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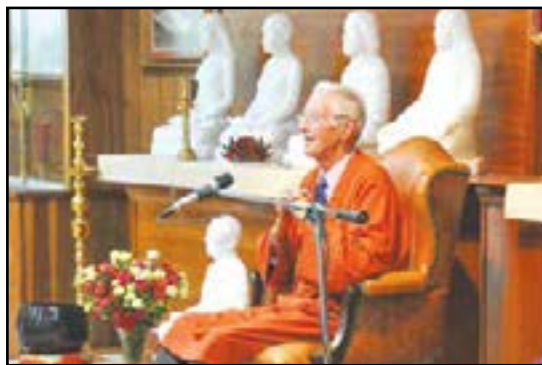
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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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



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

**The greatest  
optical illusion  
is separation**

# HORIZONS

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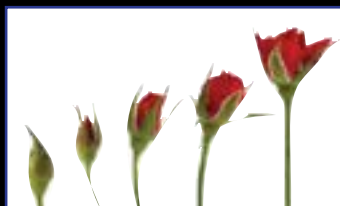
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<b>Our Advertising Rates • Low because we're in it for the outcome, not the income .....</b>	<b>4</b>
12 Steps of Spiritual Freedom by Rev. Tom Sannar .....	4
<b>This Month's Thoughts About Things with Andrea de Michaelis .....</b>	<b>6</b>
The Teachings of Abraham-Hicks .....	7
<b>Re-Writing the Rules of Virtual Reality by Dr. Joe Dispenza .....</b>	<b>8</b>
Tipping Sacred Cows by Betsy Chasse .....	9
<b>Herb Corner with Cecelia Aitable .....</b>	<b>10</b>
How to Recognize Magical Beings with Jim Egan .....	11
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>12</b>
Seth through Jane Roberts .....	13
<b>Ask Michelle Whitedove, Celebrity Psychic .....</b>	<b>14</b>
Essentials For Life with Mokshapriya Shakti .....	15
<b>This is the Perfect Moment with Mitch Dittkoff .....</b>	<b>16</b>
Frank Demarco: My Sessions With TGU (The Guys Upstairs) .....	17
<b>Notes From The Universe with Mike Dooley .....</b>	<b>18</b>
Spiritual Graffiti with Jeff Brown .....	18
<b>Crystals, Rocks, Minerals Daily Use &amp; Practice with Sharron Britton .....</b>	<b>19</b>
Solar and Lunar Celebrations of the Ancestors with Debra Strasser .....	20
<b>Gardening The Medicine Way with Debra Strasser .....</b>	<b>21</b>
How Covid Exposed New Age Narcissism with Apollo Love .....	22
<b>Our Phone Directory .....</b>	<b>25</b>
Monthly Horoscopes .....	36
<b>Our Mission Statement .....</b>	<b>48</b>

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

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



**Horizons thanks  
everyone willing  
to take the risk**

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

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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."*

Andrea de Michaelis  
Publisher

### HELLO AND WELCOME TO THE OCTOBER 2021 ISSUE OF HORIZONS MAGAZINE.

I've been excited about several new columns in the mag. **Frank DeMarco** is letting me print his sessions with "TGU -- the guys upstairs," as he calls the non-physicals he convos with. It may be just him telling a story or a dream but so much of it relates to me. To you, too, I'll bet. TGU text is in orange, Frank's is black, so you know who's asking, who's answering. I met **Frank DeMarco** years ago at **The Monroe Institute**, his is a fascinating story.

I like how **Dr. Joe Dispenza** demystifies quantum physics (pg 8) and I can relate as **Mitch Ditkoff** (student of Prem Rawat,) **Mokshapriya Shakti** (personal friend, mentor, advisor) and **Betsy Chasse** (*What The Bleep!*) give insights they've had on their own journeys.


Betsy's **Tipping Sacred Cows** (pg 9) cracks me up, she keeps it real. I particularly liked her recent book **Killing Buddha** which went behind the scenes in the **Wellness/New Age** communities. In the past 29 years of the mag, I've seen A LOT. A lot of rising, a lot of falling. Betsy's quirky, sometimes ironic yet always honest assessments debunked and deglamorizes the **Wellness/New Age** scene. Knowledge is power.

And in the vein of keeping it real, on the cover we have **Apollo Love** on How COVID Exposed New Age Narcissism.

Enjoy our offering this month.  
Hari Om



Andrea



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**I am blessed to have my life,  
meaning: I'm blessed to know  
that HOW I think affects what  
comes to me, and that I can  
CHOOSE to exercise my free  
will to discipline myself to  
stay FOCUSED on things I  
like so that more things I  
LIKE may come to me**



Image Elisabeth Leunert

# 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).

## RECREATE HEALTHY BODY CELLS

**GUEST:** I have heard from several sources that all the cells in the human body are replaced within about a year's time. One person I know has diabetes and her pancreas has not worked for decades. Another has a nerve injury that prevents her hand from working. How can we vibrationally create the perfect cells to regenerate the body part that is not functioning properly?

**ABRAHAM:** Well, let's look at a physical body and all of its cells, many of them, trillions, hard to count. Imagine a very small community, and you've been watching them from a distance and you notice that they have some very destructive beliefs.

And some wise person says to you, "Well, don't worry about this village because in time all of these people who are now here practicing these not-beneficial beliefs will be dead, and they'll be replaced with a whole new village."

And you say, "Well, that does give me hope." And then you say, "Will they all die at the same time? And will they all be replaced at the same time?"

And then someone wise says to you, "No, some of them will go, and more of them will come; and some of them will go, and more of them will come."

And then you say, "Well then, it's going take a while for these undesirable beliefs to be watered or filtered out because the ones who are still there that still have the beliefs are going to teach them to the new ones who are coming on."

So, you get the gist of our story. It's sort of what happens with your body and your cellular communities. Once the cells in a particular area of your body begin behaving in the way that they do, they have the same power of influence that anyone does to anything that is near.



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

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The difference between the analogy of the people in the town that it would be nice if they'd all die in the same moment, for the purpose of our story, and the cells in your body, is that the cells in your body are all Pure Positive Energy cells, iow, they are actively, instinctively working for their own personal survival. Something that we've been trying to get all of you to do, at least in these hours that we've been discussing here today. We want you to more selfishly approach your own experience.

So the cells of your body, do you know that they are the first point of the summoning of the life force? Do you know that it is the cellular summoning of Source or the cellular asking that is the reason that the doctors pronounce you alive or dead, iow, it's that cellular summoning that is that difference.

So the cells are summoning, and Source is answering. And if that were all that was to this cellular community...these cells that know how to be well, if they somehow found themselves teetering on a little bit of imbalance, they would just make the correction automatically, they always do; and Source would answer the corrected request, and the cell would right itself within the body; and a body of very well cells is a very well body.

*...continued on page 27*



# RE-WRITING THE RULES OF VIRTUAL REALITY Pt III

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/) and [www.blog.drjoedispenza.com/](http://www.blog.drjoedispenza.com/)

**The idea of virtual realities is not necessarily a new one. It is precisely what Plato was talking about in his Allegory of the Cave, or what Lewis Carroll was talking about in his 1872 novel, Through the Looking-Glass.**

In Plato's *Allegory of the Cave*, a group of people live their entire life chained up in a cave facing a wall, and the only reality they know are the moving images on the wall. But the greater truth is that the images on the wall are nothing more than the projection of shadows created by people and objects moving between the cave dwellers' backs and a light, the source of which in this case, is a fire.

The purpose of the allegory is to explain how the ancient philosopher is like the prisoner who is freed. It is only in their freedom that they realize that what they thought was reality, was not reality at all.

In *Through the Looking-Glass*, Alice has a similar experience of entering an alternate reality by climbing through a mirror. And just like a reflection, on the other side of the mirror everything is reversed, including logic.

While these were once fanciful ideas of great thinkers and artists, now science, which is the contemporary language of mysticism, has confirmed that there is indeed another reality—another layer of laws that supersede how Newtonian laws once described the universe.

**To understand this next layer of laws, we need to first understand what Newtonian laws are.**

In classical Newtonian physics, everything in the physical, material world—such as people, bodies, things, and objects that occupy a particular place in time—appear as separate. As such, Newtonian laws describe matter, time, and the infinite expanse of the physical universe.

Thus, everything we experience in physical reality through our senses is local in this space-time world. This describes the world that exists within the VR headset, and in the headset it appears that mind has no influence on matter.

Quantum laws, however—the next layer of unifying laws which Newtonian laws ladder up to—describe the smallest aspects of reality, which are not comprised of matter but of energy. We could say these laws are the inverse of the Newtonian laws.

While the quantum field is made up of frequency, energy, vibration, thought, consciousness, and information—since it is the invisible field of energy that connects, influences, and unifies everything physical or material—there is no thing local in space.

Another way of saying this is that nothing occupies a space at a particular time. This is a realm or reality you can't experience with your senses (it's the 3D world you experience with your senses). So the quantum world is the nonlocal realm in which mind and matter are so connected that it's impossible to separate the two. You can think of the quantum field as the reality outside the VR headset—a reality in which all possibilities and dimensions exist.

Speaking of dimensions—in this very moment, like *matryoshka* dolls (otherwise known as *Russian stacking dolls*) there are infinite dimensions stacked on top of this dimension, and each one contains its own laws and labyrinths. In quantum physics, this is called the “many-worlds theory” and it was originated in the late 1950s by the American physicist Hugh Everett.

*...continued on page 24*





# TIPPING SACRED COWS

The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film "What The Bleep Do We Know?!" or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. **Get a FREE Digital copy of Tipping Sacred**

Cows by joining Betsy at [www.betsychasse.net](http://www.betsychasse.net)



## HOW TO GET COLDCOCKED BY AN EPIPHANY (or Waking Up Can Suck or Not Suck Depending on How You Handle Your Shit)

### Spirituality Is Just a Word, until It's Not, and Other Revelations (or Tipping Sacred Cows)

*What is a sacred cow? It is defined as an idea, custom, or institution considered to be exempt from criticism or questioning.* Our world has a lot of sacred cows. In the US, our biggie is the **Constitution**. No one had better mess with that founding document. It is the glue that holds our pieces together. It is treated as sacrosanct, as if the words printed there are directly from **God**. Speaking of God, we don't want to mess with that sacred cow either, especially the one found in those other famous sets of prose—the **Tanakh**, the **Bible**, and the **Koran**. Question any of these documents and you're liable to be labeled either unpatriotic, a heathen, or a pagan and no one wants to be considered one of those ungodly, idol-worshipping, ritual-blood-sacrificing, self-indulgent social nihilists!

I realized my calling as an ungodly, idol-worshipping, ritual-blood-sacrificing, self-indulgent social nihilist or, as I like to call me, a spiritual seeker, when I was eight years old on a **Sunday** outing with my father, a choir director at multiple churches in our community. I had spent a not-delightful couple of hours of shaking in my fancy dress shoes after hearing that I was probably going to rot eternally in hell for secretly wishing my sister would run away so I could have her bedroom.

I mean, I didn't really want my sister to run away; I just wanted her room and that seemed like the only way I was going to get it. I was confused by the contradiction of an all-loving **God** who would banish an eight-year-old to eternal damnation just over thinking about wanting her sister's bedroom.

*Was coveting my sister's room in my daydreams really that serious?* Apparently, yes. I spent the day watching and judging any possible negative thought that might cross me off God's waiting list into heaven for good girls, waiting for the skies to open and a big burly guy with a beard to glower down at me and, with a flick of his finger, zap me instantly into hell.\*

My father, the man I believed knew everything, the one person in my life who would surely save me from eternal damnation, the man with the answers, could not explain this to me. And if he couldn't, then it was complete madness and I should steer clear of anything spiritual, lest I get lost forever in the burning fires of hell. Those people take their cows very seriously and I wasn't about to mess with them. So from that moment on, I left the spiritual world behind and planted my fancy dress-up shoes firmly in material reality—safe, where what you SEE is what you GET, where you could touch it, smell it, and taste it—and I liked it that way.

It isn't just forms of government and organized religions that have sacred cows. They're everywhere: in sports, in art, in movies, in pop culture, and in books. Most people take their sports cows very seriously. The same goes for their art cows, political cows, ethical and moral cows, and any and all of the cultural cows you can think of. But most especially, people take seriously the cows they hold on to about themselves and their individual beliefs.

*...continued on page 32*

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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)

## FATIGUE FIGHTING HERBS

**Today many of us are experiencing our own personal energy crisis.** Our low energy reserves can be due to hectic lifestyles, diet, constant stress, allergies, poor circulation, pain or chronic illness, low thyroid function, anemia, poor liver, kidney, adrenal or pancreas functions. The question is which one or combination of these is at the root cause of fatigue.

**For many it has to do with adrenal exhaustion.**

**Ginseng, Ashwaganda, Licorice, Fo-ti, Schizandra, and Codonopsis** are adrenal or adaptogenic herbs. They help the entire body both physically and emotionally deal with all kinds of stress that can cause fatigue. These herbs also help to improve blood flow, increase stamina, work capacity, coordination and resistance to illnesses. **Schizandra** is known as "the 5 flavor berry" it stimulates the five different tastes enhancing metabolic functions, supporting the adrenal glands, kidneys, liver, and digestion and nerve reflexes.

**DIGESTION plays a role in fatigue;** we eat to get more energy unfortunately reaching for that sweet treat mid-day may give you a quick burst of energy but it will not sustain that energy. Instead of reaching for candy or coffee, sunflower seeds, almonds or raw vegetables may provide you with sustained energy. **Chlorophyll** rich herbs like **Spirulina, Chorella, Kelp, Nettle and Wheat Grass** are high in absorbable proteins, amino acids, vitamins and minerals. Using nutritive herbs like **Burdock, Alfalfa, Dandelion and Oat Straw** will help to supply your body with basic nutrients, when you get more of these you will find you are not reaching for foods full of empty nutrients (junk food) as much.

**Bee Pollen, Ginkgo, Gota Kola, Cinnamon, Bladderwrack and Rhodiola** are herbal energy boosters that are not full of stimulants and caffeine. Studies done with **Rhodiola** found it to improve mental and physical performance, memory and sleep help reduce stress induced fatigue and **Bee Pollen** helps increase stamina and strength because it contains over 50 needed nutrients.

Some or all of these can be added to a protein drink or a smoothie. I like to add mine to vegetable juice it tastes very green but it makes a difference in my day.

I also like to use essential oils to help me feel more focused, for energy and for their up lifting effects. **Spearmint, Peppermint, Orange, Lemon, Grapefruit, Rosemary, Basil and Clary Sage** are some that are uplifting and energizing.





# HOW TO RECOGNIZE MAGICAL BEINGS - ANGELS

*Magic is easy! Just change your perspective,  
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

**As part of a continuing series on the care and feeding of Magical Beings, here's an excerpt on Angels:**

**In the ancient book Anatomy of Angels, it makes distinctions between various types of angels:** Seraphim, Cherubs, Arch Angels, Guardian Angels, but rarely is it recorded that all these angels fall into three distinct categories. These categories resulted due to a momentous event in heavenly history that has mostly been misunderstood. In the beginning **the Creator** gave life to **Angels** even before She had created light or any other part of the creation.

In the darkness the **Angels** only knew their sense of hearing and **the Creator** sang to them and they were happy. **The Creator** sang a magnificent song and gave a unique role to each of the **Angels** to elaborate on and soon that **First Song** got ever more beautiful and complex as each Angel wove their magic into it.

**Lucifer** was the most talented of all the Angels, and not at all dark or evil, though perhaps a bit prideful knowing he was the best at everything he did. He realized that if he sang with the **First Song**, his piece would get swallowed in the whole, so he decided to sing in opposition, creating a counterpoint, a jazzy departure from the magnificent harmony that really popped out and was noticed.

Soon the Angels around **Lucifer** started harmonizing with his **second song**, instead of the **Creator's**, and as **Lucifer's second song** grew in volume it started to challenge the **First Song** and soon all of heaven was awash in a chaos of conflicting sounds. To creatures that only knew the sense of hearing, it was hellish.

Just when it seemed like chaos was going to win out, the **Creator** stirred. Both the **Angels** of the **First and second Songs** were sure She would strike **Lucifer** dead for creating such chaos. Instead the **Creator** smiled, and sang a new song very unlike the first one. It was very soft like a

*...continued on page 30*

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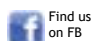
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# SOUL SONGS • ABRAHAM FUN

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)

## THE PAST: REST IN PEACE

**The past is over, done, kaput.** Although my past experiences shaped my personality and perhaps contributed to a limiting outlook on life, I can change that outlook. For what is an outlook, other than a series of thoughts that I and I alone control?


Moreover, any traumas from my past need not haunt me today, for they impact my current experience only insofar as I continue to remember them. They do not rattle around in my energy field, sabotaging my present happiness without my permission. I cannot be victimized by my past - or by any other component of reality - unless I invite it into my experience by dwelling on how it seems wrong or bad.

I may hold a distorted image of my past, remembering it as far worse than it seemed at the time. Or I may hold an accurate image of my past, remembering it as the Hades it was.

It doesn't matter. The work before me is either to zero in on the (perhaps sparse) good times or to not think of the past at all.

The past is history - gone, done, washed up. And this is a clean new day.

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Morgana Starr  
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**Angels Oasis** is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at [www.Awaken-Institute.com](http://www.Awaken-Institute.com).  
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# SETH SPEAKS

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

## PHYSICAL OBJECTS TRANSMIT MEANING JUST LIKE TEXT

**SETH:** As you read the words upon this page, you realize that the information that you are receiving is not an attribute of the letters of the words themselves. The printed line does not contain information. It transmits information. Where is the information that is being transmitted then, if it is not upon the page?

The same question of course applies when you read a newspaper, and when you speak to another person. Your actual words convey information, feelings, or thoughts. Obviously the thoughts or the feelings, and the words, are not the same thing. The letters upon the page are symbols, and you have agreed upon various meanings connected with them. You take it for granted without even thinking of it that the symbols - the letters - are not the reality - the information or thoughts - which they attempt to convey.

Objects are also symbols that stand for a reality whose meaning the objects, like the letters, transmit. The true information is not in the objects any more than the thought is in the letters or in words. Words are methods of expression. So are physical objects in a different kind of medium. You are used to the idea that you express yourselves directly through words. You can hear yourself speak them. You can feel the muscles in your throat move, and if you are aware, you can perceive multitudinous reactions within your own body - actions that all accompany your speech.

Physical objects are the result of another kind of expression. You create them as surely as you create words. I do not mean that you create them with your hands alone, or through manufacture. I mean that objects are natural by-products of the evolution of your species, even as words are. Examine for a moment your knowledge of your own speech, however. Though you hear the words and recognize their appropriateness, and though they

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may more or less approximate an expression of your feeling, they are not your feeling, and there must be a gap between your thought and your expression of it. The familiarity of speech begins to vanish when you realize that you, yourself, when you begin a sentence do not know precisely how you will end it, or even how you form the words. You do not consciously know how you manipulate a staggering pyramid of symbols, picking from them precisely those you need to express a given thought.

For that matter, you do not know how you think. You do not know how you translate these symbols upon this page into thoughts, and then store them, or make them your own. Since the mechanisms of normal speech are so little known to you on a conscious level, then it is not surprising that you are equally *unaware of more complicated tasks that you also perform - such as the constant creation of your physical environment as a method of communication and expression.*

It is only from this viewpoint that the true nature of physical matter can be understood. It is only by comprehending the nature of this constant translation of thoughts and desires - not into words now, but into physical objects - that you can realize your true independence from circumstance, time, and environment.

Now, it is easy to see that you translate feelings into words or bodily expressions and gestures, but not quite as easy to realize that you form your physical body as effortlessly and unselfconsciously as you translate feelings into symbols that become words.

You have heard the expression before, I am sure, that the environment expresses a particular individual's personality. I am telling you that this is a literal and not symbolic truth. The letters upon the page have the reality only of ink and paper. The information they convey is invisible. As an object, the book itself is only paper and ink. It is a carrier of information.

*...continued on page 28*

# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. Read more at [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

**DEAR MICHELLE,** *I'm so worried for what is happening in our country, the division, segregation, the lies, the mandates and the lack of transparency. How are we going to get through this time?*

**DEAREST,** This is a time when everything is in flux: jobs, relationships, home environments and stability in general. Things are changing rapidly, even Mother Earth. Those who have the advantage are those who develop a personal relationship with Spirit. That is the only thing that will give you the edge. Spirit say to let the people know they have control. People forget their own power because of all the programming they've been exposed to. How we're raised, our religious teachings, our experi-

ences, the constant bombardment of media propaganda and all the other things swirling around in our heads will numb us to spiritual truths. Over years people get continually stripped down and taught inaccurate things that are created by fear. It happens over and over again. This happens so frequently that people lose touch with their source of strength, their higher self and their connection to Spirit.

Sadly, most people wrongly believe they can't do anything to create change. They wrongly think they're just the little guy and that they're "a nobody" or that they're worthless. People get so beaten down they don't realize just how much power they have. And because people don't know this, they don't step into their power. And then it's easy to be in a victim mentality.

Many people have lost faith. They've lost faith in the church, the government, the education system. They've lost faith in man-made programs and institutions. So many are living in fear. We need to fix this right now. PEOPLE NEED TO KNOW every soul is born with two birthrights. These are God given gifts that no one can take away from you: the Gift of Co-creation with Spirit and the Gift of Free Will. Step into your power, ask Spirit for direction. If you can Dream it - you can create it! And when we band together, we can create lasting positive changes. So don't put limitations on yourself or others. And equally important, do not let others limit you - Stand in your divine power with certainty.

**DEAR MICHELLE,** *What does Spirit say about CRYPTOCURRENCY, is it a fad or is it the digital currency of the future?*

Dearest, during my private readings with clients, several people asked about the success of different Cryptocurrencies in which they invested. At the time, I had no idea what cryptos were, it was a totally foreign concept to me. So as always, I asked Spirit and was very surprised by the answer. Spirit said that Cryptocurrencies were created for the people, by the people as way for the average person to make money outside of the corrupt banking system. Spirit reminded me that I was told many years ago that there would be a new digital currency and this is it. So it's not a fad, it's still in its early stages just waiting for mass adoption. Cryptos are here to stay, but you must be careful and choose wisely. Many cryptos simply won't survive, just like buying a bad stock in the stock market - there are a lots of scams out there. There are also Cryptos that are doing great things for humanity and in these uncertain times it is wonderful that cryptocurrencies have given so many people an opportunity to create a financial cushion.

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## SILENCE

**Meditation is not as difficult as many people think. But to be able to meditate one needs to be comfortable with silence. For many silence is foreign. The tv or radio is always on, or the mind is always thinking and creating thought waves.**

Thought forms that are running around in the mind limit our free will. Only when we become aware, will we have free will. We are conditioned that if we worry, we will be able to hold our life together. So, the idea is to think more and more about it without any conclusion, without any purpose other than to keep the mind busy. The thoughts keep coming we cannot stop it. It feeds into more thoughts.

Thoughts travel in a circular fashion. They loop into familiar patterns of thought waves. Just like when we drop a pebble into a quiet lake it creates a circular wave pattern that keeps repeating until it reaches the shore or is interrupted. Our thoughts run in the same circular manner.

The only way to stop thoughts is to break the pattern or flow. That can be done by concentrating on something else with effort. Only when we change our attention can we break the flow or cycle of thought. If the mind is looping continuously it needs to be observed to be changed. Our mind attracts vibrations that it sends out and we are also influenced by the vibrations of others. Our thought vibration emits from us in an infinity sign and comes right back to us by picking up similar thoughts.

Sometimes the vibration of others is so strong that we will also change our thoughts. Have you ever noticed that if we are in the company of a depressed person and we make an effort to get them out of the depression, it is difficult. Our mind will become affected and we will soon find ourselves exhausted and our energy is depleted.


When we are happy and full of joy, then all the people that you meet will add to that joy. Our vibration is so high that when someone makes a negative comment we do not respond, because our vibrational field only attracts the same vibration. Understanding these two concepts; how the mind

loops or falls into familiar neuro pathways; and how it is a magnet for similar vibrations, makes us realize that the mind is not necessarily doing what we would like. It has its own process, and we need to monitor it.

People are unable to go to sleep because the mind is so active. The mind keeps looping and looping on the same thought. We need to make an effort to allow the mind to be quiet. This may be foreign to the mind. Our society encourages for the mind to be active. We begin to believe what we are told. We lose our ability to be critical thinkers. We also become better consumers when the mind is active. We lose our freedom, our free will.

By becoming aware of the mental process and trying to harness the mind, we become a free agent. In yoga the

*...continued to page 43*



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# THIS IS THE PERFECT MOMENT

Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve. Visit [www.mitchditkoff.com](http://www.mitchditkoff.com)

**These days, I am doing a lot of reflecting. "Unhurried consideration," is how the dictionary**

**defines it.** "To think deeply or seriously about," which, I might add, is not the same thing as being "nostalgic" as some people might assume.

When a person looks in a mirror, they see their reflection -- their appearance. Our reflection, however, only reveals our body. The reflection I am talking about reveals another part of us -- that which is beyond the body. And though, this kind of reflection isn't always accurate, filtered as it might be by perception, bias, and faulty memory, it is an important element of what makes us homo sapiens -- "the ones who know."

Reflection helps us learn, grow, and become more self-aware. And while it is always possible that reflection can devolve to nostalgia or obsessive analysis, done consciously it is a great boon -- a wonderful opportunity to wake further up.

From what I can tell, one of the silver linings of **Covid-19** has been the opportunity for billions of us to reflect more deeply on our lives. With more time on our hands than ever before and many of our life patterns disrupted, opportunities for reflection abound. And I count myself as one of those billions, having used at least some of my socially distanced, quarantined, all-bets-are-off time to take a good, long look into the mirror of my life.

Sometimes I like what I see. Sometimes I don't. But I always learn something -- however subtle, an insight with the potential to help me live a more conscious life. Two days ago, deep in reflection mode, I remembered something about my past that I had not thought about for many years -- a curious behavior of mine that has much application to my life TODAY, some 40 years later.

## HERE GOES:

As a young student of **Prem Rawat**, in the 1970's, I did my best to attend as many of his events as possible -- large group gatherings where, for a weekend, sometimes as many as 10,000 of his students, having traveled long distances, would convene to listen to him speak. At some of these events, on the second day, there would be an opportunity to get on line and come before him -- a kind of receiving line -- known, back then, as a "darshan line". This experi-

ence, for me, was always astounding in a way that compared to nothing else in my life. Always it was radiant, deepening, soulful, timeless, renewing, and very much beyond words.

With thousands of people in the audience wanting to enjoy this experience, some kind of logistics were required -- a way to facilitate the "people moving" process. And so, whoever the ushers were, at the time, would signal a section of the audience to stand and make their way to the back of the line that had already formed. The rest of the people in the hall would simply remain in their seats, looking forward to the moment when their section would be called.

Now, here's the curious thing -- the memory that, two days ago, surfaced for me as I was reflecting on my life. More often than not, when my section was called, I would move to ANOTHER section in the hall -- a section that had not yet been called. Logically speaking, one would think I'd be "chomping at the bit", or "raring to go" -- thrilled for the opportunity to make my way closer to **Prem**.

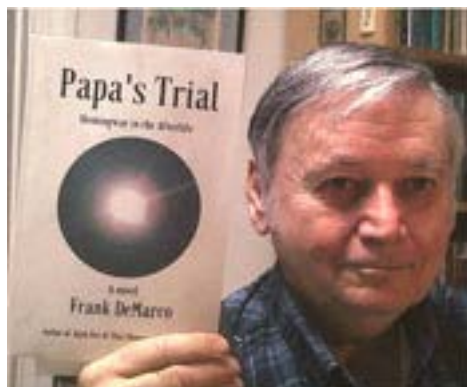
But logic was not the driving force at that moment. Something else was. And for me, that particular moment always brought with it an accompanying feeling that I WASN'T QUITE READY to approach **Prem** -- that I needed to be deeper... or more receptive... or more devoted... or more whatever. And that's why, when my section was called, I would move to ANOTHER section of the hall that had not yet called. You see, I wanted to be sure I was REALLY "in the right place" to have my special moment with him.

And while, as I look back at that time, I can appreciate that my intentions were "good", now, many years later, there is something very revealing about that particular behavior of mine that has great resonance with my life today. Just like some people believe they never enough degrees... or money... or time... or friends -- the ruling experience that something is lacking -- I, too, back in the early days of my soul's aspiration, was coming from a place of lack -- my assumption being that somehow I wasn't READY to fully appreciate the brief moment I was about to have with **Prem**. Hmmm...

I am happy to report that those days are over. It took a while, but I finally got there -- the understanding that life is a "come as you are" party -- that there is no special way to

*...continued on page 43...*

# FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



## THIS MONTH: CULTURE AND CONCEPT OF DEATH, CHILDREN OF THE RENAISSANCE

Frank DeMarco, co-founder of Hampton Roads Publishing Company, is author of 4 novels (most recently, *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, he has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "the guys upstairs." This column is an excerpt of these conversations. Contact him with questions. [www.ofmyownknowledge.com](http://www.ofmyownknowledge.com). On Facebook he is Frank.DeMarco.10.

**Frank: Monday, August 16, 2021 at 2:20 a.m. It occurs to me, we neglected to set the topic for our next session. Can we do that now?**

**TGU:** What any one person is experiencing, all are experiencing, remember. By that, we mean, the same rules apply to one and all, and things that you may have thought about in terms of one person also proceed for others - so the effect on "the scheme of things" is quite different than it would be if it were only a rare phenomenon.

I'm too tired to clean that up, but it gives me what we need. In a few hours, I hope.

**1:50 a.m. Let's get to it, then.**

You are probably too tired still. The fact that you can't sleep because your head is filled is not the same as saying you can proceed.

Why don't we try anyway? We can always quit.

**2:30 a.m. Nothing like a few games of Minesweeper (and sitting up instead of lying down) to clear the head. So let's proceed.**

Well, we continue, reminding you that the end in view is an idea of who you really are, so that you can get a sense of what you're moving into when you die.

Once we remove the fear of death from a culture, many things change. It doesn't bring Utopia - for many wrong ideas may attach themselves to any greater view

of reality - but it does help free you from a paralyzing silent terror that freezes your minds and imaginations.

**Are you meaning only Western culture, or human culture in the 21st century in general?**

Let's not get too theoretical. You don't need to count the cats in Zanzibar.

**I think it's a legitimate question, though.**

Legitimate, but tending toward the sterile impersonal rather than the productive personal. Very well, we will say this much: All the world is living in the shadow of the **Renaissance** and its ideas. In 500 years, many silent and unnoticed influences have spread, in the same way that water seeks its own level.

Thus a **Sikh** or **Muslim** or **Hindu** or **Maori** or *descendant of the Incas* may be true to the ways of his ancestors and yet still be somewhat a child of **Renaissance** ideas. **Chinese Communists**, **Islamic mullahs**, **African tyrants**, you cannot reliably name any people or any social phenomenon that is uninfluenced by the **Renaissance**, if only by the vehement rejection of the ideas in which we must swim.

So when a way of thinking has sent its tentacles so broadly, in so many combinations with various national or ethnic traditions, it may be said to be universal, and perhaps ripe for replacement.

No child grows up to be what the parents wanted or

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





# 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>

**When the fear of things staying the same" exceeds the fear of "failure," stuff happens.**

**Ch-ch-changes...**

**The Universe**



# 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 about spirituality and emotional healing, and Grounded Spirituality. Visit Jeff Brown at [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**Not everyone will heal in this lifetime. It's important that we accept and understand this.** The perpetual emphasis on acknowledging and healing trauma is a beautiful thing, but its not for everyone. Because some of us don't have the capacity to heal. Some can't even get out of bed, because of the weight of their pain and the complexity of their trauma. Too much has happened, and there is no possibility of transformation.

This is very hard to accept in our toxic positivity culture, one where trauma is the new buzz word and where people forget that they are not walking in someone's else's shoes. Just because you were able to heal parts of your past, doesn't mean everyone can heal parts of theirs. We have all lived in a trauma inducing culture.

Some of us didn't make it through in one piece. That's a fact. And if we can just accept this and honor and comfort them as they are without any effort to 'heal' them, we actually stand a chance of co-creating the kind of trauma-sensitive world that avoids this level of suffering altogether. Because trauma is perpetuated by insensitivity.

Our tendency to turn a blind eye to the truth of people's suffering, to shame them for not healing, to blame it on their karma and their choices, is precisely the dissociative consciousness that perpetuates the trauma cycle. You want to help, but you just make it worse. Better to accept people right where they are. Better to provide comfort to the fallen ones. That alone will heal the world.



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# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### This month: CREEDITE

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. Visit <http://highspringsemporium.net/> and find us on Facebook

**I am writing my column this month in the high mountains of Colorado where I am visiting dear old friends and basking in incredible minerals at the Denver mineral show.**

The aspen trees in the high country are showing translucent living shades on yellow and orange set off against deep green lodgepole pines and ancient rock. One of the most amazing things about an aspen grove is that the aspens are not separate trees - each one we see above the earth is a part of a huge organism with a common root system which are among the oldest living beings on earth.



Creedite, Mexico

This has been a time when we human beings have been having great difficulty feeling the sense of unity and oneness that undergirds our individual selves. I have been inspired by the spirit of the aspen grove to write about a mineral called **creedite** for all of you this month.

**Creedite** is a relatively rare mineral that appears in fluorite-bearing veins. It is a calcium aluminum sulfate fluorite hydroxide mineral that often has radiating prismatic crystals like sun bursts in shades of orange and lavender.

*...continued on page 31*

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Smokey citrine cluster, Congo. Obsidian skull, Mexico. Orange calcite sphere, Mexico

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# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO OCTOBER 2021

**WELCOME TO YOUR FAVORITE SPOOKY MONTH, OCTOBER!** Last month saw a flurry of religious festivals and observances. October is rather quiet on that front this year, but festivals and fairs are everywhere. Whether it's a food and beverage festival or pumpkin patches with the kids, it's an exciting start to the American holiday season.

**OCTOBER 4TH:** *Feast of St. Francis of Assisi, Catholic.* Patron saint of animals and the environment.

**OCTOBER 6TH:** *New Moon in Libra*

**OCTOBER 7TH - OCTOBER 15TH:** *Navaratri, Hindu.* The Goddess Durga is worshiped in all of her 9 forms during this festival.

**OCTOBER 18TH:** *Mawlid an Nabi, Islam.* Celebrating the birth of Prophet Muhammad.

**OCTOBER 20TH:** *Full Hunter's Moon in Aries*

**OCTOBER 23RD:** *Sun enters Scorpio*

**OCTOBER 31ST:** *Halloween.* Read more below!

**November 1st is the Feast of All Saints in the Catholic religion. The day before is known as "All Hallow's Eve." The abbreviated name for evening became "e'en" and this is where we get the name "Halloween."**

The day before **All Saints** is called **Halloween** even in the secular world. Until the liturgical reform of 1955, the **All Hallow's Eve Vigil** was still observed.

Across the globe, the liturgies of **All Hallow's Eve** had long been imaginatively amplified by folk traditions and customs: *Souling in the British Isles*, *Pão-por-Deus in Portugal*, *Día de Muertos in Mexico*, and *Pangangaluwa in the Philippines*.

Praying for the deceased of the family and of neighbors was a widespread phenomenon. In some areas like *Scotland* and *Ireland*, children went guising or masquerading after dark, carrying turnip lanterns and singing or reciting verse for treats.

**The Ulster Cycle**, a body of medieval Irish heroic legends, refers to **Samhain** as one of the great quarter days that was celebrated in many parts of the **Ancient British Isles**.

A quarter day is a day more or less midway between an *Equinox* and a *Solstice*. This year, **Samhain** falls on **November 6th**, when the Sun is at the 15th degree of *Scorpio*.

The ancient **Samhain** was much of a celebration, as people were well fed after the **Summer** and **Fall** harvests. The celebration did precede a coming time of darkness, cold and hunger. It was an event where people could mock their fears, by singing songs about dark spirits and dressing as them.





# GARDENING THE MEDICINE WAY

## TIME FOR THE THE FALL GARDEN



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at [scribe@ironoak.org](mailto:scribe@ironoak.org) *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

**Warm weather is waning and we're getting ready for our fall gardens.** We're excited for some cool weather vegetables such as broccoli, lettuce and cabbage. We can keep the warmth of summer all year long with some spicy herbs to warm your body and soul. Our vegetables are delicious alone, but we can have more flavor and health benefits with easy to grow spices such as ginger, hot peppers and garlic.

Ancient medical texts from **Egypt, Greece, Rome, China and India** each prescribed medical applications for **garlic**. In **Medieval** times, **garlic** was classified as a "hot food" to be consumed during the winter to limit the development of pulmonary or breathing disorders. **Garlic** is known to be a wonder drug for respiratory problems as it helps prevent ailments ranging from the common cold, flu, asthma, bronchitis, tuberculosis to pneumonia. *It's the organic sulfur compound allicin in garlic that gives it its pungent smell and makes it a healthy addition to your diet.* The enzymes from the allicin need a few minutes to start working, so let it sit after you mince, crush or chop it. Varieties of garlic known as soft neck, and elephant garlic grow well in **Florida** winters, which can still have warm days.

For thousands of years, **Arabic, Indian, and Asian** healers prized **ginger** as food and medicine. **Ginger** is an effective herbal remedy for many ailments including nausea, vomiting, pain and indigestion because of its anti-inflammatory and antioxidant properties.

*Gingerol is the main bioactive compound in ginger. It's responsible for much of ginger's medicinal properties.* **Ginger** can go anywhere. Try it in cakes and biscuits, breads, cookies, fruit salads and cooked fruits, puddings, preserves, jams, and drinks, and with poultry, fish, tempeh, tofu, carrots, beets, squash and sweet potatoes. **Ginger** plants come in ornamental and edible varieties and all make a beautiful addition to landscapes.

**Hot peppers** range from mild hot cherry pepper, to medium-heat jalapeño, to the very hot serrano, all the way to the extremely spicy habañero and ghost pepper.

*Peppers contain the compound capsaicin.* Historically, spicy additions to food helped prevent spoilage in warm climates before refrigeration. **Capsaicin's** antimicrobial properties inhibit as much as 75% of bacteria growth.

*Capsaicin is found in many topical medications for pain, such as arthritis pain.* It works by decreasing a certain natural substance in your body

(substance P) that helps pass pain signals to the brain. Many hot pepper varieties are easy to grow.

**Bird Pepper - Capsicum annuum** is native to **Florida** and makes an attractive landscape plant.

It's time to get out those garden tools and seeds, it's a great time of year to start growing. Have fun and try something new.

**Happy Gardening!**





# HOW COVID EXPOSED NEW AGE NARCISSISM

*First printed in Elephant Journal, reprinted with permission <https://www.elephantjournal.com>*

**ON THE COVER:** Born in Jerusalem, Israel, raised in New Jersey, **Apollo Love** was a homeless teenager and high school dropout who went on to become an Amazon #1 Best Selling Author and a 2-time reality show star featured on MTV's *True Life* and ABC's *Glass House*. I saw *The Glass House* and recall him being outstanding as a voice of reason and keeping it real. He's performed on Showtime at Apollo and The Billboard Hiphop Awards and opened for Pitbull, India Arie and the Pussycat Dolls. Love got a \$350,000 record deal and was working with Swizz Beatz. He's been interviewed on PBS & NPR and spoken on TEDx three times, broke a Guinness World Record and organized the March for our Lives rally in Oakland, CA.

Love has facilitated anti-bullying workshops for over a 100,000 people around the country and has been featured on the *Sway and Tech* show twice. He's interviewed or had his work acknowledged by people like Lady Gaga, Jaden and Willow Smith, Deepak Chopra, Fat Joe, Russell Simmons, Larry King, Janet Jackson, etc. He's been a featured speaker at the Democratic Convention in California. Described as a fearless dream chaser, he's facilitated empathy workshops for the US Department of State. To date, Apollo has facilitated for almost 100,000 people, including a workshop called *Challenge Day* that was featured on the Oprah Winfrey show. Visit <https://www.apollopoetry.com/>

## **During this global pandemic that has disrupted life as we know it, many people have attempted to find the silver lining in the chaos.**

For some, it has brought people closer to their friends and families. For others, it has slowed them down and got them to reevaluate their lives and careers. Some picked up healthy habits, while others gave in to unhealthy ones.

In the end, it has brought many things inside of us to the surface. It has left many of us exposed to a layer of truth about ourselves and society that we were unaware of before.

An example of this paradigm shift is the mass exodus we are seeing away from the "New age/Conscious" community as it currently stands. This article is difficult for me to write, as I have been deeply integrated into this world for over 15 years. Still, like many of you, I have always felt that something was off, although I couldn't pinpoint it underneath all of the blisstractions.

Interestingly enough, when I first entered it, I myself was probably somewhat higher on the narcissistic spectrum that we all land somewhere on. I just got off a reality show. I had fame, money, power, and celebrity friends. And then I found a community that celebrates the "self" above all else and covers up its own narcissism with spiritual fluff. Replacing the hard work of long-term intimacy with temporary eye-gazing connections. People having permission to drop others and move on, or to not show up and be reliable by saying that they were in the moment and following their bliss.

Having festival dopamine highs and not having to take on much responsibility afterward. It was all of the good stuff without any of the hard work, which could be a shortcut for the self-absorbed who often care more about feeling good than doing good.

But something happened with aging and having a wider perspective. Over the years, I noticed that the less that I became self-absorbed, the more I couldn't stand what I was seeing in this community that I once loved. The more that I went inward to do the harder therapeutic work beyond ecstatic dance and three-day workshops, the more I realized that I was avoiding the parts of myself that I had shame around. And the less validation that I sought from others, the more I saw how we were all stroking each other's wounds and, in a way, using each other to temporarily feel better.

We were all conscious, woke, free, evolved, transcending, and special. Or so we thought.

There were a lot of goddesses, warriors, priestesses, and shamans, yet not enough humanity. I saw people who had many spiritual acquaintances, social media friends, and event buddies, yet a disproportionate number of them who would actually be there for them when life gets hard and when things get real.

How could so many people be surrounded by so many other people and still feel so lonely and misunderstood? I witnessed a lack of commitment and discipline and constant excuse-making.

*...continued to page 23*



Apollo Love

# HOW COVID EXPOSED NEW AGE NARCISSISM

*...continued from page 22*

There is growing research in psychology that links New Age Beliefs, spiritual superiority, and narcissism that is worth exploring in our community. This was one of the few gifts of 2020, as it put a colossal spotlight on the negative impact that spiritual bypassing has on the world and on ourselves. And for those paying attention...there is no going back.

**If there was ever a golden opportunity to go inward and focus on your “self,” without distractions and excuses, this was the year to do so.** Yet, many have done quite the opposite and refused to accept things as they are. Instead, they went down rabbit holes of conspiracy theories to make themselves feel better during these uncertain times. It was predictable that a rise in conspiracy theory beliefs would happen during this pandemic. It is easier to “know” that a conspiracy theory is definitely the truth than it is to sit in the unknown chaos and accept that our society is actually quite fragile, and we don’t have as much control as we think.

**People were so desperate to have control over something—anything—that they became easy to manipulate.** While for many, it was a time to surrender and trust, for others, it was a time to attach even more so to their comfort zones, even if it meant denying reality. In this way, even if what we “know” isn’t the actual truth, at least we have something to cling on to, and there is a sense of comfort in that.

Many people attacked the other side by saying that we are “sheep” and are living in fear. There is never a consideration that they themselves may have suppressed fear. For some, it is a fear of not being in control. For others, it is the anxiety of having to give up any aspects of themselves for the greater good of the collective. God forbid they had to be inconvenienced for a few months. Perhaps the people wearing masks are actually the ones who showed courage, selflessness, and true awareness of the fact that we are in this experience together and we all impact one another.

Disinformation and emotional manipulation have always been a part of human history.

In the past, it has convinced white people that Black people are not fully human. It has convinced parents to burn their own children for being witches. And it has sparked up thousands of religions and beliefs that people have been willing to kill and die for. However, due to the Internet, the speed of misinformation and manipulation spreading is at a record high, and humanity needs an Intellectual Renaissance to evolve and survive.

**This year, we have learned that our species is unprepared in many ways, both psychologically and systematically.** We believe pseudoscience we read on the Internet over the millions of people who have dedicated their entire lives to studying science and health. These current times have overlapped two demographics that you would never think are similar to each other.

## **The Far Right and the New Age Community.**

We have learned that if you go far left and far right, on a round Earth, you’ll eventually crash into one another and overlap. (Sorry flat-earththers). While most people who are grounded in reality fall between these two extremes, it is a potent reminder of the wisdom of choosing the middle path. For it is the most stable and in tune with a broader perspective of truth and is not as easy to tilt over from cognitive dissonance.

Spiritual bypassing is a form of escapism fueled by magical thinking and emotionally driven rationale designed to self-soothe.

**Both far-left and far-right extremes are driven by pure emotion over logic and by imaginative story-lines over truth.** People in these groups feel like they are part of some Blockbuster movie of good versus evil and are the “chosen ones” to save humanity from a secret society. However, this externally-projected, but internally-motivated belief reflects a damaged psyche that desperately wants to feel a part of something different from actual reality.

This might seem like an extreme example and it is not to compare the outcome of the two, but when it comes to the fascism/spiritual crossover we are seeing this year, something that was somewhat similar happened with **Hitler** and the **Nazis**, who used esoteric beliefs to promote their brainwashing tactics. It is often predicated on hierarchy and feeds off of fear and misinformation while claiming to set you free of the very thing it is promoting under disguise.

*...continued to page 44*





Dr Joe Dispenza

## RE-WRITING THE RULES OF VIRTUAL REALITY

*...continued from page 8*

A simple way to understand the many-worlds theory is to imagine a loaf of bread. Every slice of bread is a plane, a possibility, or a dimension—and there are infinite numbers of those dimensions. The many-worlds theory describes these infinite parallel worlds and realities that, nanosecond by nanosecond, branch off from one another, and yet they never intersect or communicate.

Thus, the many-worlds theory describes not a universe but a multiverse.

**The key to finding the hidden door to higher dimensions, or the next level of the VR game, is understanding the rules of the game,** because when you are in the VR headset, you have to play by certain laws that have been programmed into the headset. In this physical plane of demonstration where every thing requires an action, your *doing* is what connects cause and effect, or the thought to the experience.

Because there is separation between these two aspects of our known reality, doing the thing takes time. These rules are no different than certain **Newtonian** laws that we know, and so when we experience reality from inside the VR headset, it makes sense that you have to play by them.

When you play by these laws, it's implied that if you're intelligent, skilled, practice doing your thing, create good habits, become educated, make the right choices, and so forth, you receive certain payoffs. These are the ways you get or acquire things that you perceive to be

real in the VR headset. In this manner, you are playing the game from inside the game.

But if you want to upgrade the game with new information, you have to get outside of the VR headset—and the only way to do this is by interacting with the field. This requires you to take your attention off of anything physical, material, or known, and instead place it on energy and frequency.

**For many people, taking off the VR headset and stepping into the unknown is scary** because all of their attention and energy is immersed in the VR headset (the 3D world.) While they perceive what is in the headset to be the real world—for the very reason that they can feel it, taste it, smell it, hear it, and see it with their senses—it's actually the realm of illusion.

To venture outside the headset requires you to take your attention off of the 3D world, because you can only enter this quantum realm as pure consciousness. If you can connect your awareness to this immaterial world of the unknown, the body can receive new signals and information in the form of energy. In doing so, through your interaction with information that is being carried on frequency, you can receive an upgrade to the VR experience. And, since you don't see things how they are—you see things how you are—the new internal experience created from the interaction with frequency and information from beyond the senses creates new brain circuitry.

When you open your eyes and come back to your senses local in space and time, your newly-acquired circuitry will allow you to perceive a broader spectrum of reality. As a result, you can see more of the reality that has always been there, but you lacked the circuitry to perceive it. Now you have a new experience of your environment, some type of physical change in your body, and you move into a new future in time.

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## SETH SPEAKS

*...continued from page 13*

### SETH ON USING THE POWER OF NOW:

You must look within yourself for evidences of what you want in terms of positive experience. Examine your past with that in mind. Imagine your future from the power point of the present. In such a way at least you are not using the past to reinforce your limitations, or projecting them into the future. It is only natural to contrast what you want with what you have, and it is very easy to become discouraged in so doing, but looking for errors in the past will not help you. A correctly utilized five-minute period of time can be of great benefit, however.

In this period concentrate upon the fact that the point of power is now. Feel and dwell upon the certainty that your emotional, spiritual and psychic abilities are focused through the flesh, and for five minutes only direct all of your attention toward what you want. Use visualization or verbal thought - whatever comes most naturally to you; but for that period do not concentrate upon any lacks, just upon your desire. Use all of your energy and attention. Then forget about it. Do not check to see how well it is working. Simply make sure that in that period your intentions are clear. Then in one way or another, according to your own individual situation, make one physical gesture or act that is in line with your belief or desire.

Behave physically, then, at least once a day in a way that shows that you have faith in what you are doing. The act can be a very simple one. If you are lonely and feel unwanted, it can merely involve your smiling at someone else. If you are poor, it can involve such a simple thing as buying an item you want that costs two cents more than the one you would usually buy - acting on the faith, even that feebly, that the two cents will somehow be given you or come into your experience; but acting as if you had more than you do.

In health terms, conduct yourself once a day as tho you were not sick. But the belief in the present, reinforced for five minutes, plus such a physical action, will sometimes bring literally awesome results. Such effects will occur however only if you cease looking into the past 'for what is wrong,' and stop reinforcing your negative experience. These same principles can be used in any area of your life, and in each you are choosing from a variety of probable events.



Esther Hicks

## ABRAHAM HICKS

*...continued from page 7*

*But there is another factor that effects the way the cells are able to receive what they are asking for, and that is the influence of the mind, or the vibrational patterning, or the attitude, or the mood of the human that is inhabiting the clump or cells.*

**GUEST:** So since this process is going on, and what I want to do is get younger, or I want to heal a part of my body. I have a scar and I know that all the cells are going to change out in that piece of skin in a short period of time, vibrationally I want to be able to instruct the cells, not instruct the cells, but ... uh ... gosh ... vibrationally, I want to allow the healing to take place.

**ABRAHAM:** Better words. Better words because... hear the difference because you caught yourself in a very wise way. Hear the difference between taking it upon myself in a sort of action journey way to instruct the cells, and *taking the emotional journey - which means just find something to feel good about, get out of the way, and allow the cells to receive what they've been asking for.*

And that really is the key to healing. *The key to healing is starting with the premise - that is accurate - that well-being is the basic nature of the body. And then doing whatever it takes to keep yourself from interrupting, or keeping that from happening. And then the next step in that progression is understanding that if you are interrupting or inhibiting the well-being you are feeling negative emotion at the same time.*

Negative Emotion is the indicator that you're doing that. So do your best to feel as good as you can feel emotionally, and you take care of everything, you see.

**GUEST:** Can that be directed at a specific body part?

**ABRAHAM:** Yes, but you don't need to be the one that does it. By your directing it to a specific part of

*...continued on page 29...*



# ABRAHAM HICKS

*...continued from page 28*

Esther Hicks

the body usually causes you to focus on what's wrong, so your efforts are counterproductive. So very often A healer will see someone in need of some repair, and their attitude is "well I will shine my healing light upon that," which is understandable why they would think that, but it compounds the problem. Because the problem is not for lack of asking - that's already been taking place - it's lack of letting the answer in. And just giving more answer - as in funneling healing energy towards a problem - doesn't help any. It usually causes a greater contradiction in the energy.

***When you apply more Pure Positive Source Energy to an area where resistance is already in existence, more discomfort happens.*** That's why often people will say, "Is it normal for all hell to break loose in my life when I begin doing mediation?" And we say yes because ***when you begin meditating the energy starts flowing which makes any resistance you got going on show up more*** - especially at first, you see.

***So a healer who is really helpful is one who helps soothe his client into a place of allowing the answering to what the cells have been asking for. The very best healing words,*** if you are wanting to find a phrase that would be beneficial to everyone whether they could really hear it and believe it, and understand it or not ***would be:***

***"Well Being should be yours. And your cells know exactly how to ask and what to do, and if you could completely get out of the way and trust, you would become well again because the cells know what they need and they are asking from their direct source of life.***

***And if you're not in the way of that, that cell is going to find it's recovery; and if that cell does the other cells can; and if enough of them do, you're going to feel really good."***

That's powerful. So the trick is how do I do that when I hurt? How do I do that when somebody's given me a label that frightens me? And we say, you've got to separate the two journeys.

**You can have the illness and feel hopeful or you can have the illness and be afraid.**

You've just got to soothe yourself. Words like "Faith" and "Trust" are really irritating, we know, but there is a vibration within those words ***"Faith" and "Trust;" the vibration that is really at the heart of those words is a non-resistant place of expecting well-being even before I have any reason to given the evidence that I have.***

And so what people usually say is give me a reason to have hope, and I'll have hope. Or give me a reason to have faith, and I'll have faith. And so that's the reason that so many methodologies, so many different medicines, and so many different processes have come about because people-they're almost frantic for hope.

And anybody that can give it to them is a powerful healer. If you can find a way to convey hope, and trust, and faith, then you have helped them with their emotional journey. And when you do that the natural resources will take care of everything else.

And everything else is a dog and pony show. Everything else is just jumping through hoops for some other reason. It has nothing to do with what really happens. So the surgery? Just an afterthought. The medicine maybe gives you reason to believe. All that stuff is just serendipitous, but not at the heart of the remedy.

## SO WHAT DID WE JUST SAY?

We said here you are in a place you don't want to be: you're sick, your body hurts. And out of that contrasting experience is born a louder and clearer desire than has ever been emanated by you before. It went out sharp and clear and source heard it and answered it; and so help was on the way immediately.

And then a surgeon said, ***Let's do this, it will help.*** And those words soothed you into allowing the remedy that you were seeking. Or someone said, ***"Here's an herb."*** and your belief in them caused you to allow, and so you did. In other words, ***Alignment; we don't care how you get it. Anyway you can get it is just fine.***

We're not trying to guide you away from surgery, or away from herbs, or away from medicines, or away from methodology, or away from sound machines, or away from anything. We're not trying to guide you away from action. We're just guiding you to attending to your emotional journey first, and the action will come so much easier.





Jim Egan

## HOW TO RECOGNIZE MAGICAL BEINGS

*...continued from page 11*

whisper on the wind and it did not drown out a single note of either the **First or second song**. It hovered hauntingly in the air and whenever the first two songs were about to clash it wove a missing piece that allowed the two to ring out together. It was subtle at first, but in time it wove and wove and soon it had swallowed the whole of the first and second songs into a complex new melody that preserved the distinctiveness of both.

**The Angels were hushed in awe. And then the Creator said**, "Now you will see what you just heard" and so it was, light was created and the **Angels** saw for the first time. They saw the **Earth** form in all its magnificent beauty and saw the rise of humans. Humans created great art and inventions with their brilliance but also great pollution

and war. When the creations of man warred on the **Earth** itself, the **Angels** knew this was the chaos of the **First and second** songs clashing.

Just when it looked like all hope was lost, **the Children of the Third Song** were born. Born into chaos but born to weave the beauty of the creation with the brilliance of humanity. Subtle at first, but growing ever stronger they wove the two songs into an even greater theme.

**The Children of the Third Song** are the rarest and most difficult to spot of all the Angels. They were born to mortal parents, completely unaware and unprepared to raise them as Angels and as such raised them as muggles. These angels are the ultimate infiltrators of the ordinary world for many do not even know their origin or the full extent of their mission here on this planet.

Even when unaware of their true nature, they still have all the symptoms of Angels stranded on planet Earth: always drawn to great heights, loving the feel of flying at great speed. Even though they were raised as a muggle they secretly feel a great longing for their wings, and often follow birds in flight with great fascination and some envy.

**Angels of the Third Song** are immersed in the chaos of this world, some experiencing horrible childhoods, so that they can navigate the chaos and not be numbed or debilitated by it. They seek harmony, weave compassion and understanding in the midst of drama, they peer through dark clouds looking for the light as yet unseen and hold to great hope of a brighter future even as the darkness of the present bears down on them.

If you have been blessed with a **Child of the Third Song** in your life, take it as a sign that **the Creator** has not lost hope in us. Since the very mission of these Angels is to bring hope to humankind, they are blessed with a positive outlook even when their reality may appear dismal.

Often well-meaning muggles will try to dissuade them, telling them they see the world through rose colored glasses, thinking they are "helping" them see the world as it truly is. Sadly it is the short sightedness of muggles that brings despair to this world and it will be the bright song of these Angels that will weave a beautiful future for the planet. So if you suspect one of these rare beings is in your midst, don't mistake their optimism for naivete, and seek their council whenever you are caught up in your personal drama or the world's drama.

If you find yourself silently humming **the Third Song** to yourself it is time to sing aloud and seek out your fellow Angels for though it starts out quietly it is meant to be sung in the high places by a huge choir of Angels, (some of whom did not know they had it in them!)

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# CRYSTALS, ROCKS

## This month: CREEDITE

Photo by Karin Wolf

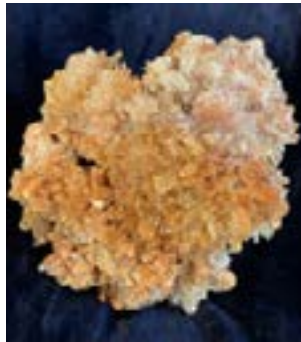


Sharron Britton

...continued from page 19

The orange creedite balls from Durango, Mexico are the most easily found in rock shops and this is the form I have been using.

Orange creedite resonates with the sacral chakra and is wonderful for opening and clearing blockages in that area. Since this is the area effecting how we connect to others and our external environment in the unconscious aspects of our being, carrying toxicity here can make us fearful or angry at others that we perceive to be outside of our personal comfort zones. I find **creedite** to be a big help at ameliorating these feelings that can cause such stress.



Creedite, Mexico

One of my clients expressed it this way - *"I felt a beautiful glow in my sacral chakra that expanded and then began to rise up through my body and into the crown of my head. I felt energized, expanded and light."*

Unconscious negativity can be released through meditating with **creedite**. This kind of detox treatment seems to leave people feeling energized and uplifted with no after effects and has the added benefit of allowing them to become consciously aware of the source which makes it easier to evade these energy sinks in the future.

We are approaching a new year and at the end of this month, the veils between the worlds becomes thin. If we can open ourselves to freely experience the Other and recognize our eternal connections, we can navigate the darkest and most frightening times without fear.

Our ancestors and guardian spirits are all in harmony with us as we navigate the Earth plane during this time of great change.



Betsy Chasse

# TIPPING SACRED COWS

...continued from page 9

One of the biggest sacred cows I have come across is the idea of what is spiritual. What does it mean to live a spiritual life? In my line of work, I spend a lot of time meeting people and talking with them about spirituality and all the sacred cows that go along with it. These cows include everything from making the quantum idea be the answer to all our questions, to living the Law of Attraction, from whether emotions are bad or good or to be judged at all to whether to kill the ego or let it live. They even include the definition of enlightenment. I would often spend hours in conversations with people where I felt like we were all speaking different languages because everybody had their own ideas about what these things meant.

No one wanted to give up their personal definition for a more global one we could all circle around, lest they be deemed less spiritual by the people they had deemed to be the mostest in the spiritual category. It was their sacred cow.

I once asked someone what she actually meant when she used words like spirituality and bliss. She gave me kind of a dumbfounded look and asked or, more like, exclaimed, "You don't know?!" And then she happily launched into a dissertation on her interpretation of what such words mean, all very matter- of- factly, as if the words' truths were in a bag that she had a firm grip on.

What she handed me was the well-rehearsed **spin**, the **dogmas** of New Age spirituality. Whether it's organized religion or New Age spiritualism, dogma often reigns supreme, even if the dogma is anti-dogma. As I listened, I wondered if she really, truly believed it or just thought that was what she was supposed to say.

...continued on page 32



Betsy Chasse

# TIPPING SACRED COWS

...continued from page 31

The idea of living a spiritual life often seems to come down to the idea that you must have some sort of practice or ideology or belief about God or the universe or both, and if you could throw in a **unicorn** and **dolphins** that would be awesome because, as we all know, they are very spiritual, as are most animals—except slugs. Take those off the list. I mean, *what is the universe saying to me when I see a slug?*

I like to spin mystical tales about nature to my children; we can spend hours of delight in talking about all **God's** creatures and how they have important purposes and meanings. The bees pollinate the plants, the flies break down the poop, and so on and so on. Nary a spider has been squished in our house for fear that we might accidentally tip the balance of nature and somehow cause **Armageddon**. One time, my daughter, who had brought home a note from school about head lice, asked me, "**Mom, if all the creatures in the world have a special purpose and are magical, then please explain lice to me.**" That was a really good question.

Kids have this way of finding the hole in any argument and drilling at it until it's a cavern and you're at the bottom trying to climb out. Meanwhile, your kids just shake their heads at you, baffled by your failed attempts to make sense of something that just doesn't need to make sense. Then you say the words you thought you would never utter to your children: "**Because I said so.**" I never thought I would use the words that left me so unsatisfied as a child, but I guess that's what happens to parents. One day you wake up, and you look into the eyes of your children and see yourself, and you look into a mirror and see your parents, and out pops stuff like **because I said so**.

I have sometimes revisited my inner five-year-old's exasperation when having conversations with people about spiritual stuff. Take the **Law of Attraction**, for example. This is a very complex, multilayered concept, which in our "fast food, make it easy for me in three steps, please, because I don't really have the time or the energy to dig to the core of this concept, I'll just take the **CliffsNotes** and run with it" world has been boiled down to the oversimplified idea that if you put out positive thoughts, good things (like cars) will come.

I used to picture myself at **Law of Attraction** conventions wearing a t-shirt that says, It's about the inside, people. Seriously, how can the answer to anything be out there if it, by force of nature, is originating in here?

Many people seemed intent on having the kinds of conversations that debate stuff like whether hatha yoga is more spiritual than **Bikram**, whether we should be hot or cold or neither, and whether I must do yoga wearing **lululemon** or if any old sweat pants will do.

Then there are conversations on meditation. If you ever hear a **New Ager** start a conversation with the word meditation, run. I cannot count the number of times that I've been sucked into a debate on how meditation only works if you do it for 3 hours, not 20 minutes, or vice versa. Yet despite the wide range of opinions on how long to meditate, everyone always agrees that you must do it precisely right if you really want to reach that ever-elusive space called The Void (sounds ominous, right? Or is that just me?)

Why was I searching for a black hole with nothing in it, any- way? We have this incredible opportunity to experience a life filled with emotions and all that entails, but there were times when it felt like everyone was telling me I needed to learn how not to do any of that, that I should kill my ego, let go of attachment and the desire for nice things, and walk around smiling all the time.

**If I didn't have a specific practice or ideology or belief about the nature of reality, could I not still be living a spiritual life? How can we decide what is spiritual and what isn't?** In my head there is a committee answering all of this crap, and they stand in the big pasture in the sky and pick off cows, shouting, "This one is spiritual!" and "This one isn't! Put 'er down!"

All of these conversations made me stumble around. It was like getting directions from different people describing the same landmarks in drastically different ways, and I kept trying to orient myself to at least one thing.

In the end, my point of reference became one basic thought: if everyone believes that what they believe is the real and correct spiritual universe and path, then all spirituality becomes correct. I think?

It would have been awesome if there had been just one road, made way back in the day, that we knew for sure was real and correct instead of a whole bunch of different roads leading to **The Answer**. Which I still do not have despite having taken a lot of freaking well-marked roads trying to find it.

...continued on page 33





Betsy Chasse

# TIPPING SACRED COWS

...continued from page 32

I will admit, I'm lost. Yippee! Probably because I took the alternative scenic route and messed with my cows. I rearranged them for a while, as if the order they were in would somehow make it all click and cause happiness and peace light to finally appear on the horizon. That didn't happen, mostly because when you travel the less-used road, you end up stopping in unexpected places where you do unexpected things. Like tipping cows.

I wanted to know what would happen if instead of saying I'm living a spiritual life, I just said I'm alive, and that's pretty freaking spiritual. Or what if instead of picking one way, I didn't pick any way? Would I explode? And is it okay if I play the whole enlightenment and happiness thing by ear? Because, holy shit, keeping this smile going 24/7 is starting to hurt my face.

I had profound concerns about how livable spirituality was going to be for me if I had to first understand quantum physics, or HeartMath, or spiritual geometry, to meet the goal of being blissful all the time. Of course, since being blissful seemed to have deep connections to the endless-smiling thing, I also started to wonder about having that as an end game.

Also, I have to say, I wasn't feeling the whole "forgive every asshole who broke your heart so you can finally be spiritual" philosophy. And I was totally stumped by the idea of finding the right path when I didn't even know the right me. But even with those thoughts popping in and out of my head, I just played along, never fully able to reconcile all the contradictions. I spent my time looking for wholeness, desperate to feel complete, and thinking something or someone was going to do that for me. I was also living in fear. I was afraid to say anything, and I was afraid to expose my inability to understand. I was afraid to admit I wasn't happy and afraid to say my life wasn't perfect. I feared that maybe I wasn't really very spiritual, and I feared that people might think I was stupid (big personal cow!)

After *What the Bleep Do We Know!?* came out and everyone decided I was somehow "in the know," I certainly wasn't going to let them down. One of my sacred-sacred cows was caring about what others thought

of me. To be fair to myself, much of what I learned while making *Bleep* made a lot of sense. It worked in my life until it didn't, at which point I had no idea why it had stopped.

I traversed the globe sharing ideas about how to live and be happy, how to attain enlightenment, even if deep down inside I didn't really know what that was or whether I even wanted it. As I did this, *I saw the cracks in the ceramics but I often ignored them, especially when I saw that the other people who supposedly knew the answers also had cracks.* I ignored them and, like a good student, put my nose to the ground and studied more and more and more, thinking that maybe the next thing would give me the answer.

I built my shelf to store all the sacred cows I had gathered, and I tried to live all of them. I put on a great show of wisdom and understanding so that it appeared that I was "in the know" just like everyone else. Because I was afraid.

This was the state of me, from the time I was eight until that day when I was almost 41. My world was crashing down on top of me, with endless contradictions disintegrating the ground I thought I had my feet firmly planted upon.

The partial understandings I'd picked up along the way from others, most of whom also only partially understood, meant that my inner foundations sat upon sand, making everything shift and shake. It took a while for me to remember that we're all afraid to show the cracks in our facades. I had forgotten that sometimes we all feel that not being perfect is somehow like the plague, and people are afraid it might rub off on them.

On that morning of **The Epiphany**, there were many moments of clarity mixed in with the sludge. The biggest ah-ha! I had was that I had been lying to myself and everyone I knew. As I began to clean off my cow-filled shelf, I decided that I was going to start with living authentically. I wasn't going to grab on to any idea, ideology, concept, or sacred cow unless it truly made sense to me, the real me. I let go of the idea that any one of those cows was the end all, be all. Those sacred cows would not bring me happiness. I promised myself that I would be honest with myself and others about how I was feeling, even if it meant admitting that sometimes my life sucked, that I had no idea what the meaning of life was, and that, in essence (and literally), my shit stank too. I promised myself that I would give myself a break and that I didn't always have to know.

**MORE next month.**

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Frank DeMarco

# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 17*

expected. They may approve or disapprove, but they will be surprised in some respects. The children of the Renaissance are far-flung, they have married into different families with different religions and traditions and values. Still they show their common ancestry if you look.

Even the Taliban use the most modern weapons they can acquire.

**Yes but the Renaissance influence on them extends far deeper than that, or why the fanatical resistance to what they fear? It isn't simple nationalism, not among people whose tribalism is that strong.**

**They are afraid because they can feel the allure within themselves.**

Of course. Fanaticism is always fueled by self division trying to enforce inner unanimity.

**I think you are implying that the very existence in the world of a dominant culture that does not share their beliefs is perceived by them as a threat.**

You make us smile. Do you think the West is any different? Or what was the Second World, the Communists? Every society fears the fact that others believe differently - because that undermines one's own beliefs, you see. It is unconscious warfare, and thus all the more frightening.

Now, we're not interested in spelling this out. Any one of you can read the news and think. What is your internal cultural war (in which "your side" is of course well-intentioned and well-informed, and "their side" is malevolent and ignorant), if not two groupings taking some of the fruits of the Renaissance worldview and opposing others who cling to different fruits?

**I don't know if that is clear or persuasive to everybody, but it is to me.**

Well then, confine the argument to the question of "*What happens to me after death?*" Surely you can see that even an approach to that question must involve belief-system upon belief-system.

**You remind me of Bruce Moen, who used to talk about belief-system crashes (in which an event could cause someone to realize that the world was not as they supposed in some aspect), which sometimes became what he called cascading belief system crashes, in which the collapse of one set of ideas removed the props from another set, and perhaps more.**

If a civilization goes through a cascading belief-system crash, don't you suppose it would be as well for a truer belief-system to exist for them (if they can find it), if only as a life raft?

**Yes indeed.**

Well, in the interim between an old universal understanding and a new one, you will find many small ones filling the void. That is your time, as you well know. It takes time for a new cultural belief-system to emerge and spread, and your generation will not see it. As I have said for years.

Yes, but perhaps what you have not realized is that anything that can be constructed in this interregnum period must be fragmentary, somewhat oversimplified, and temporary. There isn't anything wrong with that; how could there be, given that it is what must happen with systems? But, realize it.

**If we were trying to create the next civilization, that reminder would take the pressure off, a bit!**

Don't imagine that the next culture will be predominantly Western in origin. The West will contribute to it, as Rome contributed to the Medieval world, but the West today can no more imagine the next civilization than Rome could.

**So, our part here?**

Well, that's the nub of it, isn't it? Your job - as always - is to live your lives. Beyond that, it is to shape your

*...continued on page 35*



# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

Frank DeMarco

*...continued from page 34*

character as best you can. That is real work, not a pretended siege of Babylon.

But you will find that sincere work done on a personal level has unexpected and unpredictable side-effects on the culture by way of non-3D connections. Only, you must live your values.

It does no good merely to believe what you do not live. Knowledge not lived is sin," **Edgar Cayce's** source said. It is, at least, a great waste of time and opportunity.

**I got us off-track today, didn't I?**

If there were a track, you might have done. But all roads lead to **Rome**. The thing to keep your eye on is people's attitude toward death.

**I have said for years, if you want to know someone's opinion of life really (as opposed to lip service), see how they feel about money, and death.**

Yes, of course. Now, think about it this way: How do

one's feelings about money reflect assumptions rooted in the Renaissance and rippled down to the present?

How do people's feelings about death reflect the same set of influences over time? Then compare the common view to your own. Do you share the culture's view (thus making you, to that extent, a child of the Renaissance), or not? And if not, in what way not?

**That is a little oversimplified. Surely there is a wide range of beliefs scattered through society.**

Of course, but there will be one set of beliefs that will be most obvious to you, whether by background or pro-pinquity or whatever. Measure against that.

And let us pause with this orienting reminder. Your attitude toward death is probably largely pre-conscious. Work done to make it conscious will help you immensely as we go on.

(We don't care so much about your attitude toward money, except as an indicator of how much you do or don't trust life.)

**I can't help thinking I skewed this session. I'll take your word for it that it's okay. A title? And a projected next installment?**

"Culture and the concept of death" is one possibility, not a particularly inspired one.

**"Children of the Renaissance"?**

If you wish. Not bad. Next time, we should return more closely to the question of what is the real situation of soul and spirit, given that they are one and the same



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# HOROSCOPES OCTOBER 2021



## ARIES – (March 19 – April 18)

Dear Aries, regarding the private sector you are not immune to an impressive turn of events. Your loves are upside down, looking for answers, you might come across a betrayal in love. Let the stars do their thing, no need to get worked up, look ahead, it is not the moment to start new projects, the moment is badly chosen. From October 19th, you have good planetary aspects, before this period so stay cautious. Around October 23rd thanks to a small unexpected cash flow your finances are better. When it comes to your love life, a situation must be clear, there are still some points to settle. Do not wait too long to act, the time that passes you deserts you.

### ARIES: LOVE IN GENERAL

Aries: Dear natives, you are at a turning point in your life, you should actually enjoy the good times instead of asking yourself questions. For part of the month your loves are upset but you have other things to do since you have accounts to settle. The stars influence your choices, decision making is the order of the day.

### ARIES: IN A RELATIONSHIP

Aries: As a couple as soon as you approach the subject of finances, small tensions appear. Everyone camps on their positions, between you the discussions are lively. No return to calm by the end of the month, however, you manage to find solutions in extremis.

### ARIES: SINGLE

Aries: The stars do not facilitate the task since you are unable to make your choice, you still hesitate between two people. You find support from your family. We advise you to take your time. We make intelligent recommendations for you without judging your actions.

### ARIES: ADVICE FROM FREE HOROSCOPE

Aries: Do not rush into your choices it's the best thing you can do, make all your decisions with a calm head, accept the disappointments. Applying the advice you are given is a first victory.



## TAURUS – (April 19 – May 19)

October starts smoothly, you are not part of the top ten of the zodiac however, on a general level a nice evolution is felt during this month. If you need things to move forward and evolve, it will happen, but in due course you do not have control. Whether it is the domain of your love or the domain of the family, the stars advise you to play the card of prudence. It is only from October 22nd that a new wind sweeps the bad memories away. We will talk about rebirth. Before that, you lack patience, questioning all the things you could say or do. A little hindsight brings you a well-being. No need to go into conflict or ask for ultimatums.

### TAURUS: LOVE IN GENERAL

Taurus: Disagreements are at the center of discussions for couples, you oscillate between disappointment and bad faith. Where are your good intentions? You will have to calm things down, especially since the planetary movements do not help you move in the right direction. It is by showing yourself as reasonable that you find a compromise.

### TAURUS: IN A RELATIONSHIP

Taurus: Everything changes, your way of seeing things is different, it displeases your partner, they make it known. Conflicts continue to worsen, it will be necessary to wait until October 25th for a return to calm and to soothe the ardor between each of you.

**TAURUS: DEAR SINGLES**, you do not count the days of celibacy anymore. Be careful habits are set up very quickly, force yourself to go out and see people, gain new knowledge, do not hide behind the fear of the unknown, it will lead you to nothing, except to be stuck with your doubts.

# HOROSCOPES OCTOBER 2021



**TAURUS: ADVICE FROM FREE HOROSCOPE** Taurus: You may think that in this month of October nothing very pleasant happens, think again, look around you, you might be surprised by the amazing attitude of some people. Open your eyes wide.

## GEMINI – (May 20 – June 19)

Dear Gemini, all in all, the month begins in half-tones, so considerate usually, you suddenly decide to be less attentive with your loved ones. It shocks some people around you while others have understood the meaning of your little game. You try everything to get a reaction from them. If you intentionally let a situation fester, your steps will come out unsuccessful, before acting clumsily think twice. At the beginning of the month, your relationships in love are not stable, but around October 15th, things improve significantly. Why not take advantage of a family atmosphere favorable to exchanges around October 22nd, to communicate on projects of all kinds. Do not be stubborn, you risk falling on those more stubborn than you.

### GEMINI: LOVE IN GENERAL .

Gemini: Do not wait for things to go sour, pierce the abscess while there is still time. If there are things unspoken in your relationship, before riding on your high horses try to understand where the problem lies. Pretty quickly you find common ground. Some are ready to listen to you.

### GEMINI: IN A RELATIONSHIP .

Gemini: Your relationship experiences ups and downs, at home it's a bit of a rollercoaster ride. You hide behind excuses, your partner knows it and they do not approve, between you the tension rises and you explode. A close person serves as an intermediary, their advice is precious, the atmosphere becomes less heavy.

### GEMINI: SINGLE .

Gemini: You seem to doubt yourself, you hesitate on everything and every action, but have a little trust in yourself, there is no reason to be discouraged. A new person sweet talks you, if you like them, instead of distrusting yourself, it is strongly advised to go for it. advice.

### GEMINI: ADVICE FROM FREE HOROSCOPE

Gemini: To procrastinate without stopping only wastes time, and time is money. Do not miss out on opportunities because your doubts outweigh everything else. Caution is required but do not make a fuss.

## CANCER – (June 20 – July 21)

At the beginning of the month, you make beautiful encounters. A little suspicious at first, very quickly you manage to let go, you communicate about your expectations and your feelings. You make new contacts by highlighting the warm side of human relationships, so you quickly find confidence.

Regarding family projects, uncertainties are present, if you have chosen to close your eyes rather than face the reality, things are likely to get tougher. Push the discussion, look for common ground, and risk everything. It's around October 15th that luck comes back. The opportunities are getting ready, financially you find your cruising speed. The planets are moving around you, autumn is heralding new opportunities.

### CANCER: LOVE IN GENERAL

Cancer: If you are looking for love, obviously autumn is the perfect time to make it happen. This period announces a balance in love. Get help from those around you if you lack motivation to complete a project. From October 18th the emotional domain finds a nice dynamic, enjoy it, without forgetting your personal objectives.

### CANCER: IN A RELATIONSHIP

Cancer: The astral influences push you to optimize your relationship projects, such as travel, a new apartment, the need to welcome a child in your home, the choice is varied, if some doubts still persist, trust yourself. Your partner fully adheres to your preferences. Around the third week, things move faster.

*...continued on page 38*

# HOROSCOPES OCTOBER 2021

*...continued from page 29*



## CANCER: SINGLE

Cancer: You face a small family quarrel that demotivates you, so you are not willing to meet new people and you prefer to hide at home. You are wrong, the beginning of the month is a sign of luck. Things are happening when it comes to your loves.

## CANCER: ADVICE FROM FREE HOROSCOPE

Cancer: Despite some imbalances the stars give you the opportunity to carry out your projects. If you encounter some disappointments it is for a good cause, take the time to think about it taking into account the advice of your loved ones.

## LEO – (July 22 – August 21)

If you are looking for solutions to your problems, it is from October 13th that you'll find them, but not before. Planetary influences suggest a short-lived break in the clouds. Taking part of the situation by jumping on every little opportunity that presents itself seems to be the ideal solution for you.

Around October 19th, the professional atmosphere may become heavy, your office colleagues give you a hard time, but in the true vain Leo that you are you do not let them walk all over you, you do not hide your ambitions. As a family, it is you who settle conflicts, this month you put on your great wiseman's hat. At the end of the month some of our dear planets send you good vibrations, enough to allow you to breathe a little, especially for those who have given you stress.

## LEO: LOVE IN GENERAL .

Leo: The astral sky clears for your loves, pay attention because it can quickly darken. This suggests that you have some efforts to make. By being imaginative and finding solid arguments, you can change your situation. Small warning, your will and your determination cause a little stress and insomnia.

## LEO: IN A RELATIONSHIP .

Leo: If you are not on the same wavelength as your partner it is not very serious, as of the second week of October, you will find a mutual agreement. The fall starts slowly for couples, except that the planets keep a watchful eye on you. You are under astral protection.

## LEO: SINGLE .

Leo: If you've recently started dating, it's slow but do not get discouraged, things are moving at their own pace. You can not go faster than the music, do not get ahead of yourself. For others, opportunities arise and you make new encounters.

## LEO: ADVICE FROM FREE HOROSCOPE .

Leo: You have chosen to engage with the person who shares your life, the time has come to make concessions, you just have to give up two or three little things to move more serenely.

## VIRGO – (Aug 22 – Sept 21)

This month you are a wise Virgo. The arrival of autumn calms the ardor of the Virgo yet Venus hovers over your head leaving the door open to opportunities and luck. You are afraid of nothing, rather than playing the cold Virgo, you take the lead. Bouncing against possible difficulties is a breeze because you are so reasoned.

From the beginning of the month, you can begin to relax, you have less stress even if your conscience pushes you to make efforts in your emotional life. The family circle is at the center of your priorities, children are the basis of your happiness. The atmosphere, in general, is breathable and healthy. If you are considering large projects, the influence of the planets are favorable.

## VIRGO: LOVE IN GENERAL .

Virgo: No time to think about bad days, no time to rehearse, a sweet atmosphere reigns in your daily life. By avoiding possible problems, the good actions of the stars offer you the possibility to build new projects. The second week of the month is favorable for love at first sight. A breeze of lightness blows over your love life.



# HOROSCOPES OCTOBER 2021

*...continued from page 30*



## **VIRGO: IN A RELATIONSHIP .**

Virgo:Your partner is reluctant about a change of project but you manage to convince them. Passion is at the rendezvous, your relationship is gaining momentum, you are on a small cloud. From the beginning of the month, the bonds are tightening, you are more close than ever.

## **VIRGO: SINGLE .**

Virgo:An uncomfortable situation makes our dear Virgo friends who are single a little anxious and irritable. You do not take the time to listen to the good advice of your loved ones, you prefer to make impulsive decisions, you may regret it later. Think of the good resolutions you have taken recently.

## **VIRGO: ADVICE FROM FREE HOROSCOPE .**

Virgo:If you are a bit confused at times, get some comfort from those around you. From the moment you feel confident, nothing can make you doubt. It's a carefree month.

## **LIBRA – (Sept 22 – Oct 21)**

You are being egocentric instead of looking around, you spend your time imagining a life without problems, except that it only exists in your dreams. The month begins under good auspices dear native of Libra since passion is at the rendezvous. You are solicited, whether at work, at home or in love.

Receiving the attention of others propels you to the top of the zodiac parade. Are you a bit pretentious? It is around October 22nd that the planets give you a hard time in matters of the heart, it is an excellent test in anticipation. In the office some small difficulties can intervene with your colleagues, show a little diplomacy to calm things down.

## **LIBRA: LOVE IN GENERAL .**

Libra:The planets warn you about your offbeat behavior that you sometimes have with certain people, so differences of opinion are present, loves suffer. Adopt another strategy and everything will be much better. If the beginning of the month is conducive to being closer,

the end of the month brings fragility to your love.

## **LIBRA: IN A RELATIONSHIP .**

Libra:Your partner expects you to show proof of love, because this month your relationship is marked by an imbalance. For you to find complicity it takes a little time. It will be up to you to make some efforts. But on the positive side, you react at the right time, your relationship remains welded.

## **LIBRA: SINGLE .**

Libra:Nothing is lacking on the dating scene, except that you are being difficult. A problem of motivation or simple revenge? It is during the second week that you are ready to make new acquaintances, the atmosphere is sweet and you are confident. You are not safe from having a crush at the end of the month.

## **LIBRA: ADVICE FROM FREE HOROSCOPE .**

Libra:Do not be grumpy for everything and for nothing, do not get stuck on unimportant details. Be gentle, show your diplomacy, make arrangements, put away your bad mood. Your kindness is a major asset in your relationships with others.

## **SCORPIO – (Oct 22 – Nov 20)**

For the natives of Scorpio the month of October announces a new open-mindedness. The relationship field is put forward, you are more confident, your entourage feels it. The stars recommend you to make a real return to the sources. Contact with nature is beneficial for the biggest of dreamers among you, take advantage of it for long walks in the forest or to take a step back and calm down.

Around October 14th your emotional life is rich. Unexpected upheavals will change the course of things, if you had planned a trip, it could be delayed. The global situation is favorable if you are at the head of a professional or personal project. On the financial side, all administrative procedures (bank loan application or other) receive a positive response.

*...continued on page 40*

# HOROSCOPES OCTOBER 2021

*...continued from page 31*



## SCORPIO: LOVE IN GENERAL .

Scorpio: In love, to avoid problems in your relationship separate the private sphere from the professional sphere, put things in perspective. Watch out, professional concerns could take over emotional relationships. You are criticized for your lack of involvement, react now. Starting October 26th, unlikely encounters will surprise you.

## SCORPIO: IN A RELATIONSHIP .

Scorpio: This month you do not get bored as a couple. Between outings, hobbies and work, as soon as you have a free moment you will enjoy it to spend time in love. You approach future projects. A great strength in your relationship gives you confidence in the future.

## SCORPIO: SINGLE .

Scorpio: If you covet someone you could fall under their spell faster than expected. This month you no longer control your emotions, you are on a small cloud. Your astral sky announces beautiful clearings with a forecast for great weather on your loves around October 17th.

## SCORPIO: ADVICE FROM FREE HOROSCOPE .

Scorpio: Autumn seems to be the best time to make a love story come true. If you have some doubts, learn to trust yourself, stop looking for the slightest detail. Dare to go towards others, show yourself natural, expose your state of mind.

## SAGITTARIUS – (Nov 21– Dec 20)

Dear Sagittarians you are pampered by the stars, the beginning of the month is quite calm, it is from the second week that everything accelerates under the action of the planets, your loves take on momentum, the field of work is boosted thanks to new projects. The small difficulties will not completely disappear except that you are under high protection, it is a nice advantage.

The meetings you make are beneficial, your expectations are rewarded, and if it was blocked communication resumes. At work, the atmosphere is breathable, your colleagues are supportive. Some changes are to be expected in your personal life (a move, change of region or country), so we speak of positive upheavals. If you need financial support for the validation of a project, this period is favorable.

## SAGITTARIUS: LOVE IN GENERAL .

Sagittarius: Everything is going well in your love life, you are surrounded by good people. You are receptive to the requests of your beloved, under the action of the planets romantic relationships are strengthened. As you brake with both feet Venus pushes you to reveal your feelings. For the greatest happiness of your loved ones, you reveal yourself out in the open.

## SAGITTARIUS: IN A RELATIONSHIP .

Sagittarius: At the beginning of the month, small tensions are present. So that your relationship can find fluidity, get your act together. A misunderstanding could be the origin of a disagreement, instead of camping on your positions, confess your fault, it will be so much simpler.

## SAGITTARIUS: SINGLE .

Sagittarius: The third week is an important time for those who are single, a situation you had not foreseen could thwart your plans. A person might well destabilize you, could love be knocking on your door? During the last days of October you may have some good surprises.

## SAGITTARIUS: ADVICE FROM FREE HOROSCOPE .

Sagittarius: The first frost begins, you need human warmth, it's your fiery temperament that will warm the atmosphere. Get closer to the people you love, show them your motives, there's no reason you'll be disappointed.

# HOROSCOPES OCTOBER 2021



## CAPRICORN – (Dec 21 – Jan 19)

This period is favorable, emotions are intense and powerful, your intuitions are good, you do not let anything pass. From October 12th opportunities are come one after another, if you want to highlight your creativity there will be many opportunities to do so. Still hesitant to set up a project? Go ahead, let go of your doubts! If, on a personal level, you are considering changing some things do it without questioning your past actions.

Your vision of love is different. To overcome your emotional fears the planets send you the necessary impetus, you go forward, you learn to trust. The family circle is welded, no disturbance is expected during the month of October. Professionally this period is calm, while waiting for the situation to evolve positively, changes are being prepared.

### CAPRICORN: LOVE IN GENERAL .

Capricorn: You are on the defensive except that this period announces upheavals. You need to feel that you are loved, you are ready to reveal your emotions and your feelings, you expect a little affection in return. The stars respond favorably to your wishes, you receive as gifts beautiful marks of tenderness. In love you take the right direction.

### CAPRICORN: IN A RELATIONSHIP .

Capricorn: Your partner seems reluctant when it comes to making long-term plans, you persuade them that it is for the good of your relationship and it works. You demonstrate a strong persuasive force, it strengthens your relationship. From the 17th of October your joint projects are realized, you are happy.

### CAPRICORN: SINGLE .

Capricorn: Dear Singles this month, you're on a course. To reach love, the path was long, yet you reach the goal. Indeed, your ambitions lead you to the realization, you are ready to do everything for the person you love. The influence of the planets pushes you to reveal yourself in broad daylight.

### CAPRICORN: ADVICE FROM FREE HOROSCOPE .

Capricorn: October offers some nice surprises. You imagine an easy life, without constraint, the period looks restful. Enjoy the moment. Stay receptive to opportunities. Enjoy the sweet atmosphere around you.

## AQUARIUS – (Jan 20 – Feb 17)

Will autumn boost the determination of the Aquarian natives? It seems so. When it comes to your feelings, lightness and fantasy are the keywords of a daily routine rich in emotions. If you are told that you lack romance, they are wrong.

Without making any noise you continue on your way and you reach the goal. If questions remained unresolved, you finally get answers. Take advantage of this fall period to undertake new projects or to develop a winter trip. In your emotional relationships a nice balance is present. In the office, a heavy workload plagues you a bit, either you face it or you schedule a few days of vacation. As a family, you are busy, between children and their activities you do not get bored.

### AQUARIUS: LOVE IN GENERAL .

Aquarius: When you decide to please the person you love you are serious. We recognize that you are a discreet person when it comes to your feelings yet you decide to expose your feelings in love in broad daylight. Some are surprised, others were waiting for that. Your love life is gaining momentum, and it suits you.

### AQUARIUS: IN A RELATIONSHIP .

Aquarius: Between the 13th and 17th of October you are torn because of a family choice, your partner tries to help you and support you, together you find solutions. A return to calm is expected around October 25th, at which time you can breathe a little and start to relax.

*...continued on page 42*



# HOROSCOPES OCTOBER 2021

*...continued from page 33*



## AQUARIUS: SINGLE .

Aquarius: At the beginning of autumn those who are single need tenderness, this period foreshadows nice meetings. You do not touch the ground anymore. You have the possibility of concretizing a love story by letting yourself be carried by the good vibrations of the stars. October 20th marks the beginning of an evolution and the end of celibacy.

## AQUARIUS: ADVICE FROM FREE HOROSCOPE .

Aquarius: You get what you want because you give yourself the means to get there. You do not let go, you are determined. Your efforts are paying off. For you it is finally deliverance. Do not hesitate, make yourself heard.

## PISCES – (Feb 18 – March 18)

Your mind is wandering, you are carried away by your dreams. At the beginning of the month, the notion of lightness reflects your personality. Around October 10th, transformations are felt. Nebulous love situations clear up, you no longer swim in troubled waters, decisions are frank, you make choices, you decide.

Around October 21st, family concerns take over your daily life, you control your emotions, you do not go headlong, you quickly seek solutions. Rather than rehearsing in front of the television, you prefer to spend your evenings enjoying your friends, you organize festive meals. This month your friends and family are part of your comforting bubble.

## PISCES: LOVE IN GENERAL .

Pisces: If lately romantic relationships have been complicated, you make up for it by taking some risks. You are under the protection of the planets, your actions are protected, you do not fear much. The opportunity to get down to business is present. Around October 15th you could make a radical decision. You receive proof of love that hadn't expected.

## PISCES: IN A RELATIONSHIP .

Pisces: As a couple you manage to free yourself from certain constraints. Your partner appreciates your new way of thinking even if they do not quite agree with your choices. To overcome a disagreement you find common ground. From October 17th, calm returns, your relationship finds its colors. The atmosphere is sweet.

## PISCES: SINGLE .

Pisces: For you, nothing is pressing, you make the choice to take your time if you are looking for a soul mate. It may well be that an unforeseen situation will disrupt your plans. Love has decided to visit you. This period is positive, you build links, the exchanges are fluid, it pleases you.

## PISCES: ADVICE FROM FREE HOROSCOPE .

Pisces: The decisions you make take you to new situations. Do not lose sight of the goals you have set yourself, move at your own pace. Spoiling the people you love is good, do not forget about it.





Mokshapriya Shakti

## ESSENTIALS OF LIFE: SILENCE

*...continued from page 15*

goal is “**yog chitta vritti nirodhaha**,” (complete control over the mind waves) not to stand on the head. Our ego does not want us to have control over the mind either. Imagine getting into your car and you start it, but you have no control over the accelerator or brake or steering. The car goes where it wants to go, and you are helplessly sitting by. This is how much our subconscious and unconscious mind influences us.

We may make a resolution today to do something, but tomorrow it is easily broken. Then we judge ourselves and that disempowers us from making changes. Therefore, we need to make a concentrated effort to practice being silent. The more we practice the easier it becomes. In the beginning it will require will power, but later it becomes a habit.

The morning hours before the sunrise is the hour of **Brahma** or **God**. It is the hour where our mind will easily fall into silence. It is part of the modes of nature or yugas. In the morning we are in **sattva yug**. If we look at the birds, they follow the natural pathway. In the morning they sing the glory of **God**, then during the day (**raja yug**) they forage for food. In the evening, they put their beak under the wings to wind down to go to sleep, or **tamo yug**. We humans have stopped following the laws of nature. Everything on the planet must follow these yugas, and it is through balance of them that we have a happy and healthy life. For us to take back our power of life and mind; we need to learn to be silent.

Let us wake up in the morning a little before everyone else and sit in silence appreciating the glory of the Divine. It only takes a couple of minutes to assess what the day needs, after which the mind should be silenced. **Mark Becker** wrote: “*I learned to meditate from my mother.*” He stated that she got up every morning and sat in silence while she had her coffee and cigarette. We don’t want us to smoke, but to sit in silence and have the coffee, or take a walk in silence in the fresh air, before the hustle and bustle of daily life takes the mind away and takes control of our life. This simple ritual will empower us. It will give us insight into who we really are and what is our hearts desire. It eventually will lead to meditation.

“Silence is a source of great strength.” - **Lao Tzu**



Mitch Ditkoff

## THIS IS THE PERFECT MOMENT

*...continued from page 16*

be... or act... or think... or feel... and that each and everyone of us are perfect as we are in THIS moment.

Indeed, one of the extraordinary gifts I have received from **Prem Rawat** is precisely this recognition -- what sometimes has been referred to as “I am that I am.” Selfhood. Pure being. Presence. In other words, whoever we are in THIS moment is enough. The imagined “perfect self” that we dangle in front of ourselves like some kind of spiritual carrot is not only a waste of time, it is totally unnecessary.

As **Lao Tzu** once said, “he who knows he has enough has enough.” And it’s corollary is also true, “He who knows he IS enough, is enough.”

Not only do I have enough, I AM enough. And not only am I enough, I AM, which is, basically, the whole deal.

No matter what path we walk, skip, hop, run, leave, return to, or write about, we are here, now, alive, and well. AS WE ARE. Yes, we are enough -- you, me, and the other 7.7 billion people on planet Earth. AS IS. In THIS moment, breathing one breath at a time.

Rich, poor, young, old, single, married, known, unknown and everything in between.

Indeed, this is one of the great teachings I have received from Prem Rawat. Even more than a teaching, it is an EXPERIENCE -- that THIS moment, right here, right now, today, wherever I happen to be, regardless of the circumstances of my life and how I stack up in relationship to my concepts of what would be better, is the PERFECT MOMENT. **God** is here now. Life is here now. Breath is here now. Love is here now. Gratitude is here now. Freedom is here now.

And there you have it, my friends, no matter what section of the audience you are sitting in.

Ready to stand?



Apollo Love

# HOW COVID EXPOSED NEW AGE NARCISSISM

...continued from page 24

It enables an “Us versus Them” mentality and claims that it is spiritual warfare. The **Nazi** symbol originally was a **Peace** symbol. *“Hitler and his fellow Nazis sold the German people a simplistic supernatural fantasy and conspiracy theory, in which all their problems were caused by a hidden global elite of monsters/vampires/demons—that is, the Jews—but the magical light-warriors of the Nazi party would defeat them in a cosmic battle, ushering in a golden age of peace and love. The Nazis fully bought into conspiracy theories themselves, like **The Protocols of the Elders of Zion**, which Hitler believed were genuine, but which were actually written and disseminated by Russian intelligence in around 1900, to foster anti-Jewish sentiment.” ~ Jules Evans, Nazi Hippies*

**Hitler** also convinced his followers that journalists, scientists, and doctors were the enemy of the people. We now see both the far-right and people in the “spiritual” communities, thinking similar things, and that Trump is their hero. We have people like **JP Sears** going to events where they “pray” for Trump to save us and bring “**Christ Consciousness**” into the world as we all transcend into **5D**. Let us remember that we are talking about an egomaniac pathological liar with 26 sexual assault accusations, a history of racism, and a list that can’t fit into this one article. It does not take much to see that Trump lacks emotional intelligence, empathy, social awareness, or consideration for others. This does not represent love, consciousness, or inclusivity.

**So why do the far-right and new age people follow him?** Because Trump **being in power gave these people permission for their own narcissism to exist. The parts of them have been shamed and suppressed have been forgiven through his unapologetic embrace of this shadow. In a twisted way, it sets them free. Their reptilian brains are activated by an alpha-male as their insecurities find a home inside of dominance.** And again, I am not comparing the outcomes. I would like to believe that we have evolved enough as a species to not go down the same violent path. But it is important to understand the core social psychology that leads to this level of fear, hatred, and separation, as it repeats throughout history with differ-

ent leaders and orators guiding people away from their own hearts and logic and putting them in a distrustful state on purpose.

The mostly white, **Qanon/Spiritual Cultists** believe a secret group of celebrities and **Democrats** rape and eat children in order to live longer. They all jumped on the **Save The Children** hashtag, even though the hundreds of organizations who actually work on saving children have **rebuked** the movement. You would think that organizations that have dedicated all their time and resources to help children would be thrilled to get new support, but they weren’t. Because it wasn’t real, and it did nothing but distract people from the work that is actually being done every day.

All it took was an anonymous person named **Q**, who many believe is actually part of a psyops campaign, to trick millions of people. **It showed the rest of society how easy it is to brainwash and emotionally manipulate people when they are scared. It taught us how easy it is to start a cult and get people to believe anything you say.** And people who get high off of power know how to use their words to get these otherwise good people into a hypnotic spell to follow them.

**The constant attack on all the expert scientists, doctors, psychologists, and journalists** who are well-known and successful, combined with the automatic embrace of all the alternative doctors and underground journalists without even questioning them **is not “conscious.” It is fear-based, illogical, and needs to be called out.**

When we talk about these industries, we’re talking about millions of individuals around the world who have dedicated their entire lives to studying and understanding their field.

Do they get it wrong sometimes? Yes.  
Do they act selfishly sometimes? Yes.  
But also...do you? Of course.

I have learned that it is part of the human condition, and with such a large sample pool, it is easy to find people on all sides that are corrupt or misinformed. But after traveling the world and being involved in many different communities, I’ve come to learn that humans are humans no matter where you go.

Are there corporations that unethically make money off of people? Absolutely.

...continued on page 45





Apollo Love

# HOW COVID EXPOSED NEW AGE NARCISSISM

*...continued from page 44*

But are there also people in the spiritual community that do the same? Yup.

Are there government officials that lie and are corrupt? Absolutely.

But are there also conscious con-artists that do the same? You better believe it.

People existing within an industry guilty of these behaviors are not evidence that the entire industry is built on those behaviors. It is only evidence that those people are. I have seen the same behaviors no matter what community I went into. It is not an excuse to automatically distrust all social systems, which, by the way, are much more peer-reviewed and under scrutiny than random pseudoscience Internet organizations are.

There is this false narrative that everything on the mainstream news is in on a global conspiracy, even though there are millions of employees working at thousands of news outlets in hundreds of different countries. The narrative suggests that if it is mainstream, it is automatically fake. And it is alternative. It is automatically real. But the truth is that underground and independent news outlets can manipulate and lie just as much as mainstream news does. [We saw this in misinformed documentaries like “Plandemic” by fear-monger Mikki Willis. This film actually promoted that wearing a mask is what “activates” the coronavirus. There is zero logic or science behind this claim, but millions of people ate it up and repeated it.](#)

As somebody who went to film school, shot and edited documentaries, and has seen how TV works behind the scenes, I can assure you that clever editing, cuts, and music cues can paint a false picture and make viewers feel a certain way on purpose. It uses psychological and emotional manipulation to convince you that the misinformation they are presenting is real. But it doesn't mean that it actually is.

We live in a strange world where so many are suspicious of those who are experts. Every now and then, a **Qanon** doctor will make a video saying that **COVID** is a hoax,

and people will share it and say, “See. It’s coming from a doctor”—which is them admitting that the profession of a doctor actually means something. That’s great! This is something that we can actually agree on, as my younger sister spent many years in school on the way to becoming a doctor. It does mean something.

So then why do we use their profession to establish credibility when they are saying something that we agree with, while at the same time denying the credibility of the profession when an overwhelming majority of the millions of doctors who are part of the “medical establishment” are saying the complete opposite? Why do we trust fringe doctors so easily? Especially when they are not even infectious disease specialists.

We have to admit to ourselves that most of us do not actually know much about how medicine, health, and the scientific process works. [We are not trained or educated on these topics, and it is unbelievably arrogant to say that what we read on the Internet is closer to the truth than people who spend decades studying, researching, and peer-reviewing.](#) Next time you need life-saving surgery, would you go to a “non-establishment” person who is not trained in surgery?

Next time you need emergency dental work, would you trust someone who has never done it before and is basing their approach on something they read on the Internet?

The choice seems obvious, yet time after time, we discredit professionals while lifting up alternative “anti-mainstream” propaganda from people who do not have any education or knowledge in the specific field. We have seen this phenomenon even in music when an underground band becomes successful. They suddenly become attacked for being “mainstream” instead of acknowledged that their music is so good that it grew a huge audience.

Our society punishes experts, as we are paranoid that everybody is lying to us. And that big money controls every single aspect of society. I am not downplaying that money has influence and that there are people who abuse their power or companies that make mistakes. I am highlighting that our paranoia has closed us off from information that can actually help us, such as the fact that masks 100% help slow the spread of COVID.

*...continued on page 46*



Apollo Love

# HOW COVID EXPOSED NEW AGE NARCISSISM

*...continued from page 45*

How quickly do these very same people who deny science call 911 and get in an ambulance to go to a hospital when there is a medical emergency?

You can believe whatever you want to believe, but ultimately, science and truth will prevail. Just ask the breatharians who passed away because they were spiritually manipulated into believing they can live off of “prana.”

In the same way that we look at the past in disbelief at how humans used to live, I believe the future will do the same to us and our current beliefs. Our species must intellectually evolve if it wants to survive, and 2020 has shown how much work we still have to do.

It must be exhausting to live in a constant paranoia state, thinking the entire world is in on a secret plot. The greatest conspiracy is asking ourselves, “What if a majority of things are actually what they really are?”

When you think about it, society as we know it is pretty brand new, and 99.9% of human existence looked nothing like it does today. We grow up and see the world as it currently is and since it is all we know, we make our assumptions as if any of this is normal, when we are actually the first generation to live in society as it currently is. Does it not make sense that we are still figuring it out?

Does it not make sense that all these global systems of communication, finance, resources, and exchanges of ideas are all fairly new and come with flaws? That people will be exploited, used, and lied to? And that people are just discovering the reality of situations that they knew little to nothing about prior to?

Someday, there will be a disease with a much higher mortality rate, which we will not be able to defeat based on how we handled coronavirus. It is easy to forget about the past that we never experienced ourselves. We never saw life before vaccines and medical advancements. But there was a time that a single plague wiped out a whopping 50% to 60% of Europe’s

entire population. That would be around 370 to 400 million people dead if it was today. And trust me, if we saw millions of people dying around us, we may have a completely different perspective on the scientific and medical advancements that we currently take for granted.

The hundreds of millions of people in the past who died or lost loved ones to diseases and viruses that we now easily defeat would be rolling in their graves if they knew that future generations would someday develop the technology, knowledge, and medicine to save millions of lives, but would refuse to do so because they don’t trust or respect doctors and scientists, thanks to uneducated attention-seekers on the Internet calling pro-science people “sheep.”

Let me say this. I do not wear masks because I am afraid. Personally, I do not feel any fear of dying. I am actually looking forward to it, in a non-morbid spiritual perspective kind of way. For me, it is more about integrity and ethics. It is about having empathy for others and being willing to do something that barely earns the word “sacrifice” when compared to what others have given up.

Truth apparently doesn’t matter.

“Following your bliss” does.

In other words, spiritually bypass.

Because **God** forbid, you dared to do real therapy and take action on hard things that don’t feel good, even if they are beneficial to you.

It is hard to face, but **COVID** has exposed that narcissism runs rampant in our tribe. And there is growing evidence in the psychology field of the link between **New Age beliefs** and **Narcissism**. It is time that we face this cold, hard truth.

2020 exposed that many of us are still hurt children who are terrified to be alone, be with ourselves, and to face our own shadows—so much so that we would rather go to events and spread a deadly disease than to face our own silence and to sit in stillness.

*...continued on page 47*



Apollo Love

# HOW COVID EXPOSED NEW AGE NARCISSISM

*...continued from page 46*

It has shown us that we desperately need social validation at all costs, even if it means harming or potentially killing others.

We saw privilege on full display as influencers, yogis, gurus, and ecstatic dancers globe-trotted the world, mostly to poor countries full of people of color, during a deadly pandemic, all while showing off on their **Instagram** feeds how “free” they were, in the face of those who sacrificed so much to keep others safe. While they went to events and gatherings with no regard for others, nurses and frontline workers worked around the clock nonstop to the point of exhaustion to try to save lives. They are the true heroes of 2020.

What if being conscious meant actually becoming educated on the things that we have such strong opinions about? And getting educated does not mean reading an article and reposting it.

In any other world, it can take people years to become educated about something and even more time to become experts in it. But in ours, people read something, have a few “deep” conversations while they’re high at a gathering, and then fight so passionately and ignorantly about a perspective. It is not real research.

When I look around and see people willing to wear masks to protect others, I don’t see fear. I see compassion. I see empathy.

When I see people refuse to wear masks, I see selfishness. I see children in adult bodies throwing a temper tantrum. I see somebody who is making a statement, “I don’t care about your life.”

I have seen far more consideration from other groups of people outside of the New Age community. It’s called community, but so often feels like a collective of individualism and ego. There is all this talk about vibration with no acknowledgment that all these **New World Order/Illuminati** conspiracies are designed to keep you in a fear-based vibration and a state of mind that has you distrusting experts and blindly following spiritual

manipulators. You will not find what you are seeking at the end of that path.

So if you find that you lost a lot of friends and community in 2020, that’s okay. It’s been a revealing year for many people. And the loss may actually be a reflection of a major personal growth you are going through. It is a release of a perspective that you have outgrown and because of it, the next few years may fill up your life with more grounded friends and a clearer direction.

There has been a rise in what I call **Intellectual Spiritualism**. It is quality over quantity and reality over magical thinking. Loss has been a big part of this year. I myself have lost two successful businesses and a majority of my community this year due to **COVID** and **Qanon** beliefs. In turn, I have been attacked and even had lies spread about me for being so publicly vocal against those throwing events and for being a whistleblower. ***But if it saved even a single life, it was worth it.*** *Sometimes we think we are experiencing loss but are actually going through a recalibration of what is real.* Of what matters. If that’s you, that’s okay. You do not owe anybody anything. Let this be a time to tighten your circle or to reprioritize what matters the most to you.

It is time for all of us to grow up.

It is time for us to seek real therapy and not regurgitated spiritual advice from these so-called “gurus” and workshop leaders who have not yet faced their own shadows. There is nowhere for us to transcend to right now. If there was, we wouldn’t be here at this moment.

I believe that we chose this life and this planet during this time for a reason. I am not trying to escape it. I am trying to embrace it. To learn from it. And to be of this Earth. Not to be above it.

But to simply be with it, as it is.

Stop believing the unfounded fear that they are peddling and stop giving your power away to attention-seekers that don’t care about you. Being conscious is about being present and aware of the world as it actually is.

Anything else is just a denial of reality and the suppression of deeper truths about ourselves.

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# 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.**

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As hopeless as any situation feels,  
it's really only your thoughts that  
you're dealing with. And you  
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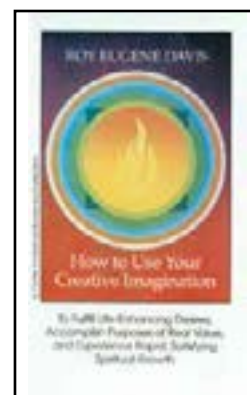
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