needs to be changed in your family and finally find your true place in it, allowing you to be fully yourself.

**Single:** you're working behind the scenes to get your people to admit that it's time to let you breathe

## Money

### AQUARIUS: MONEY FOR JAN 2024

You need funds to set up somewhere else, to redistribute family roles more equitably. Rely on your sense of strategy rather than force to obtain them.

## Work

### AQUARIUS: WORK FOR JAN 2024

You're mobilized by a family situation that needs to be reviewed and corrected, and you don't have much time to get involved in other areas. Take care of the house-keeping, do what's necessary to keep things running smoothly at work, while keeping your hands free to devote yourself to your personal projects.

## Leisure

### AQUARIUS: LEISURE FOR JAN 2024

January invites you to act discreetly but effectively. To manage a sensitive transition in full possession of your resources, give yourself a break from time to time.

## Key dates

### AQUARIUS: KEY DATES JAN 2024

-On 1st : beware of financial commitments you're not sure you'll be able to keep, as Saturn asks you to substantially reduce your room for manoeuvre.

-On the 10th: you're longing to develop as a family, to change where you live or to enjoy more space for personal fulfillment. A need for fresh air that others must accept. You'll be working behind the scenes to unblock a financial plan that's meeting with resistance.

-On the 12th: you move forward with a view to improving living conditions with your family. Your initiatives pay off and enable you to realize a project.

-The 19th: Negotiations are being conducted discreetly but effectively. Don't try to confuse those close to you in order to obtain funds or their support.

-The 29th: Well-channelled emotions and good intentions serve your cause. You will rally the support of those close to you around a project that concerns everyone and makes everyone happy.



## Advice

### AQUARIUS: ADVICE FOR JAN 2024

It's a month in which you'll be on a tight schedule, even if you're working discreetly to achieve your goals. To make progress between now and the end of January, put yourself under pressure, but not too much.

## PISCES – (FEB 18 – MARCH 18)

### PISCES: MOOD FOR JANUARY 2024

You're ready to take the plunge, to overturn obstacles, and you'll benefit from the active support of those around you, spending the month well surrounded and appreciated by all. Rely on your sense of humor to win over everyone.

## Love

### PISCES: LOVE FOR JANUARY 2024

Your projects and your bold vision of the future seduce those around you. Your originality, your unusual ideas and your strength of conviction will win everyone over.

**As a couple:** you have plenty of arguments to draw your partner into your world. Use your sense of humor to seduce them and make them want to follow you.

**Single:** your energy and power of conviction are enough to convince your loved ones, friends and faithful ones that your prospects are worth supporting. You can't curb your thirst for something else, elsewhere or otherwise.

## Money

### PISCES: MONEY FOR JANUARY 2024

If you need funds to finance your projects, you can count on the support of friends and family who appreciate your original ideas and boldness. Don't hesitate to ask for help.

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# HOROSCOPES JANUARY 2024



## Work

### PISCES: WORK FOR JANUARY 2024

You assert your ambitions and persuade your colleagues and superiors to join you in this adventure. Your forceful arguments and the energy you deploy to move the situation forward will leave a lasting impression.

## Leisure

### PISCES: LEISURE FOR JANUARY 2024

You have no shortage of friends and loved ones who seek your company. You keep everyone amused by reinventing the world, multiplying your sense of humor and offering opportunities to escape routine.

## Key dates

### PISCES: KEY DATES FOR JANUARY 2024

-The 1st : Your charm offensives aren't working, so don't waste your time trying to seduce. Instead, reassure your interlocutors.

-The 10th: Your original ideas are likely to seduce. Rely on your sense of humor to win support and your determination to build.

-The 12th: count on an influential entourage to consolidate your progress and obtain the support you've been waiting for. Impressive energy will help you put your plans into action.

-The 19th: a sharp sense of negotiation will enable you to obtain the support of personalities likely to facilitate your progress. But some people will have to avoid using their charm to get their way.

-The 29th: a benevolent environment is conducive to the realization of your projects. You will continue to deploy considerable energy to evolve to your advantage.

## Advice

### PISCES: ADVICE FOR JANUARY 2024

An entertaining month for you and for those around you, on whom you make a strong impression. Take advantage of your growing popularity to involve others in your projects and speed up their realization.





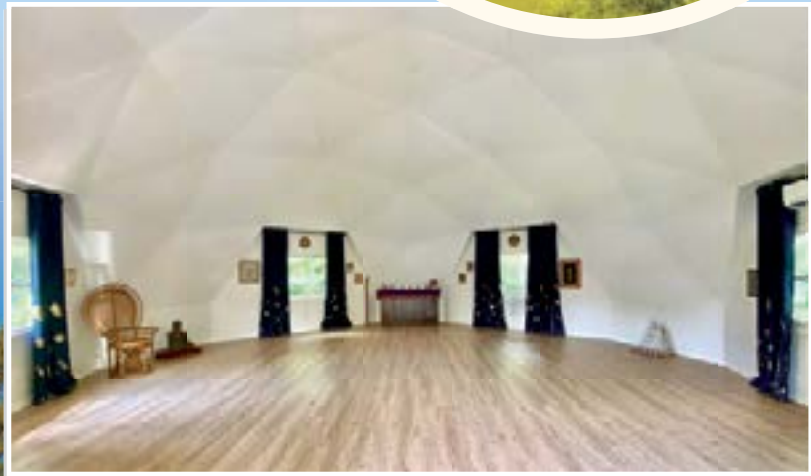


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