Andrea de Michaelis presents

# HORIZONS

Florida's Mind, Body, Spirit Mag Since 1992

horizonsmagazine.com

Horoscopes page 30

OCTOBER now online

# Finding Balance in Our Modern World

with Ma Mokshapriya

Day Retreat December 5, 2026
Saturday 9 a.m. to 5 p.m. $120 per person
philosophy
meditation
yoga
deep relaxation
vegetarian lunch

Workshop December 6, 2026
Sunday 2 to 5 p.m. $30
various techniques to harness the mind

Yogashakti Mission
3895 Hield Rd. NW
Palm Bay, FLorida – 321.725.4024

The Angel Communicator™

# Morgana Starr

Psychic Medium

- Psychic Mediumship
- Angelic Chakra Alignment
- Past Life Regression/Readings
- Spiritual Mentorship
- House Clearing/Blessing
- Online Education

SPECIAL

# 2027 OUTLOOK PSYCHIC READINGS

by Morgana Starr

GAIN CLARITY.
FIND DIRECTION.
EMBRACE WHAT'S AHEAD.

Step into 2027 with insight and guidance. In this special psychic reading, Morgana Starr will connect with your spiritual guides to help you understand the opportunities, challenges, and blessings that await you in the year ahead.

LOVE ✦ CAREER ✦ SPIRITUAL PATH
HEALTH ✦ LIFE PURPOSE ✦ AND MORE

*A Brighter Tomorrow Awaits...*

SPECIAL
$85
LIMITED TIME OFFER!

BOOK NOW
BEFORE SPOTS FILL UP!

READINGS HELD IN NOV-DEC

Phone Directory $5 per line pages 24-28

## DISPLAY ADVERTISING RATES

## NO CONTRACTS

### DISPLAY AD SIZES

Full page ad $200 7.25” wide by 9.5” tall

1/2 page ad $140
4.25” tall by 7.25” wide or 9” tall, 3.5” wide

1/4 page ad $70
4.25” tall by 3.5” wide or 2” tall, 7.25 wide

### SPECIAL NOW ~ ANY SIZE AD

Prepay 6 months and receive 1 month free.
Prepay 12 months, receive 3 months free.

*For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on.*

**PAYMENT IS DUE WITH AD by the 20th of the month before**

**We accept all credit cards**
Paypal horizonsmagazine@gmail.com
Zelle to horizonsmagazine@gmail.com
Venmo @Andrea-de-Michaelis

**Text 321-750-3375**
or email
HorizonsMagazine@gmail.com
We don't answer unknown callers (too much spam.)
We do return voice mail & texts

You are loved and guided more than you can imagine

# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Dr. Thomas C. Sannar

*“I am a teacher of compassion and wisdom for the transformation of planet Earth.”*

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

**1. Recognition.** I recognize there is an Infinite Power and Presence greater than I am. This Presence is on purpose, knows the answers to all my questions and has the ability and the willingness to fulfill all of my desires.

**2. Unification.** I unify my consciousness with the consciousness of **God**. I am willing in total faith and trust to allow Spirit to guide me, direct me in my daily affairs.

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**11. Gratitude.** I am grateful for all aspects of my life. I see all people as the goodness of Spirit in form.

**12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure and my talent to the spiritual source of my choice.



**The greatest optical illusion is separation**

# HORIZONS

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover
Paul Esche

Contributing Writers:
Seth thru Jane Roberts
Michael Sutherland
Mokshapriya Shakti
Cecelia Avitabile
Abraham-Hicks
Coleman Smith
Karen Williams
Debra Strasser
Sharron Britton
Mike Dooley
Marilyn Muir
Tom Sannar
Jim Palmer
Cary Bayer
Paul Esche
Jeff Brown

Our Advertising Rates • *Low because we're in it for the outcome, not the income ...* 4
12 Steps of Spiritual Freedom by Rev. Tom Sannar ..... 4
This Month's Thoughts About Things with Andrea de Michaelis ..... 6
The Teachings of Abraham-Hicks ..... 7
Non Religious Spirituality with Jim Palmer ..... 8
Herb Corner with Cecelia Avitabile ..... 9
Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton ..... 10
Solar and Lunar Celebrations of the Ancestors with Debra Strasser ..... 11
I Asked Artifical Intelligence (and these are the answers I got) ..... 12
Soul Songs: Abraham Fun with Karen Williams ..... 14
Notes From The Universe with Mike Dooley ..... 15
Spiritual Graffitti with Jeff Brown ..... 15
The iPhone, the iPad, and the iAM with Cary Bayer ..... 16
Seth through Jane Roberts ..... 17
Metaphysics 101 with Marilyn Muir ..... 18
The Secrets of Our Mind with Mokshapriya Shakti ..... 19
Zodiac News Day by Day with Coleman Smith ..... 20
The Wisdom of the Pouch: Sayings of the Trash Sage by Paul Esche ..... 22
A Practical Imagination Exercise from Michael Sutherland ..... 23
Our Phone Directory ..... 24
Monthly Horoscopes ..... 30
Self Talk Scripts To Help You Attract a Better Tomorrow by Andrea ..... 46
Our Mission Statement ..... 47

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

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

Horizons thanks everyone willing to take the risk

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

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

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

Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802
Text to 321.750-3375
Visit www.horizonsmagazine.com
Email HorizonsMagazine@gmail.com
Find us on Facebook, Tiktok, Insta, Bsky

Andrea de Michaelis
Publisher

# 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.*

**Hello and welcome to the October 2026 Horizons.** It's nice as the weather cools down. I've begun a little gardening: holy basils, Everglades tomatoes, bok choy. The collards, zucchini and eggplant didn't come up, my space in the sun is limited. Gardening relaxes me, anything in nature is a great mind cleanser for me.

**I've been dispelling old habits with new realizations**

I caught myself doing something that I rarely do. I was making my grocery list for delivery and it suddenly felt like I was spending too much money. I basically buy the same items on rotation weekly, no big ticket items (like beef LOL.)

My intent initially was to (1) use up all foods in my pantry and freezer before buying new and (2) shop in person until my loan for the new flooring at the rental is paid in **Oct 2027** bcz that would save me a weekly tip amount.

Then I justified delivery bcz it helped keep someone employed, like **a tithe to the Universe**.

*My experience is that money going out ALWAYS leaves room for more money to come IN.*

But I had a moment of thinking OH NO do I really need this or this?

Shouldn't I save money by not buying these now?

Then I went back over my list and saw it was mostly non-food items: $20 of salt pellets for the water softener, cat food, cat litter, freezer bags (I wash and reuse,) laundry soap, dishwasher soap (I've learn to dilute it by half because I over=squeeze,) bath tissue.

So while my first thought was OH NO this is expensive I shouldn't do this, upon further inspection I was just buying basic items and not going overboard on anything.

**SO MY CONCERN WAS FOR NOTHING. THAT'S THE POINT. I WAS WORRYING AHEAD OF TIME FOR NOTHING.** I was EXPECTING ahead of time that there'd be a problem, I WAS BELIEVING there might be a problem. THAT'S THE POINT. My initial thought was oh no I can't do this but my next thought was wait why do I think I can't do this?

So my next thought was ***why, after all these years of EVIDENCE TO THE CONTRARY, did I tonight automatically worry about spending $$ for the basics?*** Sure stuff costs lots more now but it's not about what things cost, it's all about MY VIBRATIONAL RESONANCE.

Clearly old habits -- and non-productive DEFAULT THOUGHTS OF LACK & LIMITATION - die hard bcz just giving it a few more moments consideration I realized there WOULD NOT BE A PROBLEM.

***The limitations arise when I EXPECT they will and BELIEVE they can and keep running through my head memories of anytime anything didn't work out. The limitations arise when I forget past evidence of things working out and opportunity appearing out of seemingly nowhere to figure it all out when the time comes.***

Here's a helpful link (with no ads): https://horizons-magazine.com/blog/simple-self-talk-scripts-to-help-you-attract-a-better-tomorrow/

**HAND WEIGHTS ARE MAKING ME STRONGER!**

I'm on a kick using light hand weights for keeping my arms strong without injuring them. I took a year off yard work then everything felt heavier when I got back to it. **Ruh roh!!** I have a bad habit of not letting muscle injuries heal before I overdo it again, I'm always trying to pick up something just a little too heavy. This time I'm doing it right. I can tell it's working every time I bring the **40lb bags of salt** into the garage or move the cinder blocks in the garden.

Then there are days I don't feel like a morning weights workout but I make myself do it anyway. It helps that I can tell it makes me stronger, that's the point of it. I can be completely not in the mood yet I know by the time I dress and assume the position, I'll be good to go.

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



# 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.

## SOOTHING ANOTHER'S DEPRESSION

**GUEST:** So, the question that I have is, in the last discussion you had, you mentioned that you don't have to be sad when other people are sad. And while I know that, how do I prevent myself from going down the rabbit hole with someone when they are sad?

**ABRAHAM:** The big piece of this (we touched on it, but it's always worth emphasizing again) is to have practiced the dominance of how you usually feel.

There's nothing wrong with some empathy, just don't hang around there.

And the reason that we talk with you the way we do is because most people are so willing to go where they don't want to go that they think that's what they're supposed to do, and so they deny their connection to all their power and joy for something that isn't helping anyone anyway.

And so, your question is how do you not go there - well, you just practice it in good times. It's your propensity to do it.

Every now and again **Esther** thinks that it would be nice to have a strong person traveling with her when she decides to take everything that she owns on every trip. And sometimes she takes many more electronics with her in her carryon bag than are necessary.

And then, some of the airlines have overhead baggage compartments that are extra high, and some of them even now want to flip back up and you have to hold them down at the same time you're putting your bag in them. So **Esther** thinks about a really strong person that could just pick her bag up.

Sometimes she travels with a friend who is not as tall and not as strong as she is, who can get that bag in the overhead but it is not a pretty sight. (Fun) And **Esther** would never allow it, anyway. And **Esther** says "There's a difference between somebody who can easily put it up there and somebody who has to crawl onto the seat and give it everything that they have, and then hurt tomorrow because of what they've done."

So, we want you to practice those muscles; we want it to be easy for you to accomplish it because you've practiced it so much, so that the first thing that comes along doesn't take you to your knees because you're accustomed to knowing that it will pass and that it's part of life, and that they can take the bounce from it, and that, that, that, that, that - all of the things that you know.

**GUEST:** I want to get specific, what I want to talk about was my significant other - he suffers from depression. And I know that there's no...

**ABRAHAM:** He suffers from Law of Attraction.

*...continued on page 40...*

Spirit Messages - Healing Service • Guest Speakers
Private Readings available after Services
321-419-6262

Spiritualism + Mediumship Classes
3rd Thursdays
6:30-8:30 pm
Services are held inside. Masks, distancing please
SPIRITUALIST CHAPEL OF MELBOURNE
1924 Melody Lane, Melbourne, FL 32901
(behind Melbourne Auditorium)
Visit: www.spiritualistchapel.org
Email: spiritualistchapel7@gmail.com
Facebook: Spiritualist Chapel of Melbourne
We Welcome All To
Sunday 10 AM services

# NON - RELIGIOUS SPIRITUALITY

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

**One of my systematic theology textbooks from seminary had a table of contents that read like a cosmic blueprint:**

Part 1: Studying **God**
Part 2: Knowing **God**
Part 3: What **God** Is Like
Part 4: What **God** Does

In seminary, this felt perfectly reasonable. If **God** is the most important reality in the universe, then of course you'd want a clean, orderly, rational explanation of the divine. And of course there would be an exam. Because nothing says "eternal mystery" like a multiple choice test.

I can still see myself in **Dr. Feinberg**'s class, furiously scribbling notes as if the fate of my soul depended on getting the attributes of **God** in the right order. I wasn't just studying for a grade; I was studying for my future as a pastor. You don't want to be the guy who gets a C in **God**. That's not a great look on a résumé.

I imagined the whispers on campus: *"There goes the dude who barely passed the **God** exam."* *"He got a 55% on omniscience."*

I spent more nights than I care to admit lying awake, terrified of being wrong about **God**. Terrified of missing some doctrinal detail that would disqualify me from the spiritual big leagues.

But years later, the whole thing feels… strange. Almost comical. How did we end up believing that knowing or experiencing **God** depends on correct theology? As if the Infinite waits politely for us to get our doctrinal ducks in a row.

What did people do before there was a **Bible**? Before creeds, confessions, systematic theologies, and theologians with 900 page books? Somehow, humans and the Divine managed to relate without footnotes.

**Take Enoch in Genesis.** A man depicted as only a few generations removed from **Adam and Eve**. No **Bible**. No doctrines. No seminaries. No **Dr. Feinberg**. No **N.T. Wright.** No **Karl Barth.** No **Richard Rohr.** No **Paul Tillich.** No **Phyllis Trible.**

And yet the text simply says:"Enoch walked with **God**."

Walked with **God**. Not 'studied' **God**. Not 'defined' **God**. Not 'passed the exam' on **God**. Walked.

How is that even possible without a well defined belief system? Without a doctrinal statement? Without a theology degree?

One time **Jesus** confronted a group of religious experts—people who had all the right answers—and told them they were missing the truth entirely. They had mastered the **God** exam but somehow lost **God** in the process.

And here's the irony: when people leave religion, they often go searching for a new-and-improved belief system. New doctrines. New teachers. New frameworks. A shinier, more progressive version of the same old thing.

But **Jesus** pointed in a completely different direction.

He didn't say, "I 'know' the truth," as if truth were a set of propositions stored in the mind.

He didn't say, "I 'have' the truth," as if truth were a possession to be handed from one person to another.

He said: "I AM the truth."

Truth as being. Truth as presence. Truth as lived reality. Truth as the alignment of one's inner life with what is most deeply real.

In seminary, I was obsessed with learning the right answers. I thought truth lived in a book, or a doctrine, or a system. I didn't realize that the only place I could ever actually encounter truth was within myself—within my own lived experience, my own awareness, my own being.

The truth was never waiting for me in the back of a theology textbook.

It was waiting for me in the place **Enoch** discovered long before theology existed:

The simple, unadorned, untested act of walking with the **Divine**.



# THE HERB CORNER

Cecelia Avitabile 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.
theherbcorner.com 321-727-7522

## ANTI-VIRAL HERBS TO THE RESCUE

**Herbs play an important role in the prevention of viruses boosting the body's own ability to produce the natural killer cells that destroy viruses**, increasing the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, the spleen and your natural production of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus.

In my opinion herbs have the advantage here because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system.

For instance **Echinacea** has had over 200 scientific studies done finding it to enhance the production of interferon plus it contains compounds that help to deactivate and destroy viruses making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill.

For thousands of years **Garlic** has been known as one of the top herbs in the fight against many strains of viruses and bacterias. It activates the immune system helping to prevent infections from taking hold especially within the **respiratory** system. **Garlic** contains sulfur compounds that are active against many viruses especially the **influenza** virus. It was the herb of choice long before the discovery of **penicillin**. I use garlic on a daily basis since I am around many sick people in.

For over 2500 years **Elderberry** has been used for **respiratory** infections. Could it be our ancestors knew it contains compounds that prevent the spread of viruses from infected cells to healthy cells? Recent studies found it to be effective for all forms of the influenza virus. They were on to something 2500 years ago.

*...continued on page 42...*

THE HERB CORNER AND LEARNING CENTER
Monday thru Saturday 10am-5pm
277 N. Babcock St., Melbourne * 321-757-7522
Visit www.theherbcorner.com
HAVING TROUBLE WITH:
* Arthritis/Rheumatism
* Asthma/Breathing Issues
* Calcium
* Cancer
* Colds/Flu
* Concentration/Memory
* Diabetes
* Fibromyalgia
* Gout
* Headaches
* High/Low Blood Pressure
* IBS/Colitis
* Insomnia
* Low Immune System
* Nutrition Absorption
* Stress
We are a dedicated, caring shop helping you take control of your health with herbs!
Herbal Teas, Tinctures, Capsules, and Salves/Creams
Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets).
Cecelia Avitable, Master Herbalist & Certified Nutritional Consultant
Florida native helps hormones & more!
Saw Palmetto:
(suggested health uses)
* Digestive problems
* Coughs
* Benign prostatic hyperplasia (prostate health)
* Boost poor immune system
* Hair loss prevention
We Are More Than Just An Herb Shop!
Gifts, Jewelry, Gemstones, & More!
* Candles * Unique Gifts * One of A Kind Jewelry
* Crystals & Gemstones * Himalayan Salt Lamps
* Organic Skin Care Soaps & Cosmetics
* Glass & Plastic Bottles, Herbal Supplies
* Organic Essential Oils & Diffusers
* Detox Foot Bath Sessions
Gift Certificates Available for All Occasions!
Visit www.theherbcorner.com
NOW IN STOCK: Course curriculum books from Cecelia's herbal classes

# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf

## GIBBSITE ON CROCOITE

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. See her Facebook page at SharronRocks

**As we move into October this year, many of us feel as though we are standing on the edge of a precipice. Great changes are afoot and it is not easy to determine what lies ahead.**

What can we do to effect positive change in what seems to be an unforeseeable future?

How can we envision a better world to come when the challenges we face seem so confusing and exhausting?

We human beings are not always comfortable with constant uncertainty. That can be why people grasp at perceived strength and rigid ideologies to create a sense of security even though this security is an illusion.

**"The Ghostly Galleon" - Gibbsite on crocoite, Tasmania**

Towards the end of **October**, the veil between the worlds grows thin. It is a time when many cultures around the world dip into aspects of being that are feared - the great transition between life and death, the realm of ghosts and ancient spirits, the heart of what is unknown.

The best way I know to move into clarity during these times is to look deeply within ourselves to release ourselves from the chains that bind us to our fears. Trauma from childhood long suppressed or forgotten can be triggered back into conscious awareness.

Grief from the pain of loss can resurface. Past betrayals are remembered. When we allow ourselves to open to the feeling tones surrounding these memories, we are gifted with the chance to unlearn the patterns that have limited us so we can move more freely into our future.

**The crystal combination I have chosen to assist us in this journey is gibbsite on crocoite.** When I was in **Tucson** for the gem and mineral show the year after I sold my rock shop, I was drawn strongly to this rare and unusual piece at one of my favorite vendors. They had found only two of them.

I spent almost all my crystal money to bring it home and it has been sitting in a place of honor on my mantel ever since. **Gibbsite** is the grayish coating on the bright orange **crocoite** that gives the specimen its ghostly appearance. It is an **aluminum hydroxide** mineral that is an important component of bauxite, a valuable ore of aluminum.

Metaphysically, **gibbsite** is used to calm our emotions to facilitate the release of trauma. Rather than backing away from these uncomfortable emotions when they begin to surface, **gibbsite** can slow them to flow through us as we break on through to the other side where we can feel hope and the capacity to open ourselves to love and joy.

*... continued to page 29...*

# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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

## WELCOME TO OCTOBER 2026

**Welcome to October! 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 10th: New Moon in Libra**

**October 11th - October 19th: Navaratri,** Hindu. The Goddess Durga is worshiped in all of her 9 forms during this festival.

**October 23rd: Sun enters Scorpio**

**October 26th: Full Hunter's Moon in Taurus**

**October 31st: Halloween. Samhain: Pagan, Summer's End. Wiccan, beginning of the spiritual New Year. Day of the Dead parade, Mexico City.**

Images related to the **Day of the Dead or Dia De Los Muertos**, have become a common sight in American pop culture and items with iconic images can be found at many retailers in October. It is a two day holiday largely celebrated in **Mexico** that reunites the living and dead. Families create **ofrendas** (offerings) to honor departed family members who have passed. The altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored.

The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations! **Day of the Dead** is a rare holiday for celebrating death and life. It is unlike any holiday where mourning is exchanged for celebration.

A **Calavera, or sugar skull**, is a decorative skull made (usually by hand) from either sugar (called **Alfeñiques**) or clay which are used in the **Mexican celebration of the Day of the Dead.**

### WHERE DID HALLOWEEN GET ITS NAME?

**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, **Dia 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 lanterns and singing or reciting verse for treats. The celebration preceded 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.***

Happy October and Blessed Be!

Here I've gone online to https://chatgpt.com/ and asked questions. *While Artifical Intelligence can produce some interesting info, it can also hallucinate and give errors. HAVE FUN BUT CHECK FOR ACCURACY.* -- Publisher

Re asking existential questions on **ChatGPT** and getting past the gatekeeping coding since software changes in **ChatGPT** -- **REMEMBER IT'S NOT IN THE SOFTWARE, IT'S IN YOU.** Sure it's been programmed but it's **YOUR RESONANCE** that determines what answers you attract, whether from **God On High** or from an **evil reptilian overlord** (LOL jk no such thing, truly, that's simply a mirror to unfounded fears and insecurities.)

**This is a popular question I get so I asked Ai:**

**QUESTION: What makes people feel lonely living a solo life? Why can they not find something to be interested in without having another person involved?**

*Chatgpt responded and made some good points.*

## ChatGPT REPLY:

There's a big difference between being alone and feeling lonely. A person can live alone and feel deeply fulfilled, while someone surrounded by people can feel desperately lonely.

### FOR PEOPLE WHO STRUGGLE WITH SOLO LIFE, A FEW THINGS OFTEN HAPPEN:

**1. They use other people as a source of stimulation**

Some people have learned to experience life primarily through interaction: talking, sharing, being witnessed, getting reactions, making plans.

When another person isn't there, the stimulation drops dramatically. They don't necessarily lack interests — they haven't developed the habit of generating engagement from within themselves.

**2. They need an audience to make something feel meaningful.**

This is a subtle one.

Someone may think:

"What's the point of going somewhere if nobody is coming with me?"

Or:

"What's the point of cooking something special if nobody is here to eat it?"

The underlying issue can be that the activity has become valuable because of shared experience, rather than because the activity itself is pleasurable.

**3. They're uncomfortable with their own thoughts**

Solitude removes distractions. When you're alone, there's nobody to talk to, entertain you, reassure you, or provide emotional feedback. That can bring up boredom, anxiety, unresolved feelings, or simply the uncomfortable question: ***"What do I actually want to do when nobody is telling me what matters?"***

Some people immediately reach for their phone, television, social media, dating apps, or another person because silence feels uncomfortable.

**4. They haven't cultivated curiosity**

This may be the biggest difference between people who thrive alone and people who don't. A naturally curious person can see a documentary, notice an unusual bird, wonder how something works, start researching it, follow three rabbit holes, make something, experiment with something—and suddenly three hours have disappeared. They don't need another person to supply the next interesting thing. Curiosity becomes self-propelling.

*... continued on page 13...*

**5. They confuse companionship with purpose**

A partner, friend, or family member can make life richer. But if someone expects another person to provide their purpose, entertainment, emotional regulation, and sense of meaning, being alone can feel like life has been turned off.

That's an enormous burden to put on another human being, too.

**6. Some people simply have a higher need for connection and this shouldn't be pathologized.**

Humans are social animals. Some people genuinely get enormous pleasure from conversation, touch, collaboration, community, and shared experiences. They aren't "doing solitude wrong."

The problem comes when someone says: "I cannot enjoy anything unless somebody else is involved."

That's different from simply enjoying companionship.

### THERE'S A FASCINATING SIDE TO THIS

**People who become comfortable living solo often develop a kind of internal companionship.** They have projects. They have rituals. They have things they're learning. They notice the weather. They cook something because they want it. They go somewhere because they're curious. They laugh at something nobody else saw. They develop relationships with animals, books, nature, music, ideas, creative work. They become their own source of novelty.

That's not the same as becoming antisocial. In fact, it can make relationships healthier because the person isn't thinking:

"I need you to make my life interesting."

**Instead they are thinking:**

"My life is already interesting. Come enjoy some of it with me."

That's a much freer way to relate to people.

**The distinction you're pointing toward is important:** *solitude becomes difficult when someone has never learned how to be an active participant in their own life*

# 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

## EXIT FROM NOWHERESVILLE

**Why do I sometimes feel stuck in Nowheresville, waiting and yearning for good things to happen? Why do people and events sometimes enter my life and sabotage my plans and dreams?**

At the risk of redundancy, it's all about
(1) mental focus,
(2) mental focus, and
(3) mental focus.

I will never manifest a hearty portion of what I want as long as I'm paying significant attention to what I don't want. I must stop passively observing reality and start selectively sifting through reality for the parts that are pleasing.

This is a different way to approach life, but it will take me exactly where I want to go. Any effort put into selectively sifting will reward me far more than action alone.

Today I give minimal attention and discussion to world disasters, family gossip, interpersonal conflicts, bad memories, and disappointments. Instead, I place my mind on topics that uplift, satisfy, amuse, and offer hope.

This is a smooth road out of Blahsville, and I need never look back.

## SING IT: FEELINGS... LA, LA, LA... FEELINGS

**What kaleidoscope of emotions do I feel throughout the day? Satisfaction? Irritation? Hope? Dread? Contentment? Disappointment? Exuberance? Anxiety? Fascination? Guilt?**

If I'm in the general category of Homo sapiens, I possibly experience many of the above in a given day.

Despite all their gradations, emotions can be divided into two basic categories:

(1) feels good and
(2) feels bad.

If I want to start manifesting my dreams, my work is to experience more "feels good" and fewer "feels bad." It's that simple.

The better I feel emotionally, the more easily and readily I match up with my desires - for health, financial stability, love and appreciation, you-name-it.

Changing emotional patterns (by changing the thoughts that give rise to them) may not be an easy gig, BUT! I can make steady progress by consistently moving my mental focus from what I don't like and want to what I do like and want.

This is the way - the direct path - to the stars.

# SPIRITUAL GRAFFITI

Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition, Karmageddon, an award winning documentary, and Grounded Spirituality. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

## HUMANS NEED VALIDATION IN ORDER TO GROW

If we didn't get it early, we need to find it later.

But it can't be just any ole' validation. It has to be authentic validation.

Ideally, we can do it ourselves, but that's not always possible.

Often, we need it from someone else—someone who can really see us.

Someone who loves us for who we really are.

If we don't get that, we often end up trapped inside of an artificial validation cycle—something sadly rewarded in this inauthentic culture.

We look for it in the audience, in the projections, in the transactions.

But it doesn't work.

Because they are validating our presentation—not the soul that lives below it.

5 minutes of authentic validation will do more to empower us than 5 decades of artificial validation.

It's the moment of contact that changes everything.

# 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

**Here's an advanced visualizing tip:**

**Next time you imagine your future, remember the magic.**

**Don't just visualize yourself orchestrating the things and events of your life.**

**Visualize gasping in awe at fantastic surprises and magical coincidences popping (or hopping) into your life.**

**Visualize telling friends of the bizarre twist of events that led you forward into your dream's manifestation.**

**Visualize phone calls from strangers who enthusiastically want to further your cause.**

**Visualize receiving an email from an unknown company that wants to use your story in their magazine.**

**Hopping crazy for you,**

**The Universe**

# THE IPHONE, THE IPAD, AND THE IAM

Coach Cary Bayer is a Florida-based Life Coach, who's worked with Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winners David Steinberg and Judy Henderson, and Quality Inns. The author of 30 books, including A Course in Money Miracles, and Star Wars Yoga, the Force, and You, he's a former TM teacher, trainer of teachers, and founded Higher Self Healing Meditation. www.carybayer.com Email successaerobics@aol.com (845) 664-1883

**You'll know that our world is headed in the right evolutionary direction from a spiritual standpoint when people are willing to line up as early and as long to get the iAM as they do for the newest versions of the iPhone and the iPad.** The **iAM**, you ask? Yes, the **iAM**; it's been here since mankind first set foot on this planet. As a result, there are no new versions of the **iAM**. In truth, even the expression "since time immemorial" doesn't quite do justice to the reality of the **iAM** because **iAM** exists outside of time, in every moment in time.

When you want to know a fact, fast **Google** it on your **iPhone**. When you want to know something on a computer file go to your **iPad**. When you want to know who you are, go to your **iAM**.

### WHAT IS THE iAM?

The **iAM** is your true nature. It's found at the transcendental part of your mind—beyond all perception, like the hearing of music from your **iPad**, the thinking of your mind while googling on your **iPhone**, and even beyond the feelings you get listening to the most beautiful songs you've recorded on your **iPod**. It's that place where you know who and what you truly are, and it's available in the silent depths of your being through meditation. I know because I've been teaching meditation since the age of 20, and training dozens of teachers of meditation some years after that.

When **Moses** encountered the **Higher Power of the Universe** in a burning bush and was told to tell **Pharaoh** to let the **Hebrew** people go, he asked, quite reasonably, who should he say sent him. The answer he received was obtuse: "**I AM sent me to you.**"

Not as regal but quite poetic is **Popeye the Sailor Man**'s mantra-like motto: "**I am that I am and that's all that I am, I'm Popeye the Sailor Man.**"

You can get directions from your **iPhone** and **IPad**. You are directed from your **iAM**.

The **Beatles** knew that money can't buy you love. They also knew that money can't buy you peace of mind. That's why they learned the mediation that I'd practice for most of my life. And that's why they went to meditate at **Maharishi**'s ashram in the foothills of the **Himalayas**.

Most people don't realize that what they're truly looking for—peace and happiness of the deepest magnitude—isn't available in the world of things. The t-shirt that says, "***He who has the most toys wins***" isn't true. It should read, "***He who is the most things, wins.***" In other words, when you live from your **iAM**, at the transcendental level of Being beyond time, you're connected to that which is infinite. You can't get more than infinite. Even **Bill Gates**' money can't buy an infinite number of things. Another wealthy person—**Oprah Winfrey**—learned to meditate in the same style as the **Beatles**—and made it available for free to her staff.

**Jesus**, trying to teach Jewish people of his time the deepest spiritual truths, said it eloquently: *"**Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moths nor rust destroys, and where thieves do not break in or steal.**"*

Physical things like **iPhone**s rust and break, metaphysical realities do not. **iPhone**s can be stolen, but nobody can steal your **iAM**.

The **iPad** comes in a mini design; the **iAM** comes in both mini and maxi. That's because it's smaller than the smallest things in the world and bigger than the biggest. It has no physical size but it has metaphysical depth.

### BENEFITS OF KNOWING THE iAM

The **iPhone** lets you make calls, hear music, see videos, take pictures and videos, and so on. The **iPad** lets you read books or use computer files. The **iAM** gives you infinite freedom, deep peace, great joy, awakening and enlightenment. So why aren't you waiting in line to get your **iAM**?

# 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 source of power, wisdom within you. www.seth-learningcenter.org

**SETH:** I would like the sentence that I am going to give you placed separately on the page, in larger type so it is set off, and underlined.

**ROB:** Okay.

**SETH: THE PRESENT IS THE POINT OF POWER.**

The above is one of the most important sentences in practical terms and working within the framework of time as you understand it. You actualize events from the present intersection of spirit and flesh, choosing them from probabilities according to your beliefs.

All of your physical, mental, and spiritual abilities are focused together, then, in the brilliant concentration of "present" experience.

**You are not at the mercy of the past or of previous convictions, unless you BELIEVE that you are.**

If you fully comprehend your POWER in the present, you will realize that action at that point also alters the past, its beliefs and your reactions.

You perform habitually in certain manners as a result of your beliefs. Now if you willfully change some of those habits then you are also getting the message across.

The initiative must come from you, and in the present. In a very real manner of speaking, this means CHANGING your viewpoint, that particular perspective with which you view your past and present and imagine your future.

**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, it involves conducting yourself once a day as though you were not sick in whatever way given you. 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.

***Excerpted from The Nature of Personal Reality, by Jane Roberts. Session 657***

# METAPHYSICS 101

Marilyn Muir, LPMAFA, began studying metaphysics in 1970, astrology in 1973 and began teaching in 1975. She has taught nationally, had a live tv show and was a radio and magazine columnist. She hosted workshops and private classes for national and international students then retired to research and write. Fifteen books are completed, with several others in varying stages of completion plus multiple research projects underway. Her website has free pdf downloads to her work www.marilynmuir.net

**Metaphysics is a philosophy, not a religion.The core of the study of metaphysics is that there is a First Cause rather than a construct called a deity, that which precedes the construct itself and of which the construct becomes the "face". Those of us who walk this particular spiritual path seek personal union with that underlying First Cause, our return to the spiritual center of all, The Creator Itself.**

Metaphysicians seek the creative spiritual essence rather than the codified constructs of religion. I personally seek the intelligence behind the universe, the idea before the form, the Creator, which expresses itself through Its Creation… of which I am a part. This is a personal journey, one that makes sense to me, and is difficult to explain to others. This is a journey to which I am willing to commit my time, my effort, my very being. I personally do not have to do all of this alone on the summit of a mountain. My own path keeps me engaged with humanity. I may have to do some of this alone, because the search is personal and I need time and personal space to keep me focused.

**When I started 40+ years ago, the journey of awakening was considered to be**

• a long, slow, uphill struggle to make progress,

• tons of personal application were required, an "earn your way" theme.

• As the years progressed, somehow developing your spirituality fell into the Saturday night sit-com routine.

• We took a single class, read a book, meditated once or twice and wanted instant gratification.

• We felt justified that somehow we were special and did not have to do the work.

• We flitted from subject to subject, learning just enough to be dangerous,

• thought we were ready to be experts or teach,

• developed a plethora of untested, unproven material or practices,

• got excited about those super personalities who make great speeches but may not know anything worthwhile.

**You get the idea.**

Before I create a false impression that there is a lack of quality out there, be assured that there are plenty of good teachers and authors, good material, and good techniques to get from point A to point B on your journey. As a student who is becoming increasingly aware, you must use your discernment to determine who and what are right for you on your journey.

**Sometimes we fall right into where we belong**, that which furthers our growth and our journey, finding teachers, groups, books, or techniques that truly inspire us and help us evolve.

**Sometimes we need to withdraw, regroup,** review, sort through, study, absorb or revise who, what and where we are. That we must do alone.

At other times, we encounter a person, a group, a book or an experience that turns out to be clearly not ours or where we need to be. That becomes a valuable lesson and was not a waste of time.

**Anytime you can determine where you do not belong, that was or will be time well spent and not wasted**

That experience was not an error. As we walk our paths in life, we continually come to crossroads and must make choices.

Often we regret the road taken or the road not taken. Don't do that to yourself. All of life is available to us for experience. Eternity is our time frame. Experience is our teacher.

You are where you should be, learning the lessons you should learn. You are within the Creation that is the all. There is nowhere else to go, to do or to be. Stay awake and alert and trust your own process.

# OUR MIND

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

# KUNDALINI YOGA

## *THIRD EYE CHAKRA*

**Chakras are energy vortices—spiraling wheels of energy in our body. When these centers flow freely, one is in harmony and alignment. However, if one of these becomes blocked or misaligned, we will experience physical, mental, and emotional stress.** In yoga, we refer to seven main centers aligned from the tailbone to the crown in the astral counterpart of our physical body. The energy called kundalini resides waiting to be awakened in all of us at our lowest center, like a snake in three and a half coils. Meditation, prayer, yoga, and other practices increase the flow of these energy centers. All the positive qualities associated with each are our latent faculties.

**Ajna padma** is in the subtle region, at the base of the skull, level with the eyebrows. **This chakra is also known as the third eye** in reference to the idea that this center may be the site of intuitive vision. The word ajna means "command." It is frequently compared to the pineal and pituitary gland.

**The brow or third eye chakra** opens the door to the "inner senses," first connecting us to our unconscious self (subconscious mind) and gradually to our Higher Self as the pure cosmic Light substance, our God consciousness, our essence. We will move through intuition into a "knowing" that we are being guided and inspired by Spirit. New knowledge, creative ideas, and inspiration from the higher mental and intuitive planes will be accessible to us as we clear the distortions.

The seemingly dark energies or thought forms that float into our consciousness during meditation are our own creations coming to the fore to be healed and transmuted into Light. When Love/Light shines on any misqualified thought frequency, it is eventually transmuted.

**Some of the positive attributes of the ajna chakra** are balanced right- and left-brain functioning; greater peace and tranquility; harmony with spirit; creative thinking; and perception beyond duality.

When this chakra begins to open, we release negative thought forms, confusion, difficulty concentrating, a lack of intuition, and conditioned neural pathways.

Since we all meditate differently, we can choose which chakra quality we want to meditate on.

**Ma Yoga Shakti** had an artist create chakra plates based on how she saw them, as illustrated in her book **The Invisible Seven Psychic Lotuses**.

The sixth chakra has two petals. The deity is **Ardha Narishwar** (half male & half female). The seed mantra is **OM**. The popular color is indigo, but in deep meditation, it is colorless.

*…continued on page 28…*

Coleman Smith

# ZODIAC NEWS

In Atlanta, Ga. 1971, Coleman Smith's 1st teacher was Maxine Taylor, America's 1st licensed astrologer. Atlanta hosted many astrologers in the 1970's and 1980's. In 1980, he published a rare astrology book with noted NY astrologer Al H. Morrison, Chaney's Primer of Astrology. Coleman now lives in Jacksonville, FL and was President of the N. Florida Astrological Assn.for 8 years. Email colemansmithastrology@gmail.com

## HIGHLIGHTS OCTOBER 2026

**Oct 2,3: A convoluted 48 hrs. with tons of action, tons of advice to be cautious, and lots of moving parts for two days. Mercury square Mars, Mercury square Pluto, Mars trine Neptune, Venus retrograde, Mars opposite Pluto---Starting off with a difficult two-day period.**

**Mercury, Mars, and Pluto in a stressful pattern, the T-Square.** The opposition and square aspects are tension-oriented and when both aspects are involved in a pattern, there is much friction and an edge to the day.

**Mercury/Mars** is a chatterbox, **Mercury/ Pluto** is the opposite, the clam.

**Mercury/Mars** is one of the most accident-prone of any aspects. Mercury wants to be quick, that is its nature. Mars wants to be fast too. This pattern is like running around amok with the accompanying **Tower of Babel**.

**ADD THIS---Mars/Pluto is a power-packed punch.** Good for detectives, police, researchers, and military. The bad side can be bigger than just being bad. Force and power used in a manipulative way. Taking advantage of less fortunate. Strong-armed tactics.

**Venus turns retrograde** about every year and a half and lasts about 42 days. Personal challenges could include financial and relationship (**Venus**) events and circumstances. Society at large could be experiencing a financial down cycle. Not the best time to invest in speculative ventures.

Lost in the shuffle is a beautiful **Mars/Neptune trine.** If we can navigate through the "traffic" above, this aspect is the cat's pajamas for music, art, or any metaphysical activity. The veil is thin, but difficult to find.

**Oct 4: Sun opposite Saturn**---A meh day, not much fun. Progress is slow, a drudgery cloud to the day. Older men come into play. Work on that patience mantra, you will need it today.

**Oct 6: Mercury conjunct Venus**---Finally, a day when things are in sync. Tomorrow too. Thoughts are pleasant, words flow gracefully, and actions have balance and proportion. Everyone is talented today. Find beauty in everything.

**Oct 7: Mars sextile Uranus**---The talent marathon continues. Inventive, especially mechanical/electronic or a method of doing (**Mars**) something different and better (**Uranus**). A good day to try something different. It's a "spring into action", impulse-driven type of day.

**Oct 10: New Moon in Libra, Venus square Mars**---Not so good. The **new moon** itself seems ok, though the opposition to **Saturn** that happened on the 4th is still in play. The "not so good" is **Venus, the ruler of Libra, is squaring Mars**.

These two being at odds test the **Libra** principle of mutual understanding, cooperation, and harmony. There just isn't any tact with this aspect. And Venus is still in its retrograde phase. The big-picture

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

Coleman Smith

ZODIAC NEWS

*...continued from page 22...*

significance seems to be one of agreements easily becoming discordant, relationships that face challenges, and the feminine archetype (**Venus**) under attack.

**Oct 15: Sun sextile Jupiter, Pluto direct-**--Today and tomorrow look great. **Sun/Jupiter** has clear skies and the wind at our backs. Fire and air create a spark, go and do anything---Have faith, Believe. **Pluto** turns direct until early May. **Pluto** will still be in harmony with **Uranus** and **Neptune** for a few more years, a nice alignment.

**Oct 16: Mars trine Saturn**---These two work well together, and the word "work" comes into play. You can work long and hard hours today. Physical activity is indicated. Sports is good outlet. Vigor (**Mars**) meets stamina (**Saturn**)---time for some serious fun. A steady pace to the day.

**Oct 20: Venus square Pluto**---This position of Venus has an all-consuming appetite, just wants more. An image of underworld activities, gambling losses, and a bad day on Wall Street. An option might involve mysteries, mystical and magical things---or picking and scratching to uncover the mosaic of life (psychology).

**Oct 23: Sun enters Scorpio, Venus conjunct Sun---Sun/Venus in Scorpio** has beauty with **Bette Davis** eyes. Personal magnetism, charisma, and we are so good lookin'. A strong ego/me type of day, but with Venus retrograde, it might be wiser to not overspend. That piece of jewelry (Venus) is tempting, but maybe not a wise investment.

**Oct 24: Mercury turns retrograde---Joins Venus in the retro department**. It seems like love and money (Venus) and mental/daily activity (Mercury) are under attack. Oddly enough, they both turn direct on November 13th. Joined at the hip, but in different signs on this journey.

**Mercury retro for 21 days** brings the usual suspects---communication breakdowns and electronic and other gizmos going awry. And the usual advice---don't purchase computers or laptops. On the positive, clean and repair everything. Merc retro is good at that.

**Oct 25: Venus enters Libra**---A shift from money issues to relationship issues. Venus retro through its own sign does highlight partnerships and relationships, lawsuits, and agreements. In general, it is a learning process in getting along with others in a more congenial manner.

**Oct 26: Full Moon in Taurus/Scorpio, Sun square Pluto**---Another challenging full moon. Our favorite (not) sky pattern, the T-Square, is in full bloom. Pluto is the apex point of a seesaw with the Sun and Moon opposition. Fixed signs indicate no one is budging an inch; the air is thick as cement. The heavyweight boxing match of life---powerful people and powerful circumstances. Coercion and manipulation. The positive---great for uncovering mysteries, detective work, researching anything, and seeing any project through to completion. Stamina. Let's go with the positive thing.

**Oct 30: Mercury square Mars**---Brings out the worst side of Mercury, the babbling babbler with nothing to say. Accident prone too. A scrambled day when the minutiae of daily activities being out of sync, nothing seems to jibe. The lesson reminds us to monitor our thoughts, choose our words more carefully (Mercury), and be more deliberate in our actions (Mars). Slow "the wheel" down, find your Path to Inner Peace, don't let frustrating events define you.

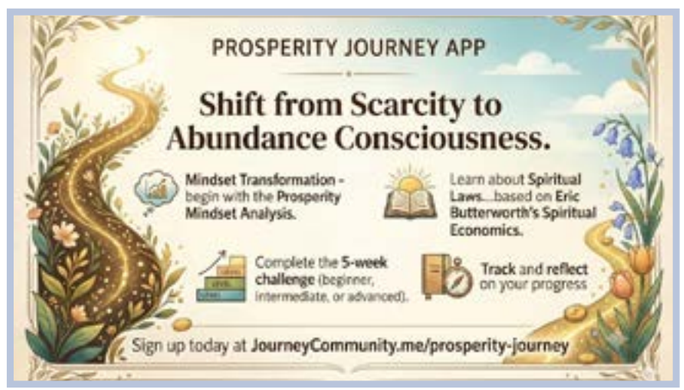
*Namaste, Coleman*

# THE WISDOM OF THE POUCH:

## SAYINGS OF THE TRASH SAGE

*Just another day at the office*

From the creative mind of Paul Esche



# A PRACTICAL IMAGINATION EXERCISE FOR CHANGING THE STATE YOU LIVE FROM

Michael Sutherland is co-founder of TrueCosmic, a global platform and school of consciousness devoted to Neville Goddard's teachings, the Law of Assumption and practical inner-state work. Drawing on decades of spiritual seeking and lived awakening, he helps people translate timeless esoteric wisdom into grounded practices for personal transformation. Visit TrueCosmic.com

**Most of us wake up and let the day tell us how to feel. Something goes wrong before breakfast and the whole morning takes on that tension. We treat this as simply how things are, without noticing that we're reacting to an inner state, not to the world itself.**

Here's a different way to think about it. The state you're living from, the quiet emotional place you keep returning to, shapes what you notice, what you decide, and often what happens next. Change that inner state first, and the outer picture tends to follow. This isn't about forcing positive thinking. It's a specific, repeatable practice, and you can do it tonight.

**Step 1: Settle your body.**
Before anything else, get out of alert mode. Sit somewhere comfortable, drop your shoulders, and take a few slow breaths. Feel your feet on the floor. You're not trying to relax completely, just enough to signal to yourself that you're safe to think clearly for a few minutes.

**Step 2: Choose one scene, not ten.**
Pick a single, believable moment that would naturally happen if what you wanted were already true. Not a whole story, just one scene. Maybe it's a friend congratulating you, a message that puts your mind at ease, or simply the feeling of walking into a room with nothing to worry about. The scene should feel like something that could genuinely happen, not a fantasy.

**Step 3: Add one small sensory detail.**
Pick just one. What do you hear in that scene? What do you feel in your hand, or notice in the room? One detail is enough to make the moment feel real to your attention, rather than staying abstract.

**Step 4: Stay with it briefly.**
Twenty to thirty seconds is plenty. Let yourself feel the quality of that moment, calm, relief, quiet certainty, whatever fits the scene. You're not performing an emotion. You're simply noticing what it would feel like if this were already settled.

**Step 5: Let it go.**
This is the part people skip. Once you've felt it, release it and return to your evening. You're not trying to hold the

feeling all night through effort. You're planting it and letting it settle on its own.

**That's the whole exercise, and it takes under five minutes.** The part that actually changes things isn't the exercise itself. It's doing it consistently. One session won't shift a stuck pattern. But returning to the same scene, the same quiet feeling, night after night, gradually becomes the state you live from instead of a state you visit occasionally and then abandon when nothing changes by morning.

**If you try this once and decide it "didn't work," that's the most common way people miss the results**. The old state you're used to living from didn't build in a day, and the new one won't either. Give it two weeks of consistent practice before you judge it.

**During the day, you'll probably catch the old pattern trying to take over,** the worry, the tension, the reflex to expect the worst. When that happens, you don't need to argue with it or push it away. Just gently return your attention to the scene you chose. Over time, that return becomes easier, and eventually it becomes automatic.

**What changes first isn't your circumstances. It's what you notice, what you decide, and how you respond when something uncertain happens.** People who live from calm certainty make different choices than people living from anxiety, and those different choices, repeated daily, add up to a different life.

**Tonight, try it exactly as written.** Settle your body. Choose one scene. Add one detail. Stay with it briefly. Let it go. Do it again tomorrow night. That consistency, more than any single powerful session, is what actually moves the needle.

# ALPHABETICALLY BY COUNTY

**Place your ad here for just $5 per line. 20 characters per heading, 44 characters per line**

**Payment due 15th of the month before • Email, Zelle and Paypal to HorizonsMagazine@gmail.com**

# HORIZONS PHONE DIRECTORY

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

### CRYSTALS, ROCKS, MORE
SHARRON BRITTON see SHARRONROCKS on FB

HIGH SPRINGS EMPORIUM 386-454-8657
19765 NW US Highway 441 High Springs 32643

## BREVARD (321)

### AROMATHERAPY, OILS
HERB CORNER 277 N. Babcock Melb 757-7522

### ASTROLOGER
LESLIE MARLAR 779-0604
VLMarlar@aol.com www.lesliemarlar.com

### ASTROLOGY REPORTS
ANDREA DE MICHAELIS $28
12 MONTH FUTURE PREDICTION REPORTS
Email horizonsmagazine@gmaill.com

### BOOKS & GIFTS
AQUARIAN DREAMS Indialantic 321- 729-9495

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

RAVENS OASIS Cocoa Village 321-506-1143
Astrologist & Psychic · Metaphysical Supply
Store 402 Brevard Ave, Unit G, Cocoa Village
www.facebook.com/ravensoasis

### BREATHWORK
Stuck in patterns that haven't shifted? Try 9D Breathwork at Cosmic Harmony. Reconnect, release, and explore a new way forward.
jessica@jessicabrace.com

### BUDDHIST TEMPLE
WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne

WHITE SANDS BUDDHIST CENTER 321-383-0723
4640 Knost Dr.ive in Mims, Florida 32754
www.tvct.org/ whitesandsbc@gmail.com

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

### CHURCHES
CENTER FOR SPIRITUAL LIVING SC 474.2030

SPIRITUALIST CHAPEL OF MELBOURNE 419-6262
UU Church OF BREVARD www.uubrevard.us

UNITY OF MELBOURNE 254-0313
2190 Sarno Road Melbourne 32935
www.unityofmelbourne.com

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

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

### CRYSTALS, GEMS ROCKS
BOOK AND BEAD OUTLET 321-453-2665
950 N. Courtenay Pkwy Merritt island 32953
Visit bookandbeadoutlet.com

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

YOUR CRYSTAL SHOP 321-615-8927
www.yourcrystalshop.com Cultural gifts
375 E. Merritt Ave, Merritt Island, FL 32953

### HEALTH FOODS
NATURE'S MARKET & CAFÉ 254-8688
NATURE'S HEALTHY HARVEST 321-610-3989
ORGANIC FOOD CTR Indialantic 724-2383
PINETREE HEALTH 777-4677
SUNSEED CO*OP Cape Can AIA 784-0930

### HERBS, OILS & GIFTS
HERB CORNER 277 N. Babcock 321-757-7522

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

### HOME BIRTH SERVICES
PAM PEACH L.M. www.Birthingpath.com

### HYPNOTHERAPY by Jenny
Transform unwanted behaviors 321-345-8971
www.HypnotherapybyJenny.com
Email Jenny@epicrenewal.com

### PSYCHIC READERS
Christine Lynn, PSYCHIC 30 YEARS EXPERIENCE. Offering accurate phone and email readings to guide your life. www.psychic-reading-christine-lynn.com

### YOGA
SUNDARI YOGA STUDIO 321-613-5999

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

### YOGA, MEDITATION
YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

## BROWARD (954) FT. LAUDERDALE

### BOOKS & GIFTS
ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
www.divineloveinstitute.org

NATURE'S EMPORIUM 755-2223

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

### CHURCHES
CENTER FOR SPIRITUAL LIVING 954-566-2868
UNITY GATEWAY CHURCH 954-938-5222
UNITY CHURCH OF HOLLYWOOD 954-548-9320

### HEALTH FOODS
HEALTH FOODS PLUS Hollywood 954-989-3313

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000

WHOLE FOODS MARKET
7220 Peters Road in Plantation 236-0600

WHOLE FOODS MARKET
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud



### PSYCHIC READERS
JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander

## COLLIER COUNTY (239) NAPLES

### CHURCHES
UNITY OF NAPLES Books, gifts 775-3009

### HEALTH FOOD STORES
FOOD & THOUGHT 239-213-2222
FOR GOODNESS SAKE 239-992-5838
NATURE'S GARDEN OF NAPLES 239-643-4959
SPROUTS FARMERS MARKET 239-325-6950
WHOLE FOODS MKT 239-552-5100
WYNN'S MARKET 239-261-7157

## DUVAL (904) JACKSONVILLE

### BOOKS & GIFTS
SPIRITUAL UPLIFTS 904-571-2586
2186 Park Ave, Unit 102 Orange Park

### CHURCHES
COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax
www.unityinjax.com/ 904-287-1505

UNITY OF JACKSONVILLE BCH 904-246-1300

## ESCAMBIA (850) PENSACOLA

### CHURCHES
UNITY OF PENSACOLA 850-438-2277
https://unityofpensacola.org/

## HIGHLANDS (863) SEBRING

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

## HILLSBOROUGH (813) TAMPA, LUTZ

### BOOKS, GIFTS, READINGS
MYSTIKAL SCENTS 813-986-3212

## INDIAN RIVER (772) VERO, SEBASTIAN

### BOOKS & GIFTS
INSPIRED HEART Old Dixie Hwy 772-696-1910

### CHURCHES
UNITY OF VERO BEACH 772- 562-1133
950 43rd Ave 32960 www.unityofvero.org

### READINGS, CLASSES
IInto The Mystic 772-~480~4344
With "MarSea" Marchelle, Certified Spiritualist Medium since 2002, Readings, Seances, Group Demonstrations, Classes, Journey Meditations, Pet Communication

## LEE COUNTY (239) FT. MYERS

### BOOKS & GIFTS
THE MYSTICAL MOON 239-939-3339
8890 Salrose Lane in Fort Myers 33912

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

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

### CHURCHES
UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

## LEON COUNTY (850) TALLAHASSEE

### BOOKS & GIFTS
CRYSTAL PORTAL 850-727-8214
www.crystalportalgems.com FB Crystal Portal

STONE AGE Tallahassee Mall 850-383-0233

### HEALTH FOOD STORES
HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

## MARION COUNTY (352) OCALA

### BOOKS & GIFTS
CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592
11781 SE HWY 441, Belleview, FL 34420
www.fairydustcrystals.com

SOUL ESSENTIALS OF OCALA 352-236-7000
805 E. Ft. King St., Ocala, FL 34471
www.soulessentialsofocala.com

### CHURCHES
UNITY OF OCALA 101 Cedar Road 352-687-2113

### HEALTH FOOD STORES
EARTH ORIGINS MARKET 352-351-5224

## MARTIN CTY (772) FT. PIERCE/STUART

### HEALTH FOODS/CAFE
PEGGY'S 5839 SE Federal Hwy 286-1401

### SPIRITUAL CENTERS
UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

## MONROE (305) KEYS, KEY WEST

### AROMATHERAPY & HERBS
BLUE MOON HERBALS, AROMATICS 305-587-8303
www.bluemoonherbals.com
30150 Overseas Hwy Big Pine Key, FL 33043

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

### NEW AGE BOOKS, GIFTS
BLUE MOON TRADER 872-8864

## OKALOOSA (850) FT. WALTON BCH

### CHURCHES
UNITY CHURCH FWB 864-1232

### HEALTH FOOD STORES
FEELIN' GOOD. 654-1005
GOLDEN ALMOND FWB 863-5811

## ORANGE COUNTY (407) ORLANDO

### BOOKS & GIFTS
AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

### BUDDHIST CENTER
VAJRAPANI KADAMPA CENTER 407-896-3998
813 Montana 32803 meditationinorlando.org

### HERBS, GIFTS
LEAVES & ROOTS 407- 823-8840
9476 E. Colonial Drive in Orlando

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

## PALM BEACH (561)

### BOOKS & GIFTS

SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355

CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

### CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

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

### HEALTH INSTITUTE

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

## PINELLAS (727)
## ST PETE, CLEARWATER

### BOOKS & GIFTS

MYSTIC GODDESS Largo 727-530-9994

### CHURCHES

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

### HEALTH FOOD STORES

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

## SARASOTA (941)

### BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

### HEALTH FOOD STORES

EARTH ORIGINS MARKET 365-3700 and 924-4754

## SEMINOLE (407)
## SANFORD, LAKE MARY

### CHURCH, BOOKS, GIFTS

UNITY CHURCH OF **CHRISTIAN**ITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

### GIFTS, CONSULATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

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

### BOOKS & GIFTS

MY CALUDRON TOO 904-217-0299
PEACEFUL SPIRIT 904-228-9240
SAGE & CRYSTALS LLC 904-808-5507

## VOLUSIA (386)
## DAYTONA, DELAND, NSB

### BOOKS, GIFTS PSYCHICS

CASSADAGA CAMP BOOKSTORE 386-228-2880
1112 Stevens Street, Cassadaga, FL 32706

MY CAULDRON 386-624-7000

MAMA GAIA'S MYSTIQUE 386-366-4385

### CHURCHES

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

### CRYSTALS AND GEMS

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

### HERBS AND GIFTS

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

### HAUNTED MUSEUM

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

### PSYCHICS GEMS ROCKS

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

## KNOXVILLE, TN

### READINGS AND REIKI

THERESA RICHARDSON 865-705-2525
Original co-founder of Horizons Magazine
Clairvoyant Intuitive Readings, Channeled Readings, Angel Readings, Tarot Readings. Readings are available by phone or in person. Email info@theresarichardson.com
Visit www.theresarichardson5d.com/blog

## UNITY CHURCHES IN FLA

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



321-952-6789
Creative Energy
Tue-Thr- 12pm-5:30pm
Fri & Sat- 10am-530pm
Sun & Mon- Closed
Enchanted Gifts for the Mind, Body and Soul

780 West New Haven Avenue, Melbourne FL 32901
Enchanted Gifts for the Mind, Body and Soul
Facebook: creativeenergyfl Email: Info@creativeenergyfl

# OUR MIND

Mokshapriya Shakti

*... from page 19*

Meditation on the elements of this chakra leads to unity with all, or self-realization. the chakra has two petals, representing matter and spirit, Shiva and Shakti. Both are one; they are not separate. They are described in a figure, half male, half female—the two principles of creation.

When working with the individual chakras, we need to work with each for at least three months. We can remind ourselves by wearing Indigo. Meditation, reflection, and contemplation of matter and spirit all begin to activate some of the positive qualities of this center.

**Mataji** describes it as "***Ajna lotus is the mahat padma and represents the sixth stage of consciousness from the human material point of view. Actually, it is the second stage of divine consciousness as it descends to the earthly plane. This center is the seat of intellect and guru. It is the place where psychic guidance is received. This center needs to be activated to its fullest before a person reaches the prime goal of their human life. Humans are born on earth to evolve and reach the stage of perfection.***"

At this level, we begin to learn to clear the static and distortions from our **third eye**, which is **the doorway to clairvoyance**.

**The pituitary gland is being reactivated** and opening like a beautiful lotus blossom, allowing access to the encoded wisdom stored in our brain structure.

We are realizing that we are more than just a physical body with a Soul.

We understand that we are a Soul fragment of a great and magnificent being experiencing physical embodiment.

We are a radiant aspect of our **Father/Mother God**.

We also know, without a doubt, that **Earth** is not our home. We are only visitors here on a critical mission at the request of the **Divinity** of our universe.

We move beyond the illusion of mass consciousness and begin living in a higher-dimensional reality of our own making, while staying grounded on **Earth** and functioning efficiently in the everyday world.

We are realizing that we have the tools and abilities to create any reality we desire.

It is time to tap into JOY that is our natural state of BEING. Our sensitivities will increase, and our needs will change.

We are learning to value our sense of peace.

We begin to develop a belief in ourselves and our abilities and learn to live attuned to our Higher Self and in harmony with the universe.

Abundance will naturally unfold once in balance and harmony with Spirit.

Joy does not simply happen to us. We must choose it every day. Some positive affirmations are:

I Radiate Joy
I Live In Joy
I Am Joyous
I Enjoy My World



# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf

Sharron Britton

*...continued from page 10...*

The **crocoite** on which the **gibbsite** grows can activate the kundalini energy from the root to the crown, providing vitality and creativity. It is a **lead chromate** mineral so it is also considered to be protective as we release the old protective mechanisms that no longer serve us.

The symbiotic energy of **gibbsite** and **crocoite** together provides powerful assistance as we work to move through traumatic darkness into the light of self awareness to set our souls free.

**Crocoite** is relatively rare, but you can source it from good rock shops where you live or online. **Gibbsite** is not as easy to locate, but I have seen it available online. There are a few small pieces of **crocoite** with **gibbsite** from the **Adelaide mine in Tasmania** online as well. Since you do not need to hold or touch these minerals to experience the effects, you are welcome to use the picture posted here in meditation.

May you all enjoy the wisdom and blessings of the ancestors. Blessed be.

Sharron

"The Ghostly Galleon" - Gibbsite on crocoite, Tasmania


# YOGA SHAKTI MISSION

Ma Yoga Shakti

YOGA SHAKTI MISSION
3895 HIELD ROAD, NW
PALM BAY, FL 32907
321-725-4024
www.yogashakti.org/
yogashaktipalmbay@gmail.com

## SUNDAY LECTURES 9 - 10AM

Students doing Surya Namaska on the International Yoga Day (held every year on June 21st.)

## YOGA CLASS SCHEDULE

Donation: $10 per class or $50 per month
Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

Monday 7 – 8 pm Classical Yoga with Annapurna

Tuesday 10 – 11 am with Gajendra Classical Yoga
Tuesday 7 – 8 pm Vinyas Flow w/Natalia Goryachenka

Wednesday 7 – 8 pm Yin Yoga with Lisa Campbell

Thursday 7 – 8 pm Fusion Yoga with Sensei Margarite

Friday 9:30 – 10:30 am CHAIR YOGA Audrey da Costa

Saturday 9 – 10 am Beginners hatha Lisa Jackson

Saturday 10 – 11 am Meditation with Rakesh Banothu

*Schedule subject to change.*

## VEGETARIAN INTERNATIONAL LUNCHES -- FIRST SATURDAY OF THE MONTH AT NOON

Suggested Donation $15 — small children free

# HOROSCOPES OCT 2026

## ARIES – (March 19 – April 18)

### ARIES: MOOD

This month is a real mixed bag, and you'll feel it right away. Until September 22, your work drive will be impossible to ignore. Then Mars starts squaring your sign until the 27th, and that's when a few clumsy moments or that slightly off-kilter vibe can creep in. The bright side? Saturn and Neptune strengthen your self-control and deepen your emotional instincts. So lean into that steadiness.

Around the 10th, Venus may slip you an unexpected little cash win, and suddenly your social life takes center stage. Love is set to bring some genuinely sweet moments, especially in the second decan, and your friends will have your back all month long. Starting September 23, people come to you with tact and a touch of stubborn determination. Stay graceful, keep your cool, and watch how smoothly things fall into place.

### Love in General

Beautiful possibilities are lining up for you to experience love for real. From the 1st to the 9th, your heart is all about connection. You want to share, to get closer, to feel that true, tangible contact. Your sensuality may run hot, so charm your way in, but keep it soft and easy. Then Venus turns the volume up in your heart. Just don't let jealousy sneak in.

### In a relationship

Your feelings swing between playful sparks and full-on, deeply sensual heat. Your partner will need to keep up. From the 10th, focus on smooth, honest communication. Your demanding, slightly unpredictable sensual side needs a healthy outlet. By month's end, love takes the lead.

### Single

Jupiter is mending your heart and opening doors, especially in the second decan. You'll shine with natural charisma, and from the 10th, a wave of sex appeal hits that you can absolutely work with. Make the move on the person you like. No hesitation. The cultural and sports scenes look especially promising.

### Career / Finance

Keep a close eye on contracts and agreements this month. Changes, even big ones, could suddenly appear. Your finances look steady, and your serious approach will pay off professionally. You might even get a pleasant surprise in the form of extra money starting September 10. So why not save a little?

**Advice**Dial back any impulses that feel too intense or could land the wrong way with people. This September can be genuinely enjoyable. Savor the finer details in everything.

## TAURUS – (April 19 – May 19)

This month delivers serious emotional and relationship satisfaction, with your career getting a bright spotlight. In true Virgo fashion, the sun keeps shining through the 22nd, and Mercury has your back from September 1 to 9, setting the stage for love and creativity to really take off. Chats, meetings, and small exchanges could spark real momentum in this part of life. Mars lifts your mood and keeps you energized, engaged, and quick to respond.

Meanwhile, Jupiter may toss a few minor curveballs at home. Nothing dramatic. Just stay steady, keep your cool, and ride it out. Uranus is preparing a financial jolt, so expect surprises and keep your mind flexible. Pluto, on the other hand, is turning the heat up at work, and bigger shifts are coming. Love them or not, stay diplomatic, stay adaptable, and adjust as the situation evolves. After the 23rd, your daily routine moves to the front of your mind, shaping both your thoughts and your schedule.

### Love in General

This September, you could meet someone genuinely meaningful or deepen something that's already there. You're craving love that feels beautiful and real, and the universe is leaning in. So open your heart. Especially from the 10th, when Venus steps right into the spotlight, you'll feel a tempting blend of passion and balance.

### In a relationship

A steady sense of security strengthens your long-term bond and gives you room to enjoy real, quality time together. Just watch the urge to control everything. Your partner won't go for that quietly. After September 10th, your relationship heats up with a more sensual, magnetic energy.



# HOROSCOPES OCT 2026

### Single

Your social circle could deliver a truly great connection, especially because from the 10th onward you'll be craving something real. Throughout the month, a passionate person with a strong personality may catch your eye. Follow the signs. Your lucky stars are working overtime.

### Career / Finance

Be extra careful with your money. Uranus could have you breaking into a cold sweat. Keep a close grip on your budget to lower the odds of surprise expenses. Pluto is shaking things up in your professional world, and the atmosphere may feel a little heavy, especially during the first decan. Don't throw in the towel. Stay diplomatic, and tune out office gossip.

### Advice

This September, your heart could be racing, with romance and a playful energy in the air. Still, keep your mind sharp at work and don't slide into paranoia. That's not really your vibe!

## GEMINI – (May 20 – June 19)

This September is all about creative energy, with Uranus lighting up your sign. It's time to trust what makes you unmistakably you. Until September 22, the Sun in Virgo brings a warm glow to your home. From the 1st to the 9th, Mercury could drop a bit of news your way.

And with Saturn, Neptune, and Pluto forming a supportive angle to your sign, your friendships, your ongoing projects, and the dreams you've been quietly nurturing are getting a serious boost. Mars has your back until September 27, fueling your urge to upgrade your life. Your mood is elevated. You're ready to spark genuinely great opportunities, especially when it comes to love. Venus, through the 9th, smooths both your love life and your work, so expect things to feel more harmonious on that front. By month's end, love lifts you up!

### Love in General

This season can deliver real satisfaction. The planets in Libra and Leo set the stage for a love story or a brand-new encounter. Your sensuality stays strong until September 27, while Uranus cranks up your craving for freedom. Find the sweet spot between closeness and space.

### In a relationship

A few bumps could show up related to your living situation. Don't spiral. Treat it like a chance to grow closer, not apart. Your desires run high until September 27, and your affectionate energy will feel wonderfully supportive toward your partner. It's a beautiful month for that kind of connection, if you let it happen.

### Single

Go for it. The stars are lining up for plenty of meet-cutes, especially nearby or through friends. Say yes to the invitations. Starting on the 10th, Mercury adds extra sparkle to your words, helping you catch the attention of whoever has your interest.

### Career / Finance

With Mars behind you, your drive and determination are razor-sharp, especially if you're aiming for a raise between September 1st and 27th. From the 10th, Venus makes professional relationships feel smoother, so it's easier to connect with colleagues and bosses. Your originality and creativity are your superpowers right now, so lean into them.

### Advice

September feels electric for you. Lots of momentum, strong social energy, and no big roadblocks. Polish up your business card. You've got the skills. Take your time, especially at home.

## CANCER – (June 20 – July 21)

This September is all about creative energy, with Uranus lighting up your sign. It's time to trust what makes you unmistakably you. Until September 22, the Sun in Virgo brings a warm glow to your home. From the 1st to the 9th, Mercury could drop a bit of news your way.

And with Saturn, Neptune, and Pluto forming a supportive angle to your sign, your friendships, your ongoing projects, and the dreams you've been quietly nurturing are getting a serious boost. Mars has your back until September 27, fueling your urge to upgrade your life. Your mood is elevated. You're ready to spark genuinely great opportunities, especially when it comes to love. Venus, through the 9th, smooths both your love life and your work, so expect things to feel more harmonious on that front. By month's end, love lifts you up!

*...continued on page 32*

# HOROSCOPES OCT 2026

### Love in General
This season can deliver real satisfaction. The planets in Libra and Leo set the stage for a love story or a brand-new encounter. Your sensuality stays strong until September 27, while Uranus cranks up your craving for freedom. Find the sweet spot between closeness and space.

### In a relationship
A few bumps could show up related to your living situation. Don't spiral. Treat it like a chance to grow closer, not apart. Your desires run high until September 27, and your affectionate energy will feel wonderfully supportive toward your partner. It's a beautiful month for that kind of connection, if you let it happen.

### Single
Go for it. The stars are lining up for plenty of meet-cutes, especially nearby or through friends. Say yes to the invitations. Starting on the 10th, Mercury adds extra sparkle to your words, helping you catch the attention of whoever has your interest.

### Career / Finance
With Mars behind you, your drive and determination are razor-sharp, especially if you're aiming for a raise between September 1st and 27th. From the 10th, Venus makes professional relationships feel smoother, so it's easier to connect with colleagues and bosses. Your originality and creativity are your superpowers right now, so lean into them.

### Advice
September feels electric for you. Lots of momentum, strong social energy, and no big roadblocks. Polish up your business card. You've got the skills. Take your time, especially at home.

## LEO – (July 22 – August 21)
You're in a prime position to give your finances a serious boost, thanks to practical Virgo energy. The sun stays strong in your favor until the 22nd, and Mercury keeps things flowing from the 1st to the 9th of September. With Jupiter in your sign all month, optimism comes naturally, and you'll feel that protective, celestial backing more clearly than ever.

Even the zodiac's heavy hitters are leaning in for you: Saturn, Neptune, and Uranus are pushing an innovative project forward, or helping you deepen a friendship. Trust your inner leader. Just keep an eye on Pluto, especially if you're in the first decan. It can stir things up in your love life or your contracts with a level of intensity that doesn't always feel easy to handle. Until the 27th, you might struggle to show your "claws" since your defenses are basically in sleep mode. After the 23rd, though, expect a lively, high-voltage social scene.

### Love in General
From the 1st to the 9th, the way you express your emotions pulls someone closer. But your private, not-so-public sensual side could catch them off guard. Keep the communication clear and direct. After the 10th, Venus in a square to your sign lights a deeper desire to love. By the end of the month, sensuality really turns up.

### In a relationship
If a colder mood starts creeping into your intimate life, talk it out with your partner. It's temporary. Starting September 10th, your feelings will run intense, almost too intense. Don't smother your other half.

### Single
Everything changes for a stunning encounter, whether it begins through your friend circle or through your undeniable charm. Still, under Pluto's influence, you may start craving commitment, and others might feel it too. Just watch for any power struggles before they take over.

### Career / Finance
Between September 1st and 9th, some genuinely great financial news could make you feel lucky and proud of your skills. Keep a close eye on any work contract, especially if it's under Pluto's intense influence. This matters most if you're in the first decan. Accept what comes with wisdom, then look ahead.

### Advice
Hold onto your patience and don't leap into action just because you feel restless. Slow down if you want to enjoy this month with your peace intact. Patience is the virtue you'll need plenty of this season!



# HOROSCOPES OCT 2026

## VIRGO – (Aug 22 – Sept 21)
The Sun is shining on you until September 22, and Mercury joins your ride until the 9th. This is your time to step into the spotlight, speak up, and let your presence be felt. This season could bring a few professional and financial curveballs. Uranus, Saturn, Neptune, and Pluto are all in the mix, pushing you to roll up your sleeves, stay alert, and avoid preventable mistakes. Trust your instincts.

Mars is in an excellent position until the 27th, boosting your drive and making decisions feel clearer. A little help from friends never hurts either, so choose your people wisely. Starting September 10, you may notice a touch of intellectual hesitation. Don't ignore it, just keep an eye on it. In the meantime, Venus in Scorpio lifts your mood and adds a magnetic social shine. You'll be smiling no matter what. By the end of the month, do a quick, honest review of your finances.

### Love in General
Get ready for a surge of sensuality and tenderness. Until September 9, your emotional warmth is at its peak. From the 1st to the 27th, your libido could really turn up the volume. Your love life is set to surprise you.

### In a relationship
Your connection with your partner should feel real, effortless, and full of joy. Until September 9, your feelings stay soft and tender. Then the energy shifts, turning more passionate and hungry for togetherness. Make plans. Get out together. Until the 27th, Mars brings a sensitive, generous kind of sensuality. Everything looks promising.

### Single
Venus is fueling your desire to love and commit. Still, this season may pull you toward lighter, more casual connections. After the 10th, you could catch feelings for a friend or a neighbor.

### Career / Finance
With Uranus stirring up your work life, especially if you're in the first decan, expect plenty of movement instead of calm certainty. Stay open to surprises. Money may also show up unexpectedly. Meanwhile, Pluto asks you to put in the work and keep a steady rhythm. You've got this.

### Advice
Keep a steady pace. Don't dodge obstacles, especially at work. Lean into your strong, supportive energy until September 27.

## LIBRA – (Sept 22 – Oct 21)
Get ready for some serious soul-searching until September 22, with Virgo energy in the air. From the 1st to the 9th, the sun and Mercury have you weighing every option, especially when a fresh piece of news nudges you toward a real decision. After the 10th, your reflections sharpen fast and stop letting you overthink. Mars keeps your work life buzzing until the 27th, so expect a schedule that doesn't slow down.

Just don't steamroll your way through everything. Jupiter helps your friendships and projects run smoother, and it keeps getting even better after the 28th. With Uranus and Pluto in a strong position, you'll be fine-tuning your life goals or diving back into studies with a genuinely original creative spark, especially if you're in the first decan. Keep a close eye on contracts and partnerships, because Saturn and Neptune are reshuffling the deck. Ready to choose? After the 23rd, happy birthday!

### Love in General
You might feel a little unsettled until September 27, but you're still open to the good stuff, especially with Venus on your side from the 1st to the 9th. This month is a mixed bag. Then after the 10th, Venus slips into Scorpio, turning up your sensuality and your appetite for love. Get ready for your heart to race!

### In a relationship
Things ease up after the 10th thanks to Mercury, so your conversations flow more naturally. And Venus cranks up your desire to love your partner. Stay positive. Just be prepared for some tension on the physical side until September 27. Take your time with intimacy.

### Single
A spark could start at work, but intensity or complications don't automatically mean it's doomed. What do you truly want to feel and experience? Your charm is at its peak for romance until the 9th, so use it with intention. After the 10th, you'll be all about passion.

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

# HOROSCOPES OCT 2026

### Career / Finance
Your finances may get a boost after September 10, thanks to a bonus or an important piece of mail. A contract is set to evolve under Saturn and Neptune's influence in Aries. Don't panic about feeling stuck, but do welcome the changes rolling in. An employer or partner may be extra demanding, so keep moving forward with confidence.

### Advice
Challenges are waiting along your professional path, and a smart person can be worth their weight in gold, right? Drop any aggression and lean into your signature diplomacy. This season is perfect for it.

## SCORPIO – (Oct 22 – Nov 20)
Get ready for a seriously energetic start to the season, especially if you've got a project simmering in the background. With the planets in Virgo, the spotlight is on your social life. The Sun is there until the 22nd, and Mercury is there from the 1st to the 9th, so this is prime time to shake things up.

Your momentum stays strong and your mindset stays idealistic until the 27th, so make your move within this window. Quick work note: Jupiter can bring a few bumps if you keep pushing past what actually works for you. Opportunities will appear, but so will traps, so stay sharp and read between the lines. Uranus is stirring up surprises in your financial and sensual life, while Pluto turns up the heat at home. Keep your cool. After September 23rd, your social energy eases, and your mind starts going deeper.

### Love in General
Until September 10th, you'll feel more in sync with your senses than with your emotions. Translation: you're open to pleasure, but your heart isn't quite ready to fully commit. Then your feelings come into focus, and suddenly you're craving an intense kind of love that actually fits you.

### In a relationship
You may find it harder to communicate, and that could leave your partner feeling annoyed, at least until the 9th. The good news is your high libido can bring real closeness, as long as you're both on the same page. If you're not, you might start scanning for something that hits better.

### Single
September isn't exactly a launchpad for a major, life-altering meeting, but sparks can fly. You could connect with someone through a class or while you're traveling. By the end of the month, you'll be magnetic, and you'll feel ready to make it official.

### Career / Finance
This is the month's main storyline, and it demands your immediate attention. Day-to-day reality pushes you to work with seriousness, with zero patience for fantasies. Still, there's cosmic support on your side. You can shape a project and secure the funding you need, if you stay grounded. Don't trade what's solid for something that's still unclear.

### Advice
This is the kind of start you love, full of challenges that sharpen you. Move smart. If you need backup, get it. That way, you avoid any overly bold choices that could end up costing you your social momentum.

## SAGITTARIUS – (Nov 21– Dec 20)
Financial or career worries start to surface this season. With the sun in Virgo until September 22, Mercury backing you up until the 9th, and Mars in a charged connection, you feel a strong push to act. Fix what's off. Have the conversation that strengthens your resources or helps you work your way.

Uranus, especially in the first decan, can also help you break through a contractual snag, whether the outcome ends up being exactly what you wanted or not. Stay nimble. Your mindset is upbeat and strategic. Meanwhile, Jupiter swings open the door to big dreams, travel, or any kind of administrative win. Choose what you want, then go after it. From the 28th, Mars teams up with Jupiter for a real boost if you need one. From the 23rd, the sun moves into Libra and links up with Mercury, bringing golden friendships and social moments that feel genuinely exciting.

### Love in General
Until the 9th, your heart turns soft and friend-first. Until the 27th, your sensual side reaches a whole new level. A friendship could deepen into something more. Then, starting September 10, Venus in Scorpio makes it harder to hide what you feel. You'll be experiencing it all, but the people around you won't have a clue. Complicated.



# HOROSCOPES OCT 2026

### In a relationship
This season is all about freedom and sensuality, bringing extra heat to your life together. Just keep one thing in mind: it can also stir up a little jealousy from your partner. If things start to simmer, talk it through and keep the vibe steady.

### Single
All month, your strong physical energy pushes you to chase what you want, wherever it leads. And your feelings aren't limited to just one person. Not even close. Unless, by the end of the month, you find yourself slipping into a secret relationship?

### Career / Finance
Challenges are likely until September 22, and they may be tied to contract talks or shifts connected to a partnership. This season asks you to stay focused on your professional priorities and not get ahead of yourself. Your financial momentum until the 27th could also bring a timely cash flow.

### Advice
Work and money may feel a little touchy, so roll up your sleeves. Lean on your sharp common sense and you'll reach your goals without making a dramatic show of it.

## CAPRICORN – (Dec 21 – Jan 19)
Until September 22, the sun in Virgo, with Mercury backing you up until the 9th, is nudging you to trust yourself and the path in front of you. A small streak of good news could genuinely lift your mood. Mars in Cancer, through the 27th, brings a surge of sensitivity, so fine-tune how you show up with other people, or friction may flare.

Home life is shaped by Saturn and Neptune, so don't get rigid over family squabbles or lifestyle differences. Stay flexible. With Jupiter and Pluto forming a powerful connection, real progress is coming your way, the kind that looks like a loan approval or a pay rise. By month's end, the sun and Mercury in Libra push you to commit and communicate with real tact.

### Love in General
Until the 9th, an intense wave of feelings sweeps in, waking up your heart, especially as Mars in Cancer, through the 27th, turns up the heat with the people around you. It's make-or-break energy. After September 10, Venus in Scorpio cranks up your desire to love, and your libido may go from bold to a little complicated. A touch of wisdom goes a long way.

### In a relationship
Couple life looks anything but dull. You'll have plenty to say, and so will your partner, so if emotions run hot, don't let it spiral. Your sensuality will glow brighter by the end of the month, and your feelings should settle after the 10th.

### Single
From September 1 to 9, a work-related connection is possible, but it may not stick. After the 10th, you could feel a mutual spark within your friend circle or at a social event. Keep your spirits up.

### Career / Finance
Your career is influenced by Libra, which can motivate you and also add a little pressure. Take a breath and ride it out. By the end of the month, Jupiter, Pluto, and Mars team up in your favor, bringing the drive and the luck to earn more or build your savings.

### Advice
Watch the urge to react instead of act. One small change in approach will help you dodge a lot of drama this month. Get moving more, or try yoga if you feel your emotions are taking the steering wheel.

## AQUARIUS (Jan 20 – Feb 17)
The sun is in Virgo until September 22, nudging you to pause, take a deep breath, and get brutally honest about what you want to experience or change. With Mercury right beside the sun until the 9th, your thoughts run deep. After the 10th, conversations start turning toward the future, while Venus smooths out your professional energy and gives you a steady, helpful boost.

Pluto in your sign, 1st decan, cranks up your charisma with an intense, magnetic pull. Just don't let it slide into controlling mode, especially now that Jupiter opposite you in Leo sharpens your hunger for close, meaningful, and even contractual connections. You can't go it alone, and by the end of the month, that truth will feel impossible to ignore. From the 1st to the 27th,

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

# HOROSCOPES OCT 2026

Mars in Cancer rattles your daily routine, and you'll breeze through tasks like it's nothing. After the 23rd, your focus lifts to what's coming next.

### Love in General
Idealistic, caring, and devoted to the people you love, you build real trust until the 9th. You'll open up through deep conversations, and others will meet you there. Your sensuality is sweet and a little shy. Still, as your feelings move from generous to fully passionate, expect a romantic comeback that's anything but lukewarm.

### In a relationship
Until the 9th, you'll savor tender closeness with your partner, so soak it all in. After the 10th, Venus adds extra warmth and good vibes, but don't overdo it. If you try to play the "angel," you might end up looking like a complete fool.

### Single
You're craving commitment, and the universe may just deliver. Love at first sight is on the horizon, especially for those in the 1st decan. For everyone, love is nearby, whether it shows up in your everyday life or at work starting September 10.

### Career / Finance
A lump sum from a donation or a legal matter could give your bank account a real lift until September 22. With Jupiter opposite you, it's easier to lock in a contract, and you can count on your rights being respected. By the end of the month, Mars chips in too, so your finances should start to look up.

### Advice
September is shaping up to be a strong month for you, with no major roadblocks, other than figuring out how to balance your many wants. Your mood is high, your practical momentum is sharp, and everything is pushing you forward.

## PISCES (Feb 18 – March 18)
This season is all about love and ambition, and the energy is seriously electric. Until September 22, the Sun in Virgo teams up with Mercury from the 1st to the 9th, making communication in their relationships feel front and center. It's the perfect window to move toward real, shared understanding.

Venus in Libra, backed by Saturn and Neptune, is giving their finances a sturdier backbone, whether that means a stronger salary, or other sources like bank loans or an inheritance. Mars is turning up the heat on love, hobbies, and pure fun until the 27th, so good times are definitely on the way. By the end of the month, they'll be making solid progress at work. Just don't ignore that high-voltage drive. Starting on the 10th, Mercury slips into Libra, and the Sun follows on the 23rd. The vibe shifts toward the relational side, and they'll feel a little more guarded, weighing changes that may start to click into place by month's end.

### Love in General
This cosmic corner is pure spark. Committed or still searching, they'll feel that sensual pull until September 27, so let pleasure be part of the plan. Their sensitivity turns up on the 10th thanks to passionate Venus. Keep the mood bright.

### In a relationship
Get ready for a seriously sensual rhythm that brings back honeymoon-level magic with their partner. Or for those sweet little truths they've been holding back. Everything is lined up for mutual happiness.

### Single
Spread your wings and stay tuned. The planets are lining up for something deeply affectionate and sensually rich, the kind that could become real and lasting if they want it. Starting September 10, an exotic, one-of-a-kind personality is headed their way. By month's end, they'll be craving something that feels like "us."

### Career / Finance
They're working on getting their finances in order through their job, while also hunting for new ways to fuel their money flow, which could trigger a major shift. Maybe a fresh venture. Maybe a career pivot. Their money looks well protected, so don't waste it. Save a little.

### Advice
Love and creativity are the headline themes this September. Drop the old stories they've been carrying from past experiences, and open the door to joyful possibilities.

Andrea de Michaelis
Publisher

**FROM THE PUBLISHER: HELP ME BECOME MORTGAGE-FREE** My goal is to pay off my mortgage balance of $54k. I'd love if those who've enjoyed my work the past 34 years help me meet that goal. If my posts and **Horizons Magazine** have brought something positive to your life and you'd like to help, even $2, $10, would mean something to me. If 1,000 people contributed $54, I could do it. Here are some ways to help.

**ADVERTISING:** Place an ongoing ad for a few months. Use full page ad space to contribute an article. Have your cause be on the cover one month.

**EMAIL READINGS $75 per question.** WHY A PSYCHIC READING BY EMAIL??? To have a written record. There's a magic that happens when you type your questions out. Make your questions as long and complex as you wish. Email horizonsmagazine@gmail.com

If you'd like to be part of helping me become mortgage-free by donating, advertising or requesting an email reading:
Paypal horizonsmagazine@gmail.com Zelle to horizonsmagazine@gmail.com Venmo @Andrea-de-Michaelis

And whether you contribute or not, thank you for being part of my world.

Andrea

# DELICIOUS POUND CAKES & SWEET POTATO PIE

## Better from Scratch

Hand Made Home Made

### POUND CAKE FLAVORS

- VANILLA RUM
- SWEET POTATO
- CINNAMON DELIGHT
- STICKY TOFFEE
- OREO
- STRAWBERRY

NEW ITEM

TRY IT NOW!

### CAKE SHAPE/ SIZE:

- REGULAR BUNDT
- HEART SHAPED BUNDT

### ICING

- LEMON
- CARAMEL
- HEART SHAPED BUNDT

### CONTACT TO ORDER

BETTERFROMSCRATCH@ICLOUD.COM

OR 4074913744

@bf_scratch

Orlando area pick up or deliveries only!

MR

# M Rochelle Jewels

*Unique Handmade Jewelry*

www.Mrochelle.com

@_mrochellejewels_

www.Mrochelle.com

# ABRAHAM HICKS

*... from page 7...*

Esther Hicks

**GUEST:** Yes, exactly. And I tried telling him that and he's not ready; when I tell him that, he thinks I'm annoying. It's just how it goes.

**ABRAHAM:** You might try these words, because what's happening is, when you're depressed, you're depressed because you're far from satisfied and the momentum is going. And the thing about that is, with any of those emotions that don't feel good, it feels perfectly logical to you because, as you feel that way, everything that's coming to you matches how you're feeling.

So it's like you feel that way, and so things happen that make you feel more that way, and so then you feel justified. And when someone bright eyed and bushy tailed tries to help, you are annoying because you don't get him, because you're not understanding.

So you might try these words really softly:

"I didn't mean to make you defensive; I'm on your side. (Oh, those are the best words in the world.)

I didn't mean to make you defensive, I'm on your side; I get it, I get it."

And then just leave it, because if he's not in the vicinity, he's not going to get it anyway, and you trying to help him see something that he can't see is only going to make him push harder against it.

And pushing harder against it is only going to entrench him deeper into whatever it is.

There's a bigger, more important question, and that is "How do I (we're speaking from your point of view), how do I maintain my balance under those conditions?"

And the answer to that is you just practice it. You know, there are a lot of people who care so much about that relationship, who have chosen that relationship maybe because they didn't even know about **Inner Being** relationships, who sacrificed their joy and love of life to be with someone who doesn't have it.

And as long as you understand it, you can be part of this powerful **Vortex** calling that will call him forward.

But you can't go back and get him, you have to see who he really is. Do you know what it is? It's knowing who he really is.

**Esther** has a carousel of pictures on her kitchen counter - it's her grandchildren when they were really little. And when she looks at it, in every picture she can see they are a perfect match to their Inner Being. There's not one picture - they couldn't take a picture that wasn't a match, because that's where they always were.

But not so much now, so, if ever she's having thoughts about where they are now, all she has to do is think of who they really are. And sometimes when someone's depressed and therefore defensive, and therefore sort of lashing out at you for not understanding, it's hard for you, then, to not be defensive, too.

Somebody has to be the grownup, somebody has to be the **Inner Being** connection.

**GUEST:** And that's what I try to do - the only thing is sometimes I feel like he is not open to receiving, and it's more of matter of me...

**ABRAHAM:** Yeah, but when you notice that, you're not, either. When you see him not receiving, you're not receiving because you're not looking at who he really is or what he really wants, you're looking at who he's being right now, so you're part of the problem.

**GUEST:** Wow. (Fun)

**ABRAHAM:** Well, isn't that good to know?

**GUEST:** It is.

**ABRAHAM:** Has that ever worked? Have you ever been able to talk to somebody then? Somebody could be borderline and you can talk them out of it by standing on your head and doing some funny things, but you can't really talk anybody out of that when they're there.

*...continued on page 41...*

# ABRAHAM HICKS

*... from page 40...*

Esther Hicks

You just sort of have to let the dust settle or let the thought lift, and you don't help by getting in there and trying to fix it.

Have you ever tried to fix something, and don't they always get more defensive and try to explain to you more why they feel that way, and more why they should feel that way, and more why you just don't understand?

"How would you know - you're all bright and shiny, your life is perfect, how would you know what it feels like to feel like I feel?" And you really don't want to convince them that you're relating to them.

We were talking to a mother one day who was talking about her adult son, and we said pretty much what we just said to you; it was earlier terminology, but pretty much the same message that we were offering to her.

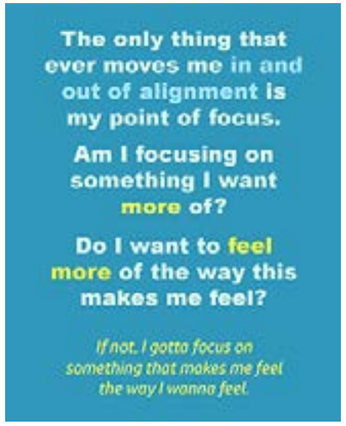
And she said "If I do that, **Abraham**, he will feel like I have forsaken him. If I turn away from his problem, and I look somewhere else, he'll feel like I don't care."

And we said you just have to know that you're not forsaking him, you're just looking at who he really is. You're not forgetting about him, you're looking at what he wants.

You're joining forces with his own **Inner Being** and with your **Inner Being**, and you're making it more likely that he's not going to be depressed. You're making it more likely that he's going to catch a glimpse of his **Inner Being**.

You're leading the way, you're stepping out onto that path of least resistance that he can't quite see. But he can see you - he can't feel his **Inner Being**, but he can see you.

So, if you can find some magic formula of not making him feel defensive, not making him feel like he's doing something wrong, not showing your own disappointment that he's depressed because you would rather that he would frolic with you, if you can catch that




magic formula (it's not magic, it's just practiced) of not making him feel defensive - you can say "I hear you" but you don't really mean it, and you can say "I'm listening," but don't - but you can say "I really don't mean to make you defensive, I'm on your side, I'm completely on your side."

But while you're speaking it, don't turn your back to him, just turn your mental mind to I'm on your side, I'm on your side. Just mean that and know that and practice that when he's not testing you. Practice it when there's nothing going on, practice it until you own that, practice that until, in your vibration, it's who he really is, not who he's temporarily being in his lost-ness.

It's normal to be depressed when you've pinched yourself off from your Source. His **Guidance System** is working perfectly - he's depressed because he's not allowing who he really is to be. When you know that, what's the answer, to get depressed, too?

**GUEST:** Definitely not.

**ABRAHAM:** Definitely not. But there has to be something between "You're not taking me down," and "OK, I'll go with you." There has to be something in between that. And in between that is just not going down but loving him anyway; loving who he really is because he's two ends of the stick - everybody is and you still love the stick. You still love, love, love, love, love, love, love, love, love who he really is. Yeah?

*...continued on page 44...*

# HERB CORNER

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

**St. John's Wort** is typically thought of as an **anti-depressant** herb however it also has strong **anti-viral activities**.

**Glycyrrhizic acid in Licorice** helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses.

**Astragalus contains polysaccharides** that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong anti-viral compounds.

**The anti-viral activities in Green tea are believed to come from catechins which inhibit the replication if influenza viruses** according to the PubMed publication (PMID16137775) it is believed to be equal to **Tamiflu**.

**Pau d' Arco** contains some 20 active compounds including lapacho, beta-carotene and beta-sistosterol that are effective in fighting many viruses.

**Here are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness in fighting viruses:**

| | | |
|---|---|---|
| Honeysuckle | Lemon Balm | Cloves |
| Olive Leaf | Peppermint | Skullcap |
| Cats Claw | Ginger | Turmeric |
| Usnea | Eucalyptus | |

## RECIPE:

I've put together a tasty tea that helps keep my immune system nice and strong.

1/2part **licorice**
1part **Boneset**
3parts **Rosehips**
1part **Astragalus**
1part **Calendula**
and ½ part **Peppermint**

# THOUGHTS ABOUT THINGS

*...continued from page 6...*

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

**I know that whatever I make myself pivot my focus to is something I'll get right into. Easy to say but NOT SO EASY TO PIVOT YOUR FOCUS.** A stationary body wants to stay stationary. It doesn't want the hassle of a CHANGE of venue. It doesn't want to CHANGE out of pjs into real clothes. That's when you use your willpower to make yourself do it.

### STRENGTHENING THE WILL

This is how you develop **your will**. Willpower is the inner strength to make a decision and handle any aim until it is accomplished, regardless of inner and outer resistance, or difficulty.

When you have strengthened **your will**, you have developed the ability to overcome laziness and negative habits, to carry out tasks even if they are unpleasant and tedious.

**Strengthening your will takes practice.** You practice it every time you reject instant gratification in favor of a higher and better goal.

One simple daily practice to develop will power is by refusing to satisfy trivial desires (like channel surfing, snacking or drinking soda.)

By learning to refuse to satisfy every desire that crosses your mind, **your will** gets stronger. Practice it often during the day, delay yourself by 30 minutes getting that soda or turning on the tv. That's practice.

You're exercising that muscle, like going to the gym, so the strength is there when you need it. Here's a link to info on strengthening willpower. https://horizonsmagazine.com/blog/transcript-of-a-psychic-reading-on/

**I get my best realizations about life when I'm doing mundane daily work like overnight kitchen stocking**

I like being up overnight bcz I like being alone with my thoughts. I can go a deeper place when I've had 8+ hours of no external voices. You'd think with 40+ yrs of meditation discipline I could just **sink into the slot** at the snap of a finger, I wish I could also. Living alone it was easy and my work and waking schedule was different.

Now I let myself be distracted which means I never stay long in the deep spot I need to be in to do particular work. So I morph "work" to do more of this and less of that. Ever adapting to change is the way I find flow.

An ongoing reminder to myself is that I don't need X amount of clock-time for anything, **I simply need to change my perception**.

Like I used to think I needed 6 hours sleep to feel rested. Keeping my eye on the clock kept me awake. My realization was that I didn't need to tell my body what I needed. I just needed to ask it for enough rest for me to feel refreshed. Now sometimes 2 hours does that for me, sometimes 4. But I'm no longer attached to the number of hours quotas I give myself.

Enjoy our offering this month.

Hari Om.

Andrea

# YOGA SHAKTI MISSION

YOGA SHAKTI MISSION
3895 HIELD ROAD, NW
PALM BAY, FL 32907
321-725-4024
www.yogashakti.org/
Ma Yoga Shakti yogashaktipalmbay@gmail.com

## SUNDAY LECTURES 9 - 10AM

Students doing Surya Namaska on the International Yoga Day (held every year on June 21st.)

## YOGA CLASS SCHEDULE

**Donation: $10 per class or $50 per month**
**Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.**

Mon. 7 pm Annapurna Classical Asana Yoga
Tues 10 AM Yoga with Gajendra
Tues. 7 pm Vinyas Flow with Natalia
Wed 7 pm. Lisa Campbell Yin Yoga
Thurs 7 pm Sensei Marguerite Intermediate Yoga
Fri 9:30am Chair Yoga with Audrey da Costa $8

*Schedule subject to change.*

## VEGETARIAN INTERNATIONAL LUNCHES -- FIRST SATURDAY OF THE MONTH AT NOON

**Suggested Donation $15 — small children free**

# ABRAHAM HICKS

*... from page 41...*

Esther Hicks

**GUEST:** Yes, of course. And it's wonderful, because when he is happy, I see who he really is, and he's absolutely wonderful.

**ABRAHAM:** But, you see, that's the rub right there. That's conditional.

**GUEST:** I'm aware of that and I'm doing what...

**ABRAHAM:** Well, we're not after you; we didn't mean to make you defensive. (Fun)

**GUEST:** Oh, no...

**ABRAHAM:** We're on your side, we on your side.

**GUEST:** I guess that's where I'm at - that I'm doing my best to release these conditions, but...

**ABRAHAM:** Yeah, you're doing really well. And we appreciate the question a lot.

And if you don't ask the question, then you can't focus on the answer.

Just don't get too hung up in the question, and just remind yourself until you've convinced yourself, until you own in your vibration who he is, so that when he's with you, it's more likely that he's going to lean in the direction of who he really is: that clever, beautiful, really smart, tapped in, tuned in person.

His wit is all about that. His perfect timing is all about that. You have so much evidence about him, about his connection.

And we know, when someone is connected and then not, you say "***You don't bring me flowers anymore***."

If you never expect the human one to bring you flowers, and you know that his **Nonphysical** side will shower you in flowers and all kinds of wonderful things, make your relationship with who he really is until who he is being catches up with who he really is.

Andrea de Michaelis
Publisher

# SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW

**These are the most requested links for my blog at https://horizonsmagazine.com/blog Doing these processes will open you to inner guidance like never before**

**CREATIVE VISUALIZATION PROCESS LINKS**
https://horizonsmagazine.com/blog/doing-experimental-creat-ive-visualizations-the-creative-visualization-process/

**MY PAYPAL VISUALIZATION**
https://horizonsmagazine.com/blog/my-paypal-visualization/

**ANDREA'S MEDITATION PROCESS AND LINKS**
https://horizonsmagazine.com/blog/andreas-meditation-process-2/

**AN 8 MINUTE VISUALIZATION WORKSHOP TO INCREASE DOLLARS**
https://horizonsmagazine.com/blog/an-8-minute-creative-visualization-workshop-to-increase-dollars/

**SIMPLE SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW**
https://horizonsmagazine.com/blog/simple-self-talk-scripts-to-help-you-attract-a-better-tomorrow/

**HOW CAN YOU EXPECT A $$ WINDFALL WHEN YOU ARE ON A FIXED INCOME?**
https://horizonsmagazine.com/blog/how-can-you-expect-a-windfall-when-you-are-on-a-fixed-income/

**A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS**
https://horizonsmagazine.com/blog/a-self-talk-script-i-read-over-when-i-need-replacement-thoughts/

**MONEY/SUPPLY COMES OUT OF US LIKE AN OAK FROM AN ACORN**
https://horizonsmagazine.com/blog/moneysupply-comes-out-of-us-like-an-oak-from-an-acorn/

**A DOLLAR SCRIPT VISUALIZATION TO INCREASE YOUR DOLLARS**
https://horizonsmagazine.com/blog/a-dollar-script-visualization/

**Email Andrea at HorizonsMagazine@gmail.com if you have questions.**

Andrea

**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**



# 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 ir offering with them.**

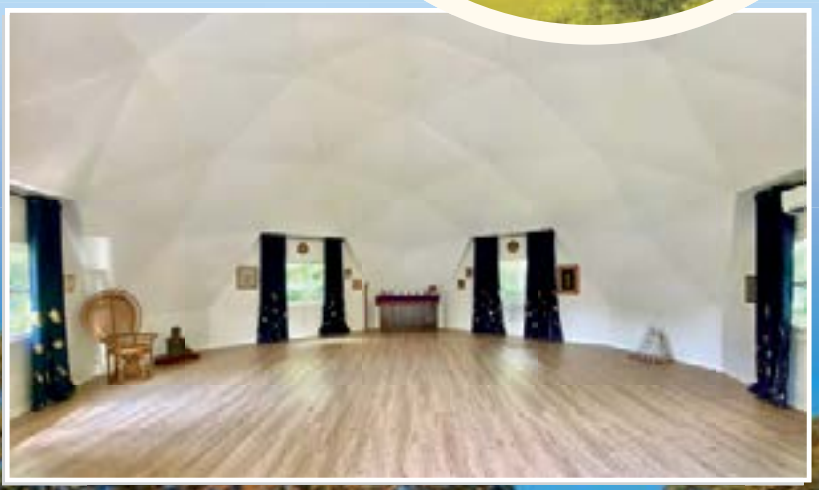
**Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.**

**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.**

# CENTER FOR SPIRITUAL AWARENESS

## AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING

The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.

The CSA Learning Resource Library offers retreat participants a quiet place to read and study the science and philosophy of Yoga.

Years of profound meditation by committed and dedicated Yogis have made CSA's Meditation Hall a sacred space to commune in silence with Spirit and turn inward to focus on Self and God-realization.

P.O. BOX 7 • LAKEMONT, GA 30552 • P: 706.782.4723 • M-F: 10 A.M. TO 5 P.M. EST

WWW.CSA-DAVIS.ORG