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Andrea de Michaelis presents

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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints, and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a bookstore, in southeast Florida. Find out more about Margaret Ann at www.MargaretAnnLembo.com; www.TheCrystalGarden.com; and www.AcademyoftheSpiritualArts.com or email at margaret@margaretannlembo.com

BE A CONDUIT OF GRATITUDE AND BLESSINGS: COPPER AND ARCHANGEL URIEL

Every day is a good time to clear your channel and allow wisdom to flow through you. Copper, a conduit for goodness, prosperity, and love, is a metallic element usually found in rounded masses without crystal form. The energy of this metal is perfect for the month of November because it is aligned astrologically with the zodiac sign of Scorpio.

The metallic shine from copper is a perfect match to call on Archangel Uriel, an archangel with the vibration of peace, illumination, and great prosperity. Inner peace is found within the center of your consciousness. Copper carries the vibration of the colors blue and green which lends energy toward calmness and inner peace. It is responsible for the blue and green coloring of copper sulfides such as chalcophyrite and peacock copper, copper carbonates such as malachite and azurite. Experiment with copper during meditation. Make an intention that you want to be a conduit of peace.

Copper lightens up your consciousness and can assist you when you need mental clarity. Use this metal to help you think clearly, stay focused on the task at hand, and remember what you are doing. The thermal and electrical conductive qualities of copper increases your ability to tap into the cosmos to garner wisdom, knowledge, and surprising information that can be applied to increasing your income. Use copper with the intention that you will use the inspired thoughts to be a money magnet. Gratitude is a key to success in all areas of your life. Copper can be used to help you recall all the reasons that you are grateful. Have gratitude for what is and also for all the blessings still yet to come.



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**Thursday, November 2nd 6:30pm
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**Sunday, November 5th 12:30 pm – 1:30pm
God's Will: Why Can't I Do It My Way?**

Facilitator: Valarie Parson Got "QUESTions?" Join us or one power-packed hour of discussion as we find meaning on the journey and help others along the way. Suggested love offering \$20.

**Thursday, November 9th 6:30 – 8:00
Metaphysical Discussion Time**

Facilitator: Paul Esche, LUT This is a time to discuss and learn to apply Spiritual Principles to your life as you share your thoughts with others or just listen to others share. Love offering will be taken.

**Sunday, November 19th
12:30 pm – 1:30pm
God First: 24/7 365?**

Facilitator: Valarie Parson and Rev. Teresa Weingarten Got "QUESTions?" Join us or one power-packed hour of discussion as we find meaning on the journey and help others along the way. Suggested love offering \$20.

**Sunday, November 19th
6:00 – 8:00pm
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**Sunday, November 12th 12:30pm
Movie: Rooted In Peace**

From Beyond Words Publishing Director and award-winning filmmaker Greg Reitman invites viewers to take notice of the world we live in, proactively seek ways to find personal and ecological peace, and stop the cycle of violence. Deepak Chopra, Donovan, Mike Love, David Lynch, Mairead Maguire, Pete Seeger, Ted Turner and Desmond Tutu will discuss the basic question: How do we want to live? Love Offering \$20. (Copies of the movie will be available for purchase \$20)

**Wednesday, November 22nd
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**Sunday, November 26th 1-2:30pm
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**Saturday, November 18th 10:00am – 12noon
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Ongoing Events

First Sunday of the Month - Reiki Healing Service after both Sunday Service
Second Friday Night - Game Night 6:30pm
Third Sunday of the Month - mini service at WAVECREST 2:30pm
Noon Prayer Service Tuesdays and Thursdays
Tuesdays - Course In Miracles 7:00pm
Wednesdays - Meditation with Jenny Cancelled until January
Wednesdays - Melbourne LBGT AA 6:30pm

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Andrea de Michaelis

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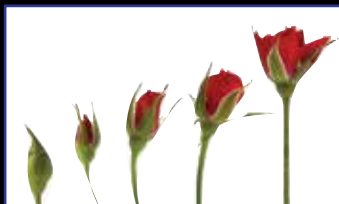
Jeff Brown

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Co-incidence is meaningful. 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 distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. **HORIZONS** is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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Calendar \$.50 per word. page 18
Phone Directory \$5 per line pages 22-25

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Page 3	\$550	\$1455	\$2550	
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- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



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Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the November 2017 Horizons Magazine. It's been a long, hot, muggy (ie, typical!) summer. Finally last night the temp dropped below 75f and my world changed. I can go outside! I can start again doing all the outside things I love to do, hiking, biking, just walking outside or sitting at the firepit, camping in the woods, cooking outdoors. *The April-September heat and humidity saps my energy but boy do I thrive when the temp and humidity go below 70! It makes me feel frisky!*

HOW DO YOU FEEL ABOUT THE WORLD THESE DAYS?

I feel there's lots going on that I choose not to be part of but I feel hopeful, I feel optimistic. The powers-that-be are getting the WH situation under control. The people in my immediate circle are relatively happy, relatively healthy and have some kind of plan for their lives that they're in the process of work-

ing. Sure, most could use a little more money, some could use a little more love but there is a growing sense of "we are all in this together." More neighbors are smiling and waving. I'm hopeful.

The theme for the last month (year?) has been a lot of anxiety in the air, a lot of people feeling unloved, overwhelmed, frustrated with not being able to move ahead, with having to do it all themselves. A giant feeling of being disconnected from everyone. So what did we all attract? **Facebook** going down across the globe for the first time ever on October 11th! I use FB to contact clients and advertisers all day, so I had to email and text. It being down for maybe 40 minutes sure reminded me what a giant convenience it is and also what giant source of connection I get from FB. Thanks for being out there.

CAN YOU SEE ANOTHER 20 OR 30 YEARS OF WHAT YOU'RE DOING RIGHT NOW?

I thought my 60's would be spent sipping tea with friends in my parlor and perusing my giant library of cool books, discussing astrology, doing yoga and meditating together. But 65 is pretty much like 45 except I'm not so tightly scheduled: doing the publishing and magazine work during the day, keeping odd hours doing readings and session work overnight, solitary yoga and meditation practice. Maybe by my 80's all that social stuff will happen. I can see another 20 or 30 years of this. Can you see another 20 or 30 years of what you're doing right now?

...continued on page 29...

Love? Money? Travel? Learn what 2017 holds in store for you.

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DELIGHTING IN CRITICISM

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I've come to see that there is no such thing as criticism, there are only observations. And there is no observation that does not enlighten me, if my mind is open to it. What could anyone say to me that I couldn't agree with? If someone tells me I'm a terrible person, I go inside myself, and in two seconds I can find where in my life I've been a terrible person; it doesn't take much searching. And if someone says I'm a wonderful person, I can easily find that, too. This is about self-realization, not about right or wrong. It's about freedom.

When someone tells me that I lied, for example, I go inside to see if they're right. If I can't find it in the situation they've mentioned, I can easily find it in some other situation, maybe decades ago. I don't say that out loud. But inside me, it's a joining. And then I can say, *"I am a liar. I see where you're right about me."* We agree. That person is realizing who I used to be, the very thing that I began realizing twenty years ago. I fall in love with people who are angry at me. They're like people suffering on their deathbeds: we don't kick them and say, *"Get up."* It's the same when someone is angry and attacking you. This is a confused human being. And if I'm clear, where is it that I couldn't meet him? That's when we are the happiest, when we're giving ourselves without condition.

If a criticism hurts you, that means you're defending against it. Your body will let you know very clearly when you're feeling hurt or defensive. If you don't pay attention, the feeling rises

and becomes anger and attack, in the form of defense or justification. It's not right or wrong; it just isn't intelligent. War is not intelligent. It doesn't work. If you're really interested in your own peace of mind, you'll become more and more aware of that sense of wanting to defend yourself against a criticism. And eventually you'll be fascinated to find the missing pieces of yourself that your critic is helpfully pointing out, and you'll ask him to tell you more, so that you can be enlightened even further.

Criticism is an immense gift for those who are interested in self-realization. For those who aren't, welcome to hell, welcome to being at war with your partner, your neighbors, your children, your boss. When you open your arms to criticism, you are your own direct path to freedom, because you can't change us or what we think about you. You are your only way to stand with a friend as a friend, even when she perceives you as an enemy. And until you can be intimate with us however badly we think of you, your Work isn't done.

After you've done inquiry for a while, you can listen to any criticism without defense or justification, openly, delightedly. It's the end of trying to control what can't ever be controlled: other people's perception. The mind rests, and life becomes kinder, and then totally kind, even in the midst of apparent turmoil. When you're aware of being a student, everyone in the world becomes your teacher. In the absence of defensiveness, gratitude is all that's left.



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ABRAHAM ON THE IMPORTANCE OF GREATER EXPECTATION

As you are this physically focused being, you have access to All That Is. And so, through this physical focus, if you will but identify what it is that you are wanting, whatever this talent is that you are talking about, and then relax and allow the inspiration to come, you can have it very quickly. We are snapping our fingers which may be a little quicker than you believe, but it is a matter of wanting and expecting.

As you stand in your now, this junction of future and past that is what now is - it keeps moving but that's what it is - you think in your now every waking moment. Your thoughts basically go in two categories: desire, which represents future, and belief and expectation, which represent past. So as you stand in your now, the balance of your thought has to do with what you want and the expectation of it. Now, because you are defensive beings - you've been trained to watch out for lack - most of you, as you stand in your now, are much more negatively expectant about the things that you want than you are positively expectant because that is the format of your society - many more critics than praisers, many more warners than well-wishers.

And so all that you have to do in order to be one who is more instant in the manifestation of all the good things that you are defining, is to release that expectation by virtue of what you have lived in this one short life experience, and don a greater expectation by virtue of your acknowledgement of the laws of the Universe.

In the moment that you can say, "It doesn't matter what I've lived because I have been observing a world full of physical beings who have been creating evidence that I am now using as statistical data to work against myself, and foey with that! Now I'm going to acknowledge the law. And the law says, **that which I give my attention to I attract.** And so am I focused upon wanting this talent, or am I focusing upon the fact that I can't draw a straight line? What is the balance of my thought regarding this subject? I want to feel good and I want to draw. How does this thought fit in? Not very well. How does this thought fit in? Not very well. How does this thought fit in? It fits right in."

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CINNAMON

Most of us know this spice as a form of flavoring in cooking. For thousands of years Cinnamon has been valued for its medicinal properties.

This common spice comes from the reddish brown inner bark of the cinnamon tree. All forms of Cinnamon have health benefits even though they come from different parts of the world. What you typically find in the supermarket is *Cassia cinnamomum*, it is the common form of Cinnamon it contains larger amounts of coumarins (blood-thinning agents) so it can be more troublesome if it is taken in large doses especially if you are taking blood thinning medications. Studies have shown this form of Cinnamon has greater benefits in controlling blood glucose. Ceylon cinnamomum is also called *Sri Lanka Cinnamon* or "True Cinnamon", it is lower in coumarins and it has a more refined sweeter taste. The problem with Ceylon is it is much harder to find. Cinnamon has been found to balance blood sugar; studies have shown that using 1-6grm of Cinnamon per day has **antidiabetic effects** on lowering blood sugar by 10-20%. Another study using 1grm of Cinnamon in the diet daily helped **reduce hemoglobin A1c** after 3months of use. Within the circulatory system Cinnamon has been associated with **reduced risk of heart disease**. It appears that the constituent cinnamaldehyde is protective to the whole cardiovascular system and cinnamophilin acts as a vasodilator and it helps inhibit platelet aggregation. In animal studies Cinnamon has been shown to **reduce blood pressure, reduce triglycerides and cholesterol**. Its antioxidant compounds along with cinnamaldehyde and procyanidin help inhibit angiogenesis, this inhibits the formation of tumors causing cell **death to cancer cells**. It works by reducing the growth of cancer cells and the formation of blood vessels to tumor cells. Neurologically the Association for Chemoreception Sciences reported that just the scent of Cinnamon boosts brain functions; when their participants smelled or chewed Cinnamon flavored gum they had improved scores in attention, recognition, memory and improvement to visual and motor responses, they found that the two main constituents of Cinnamon block the buildup of a protein in the brain called "Tau"; this is important when working with *Alzheimer's* patients. Another study found Cinnamon normalized and protected neurons and neurotransmitters, for people with Parkinson's this can help improve motor functions. In the digestive system Cinnamon **helps relieve gas, nausea, diarrhea and vomiting**; in the urinary system it helps with the prevention of UTI's. It also helps **relieve respiratory tract infections** caused by fungus, bacteria or viruses. Cinnamaldehyde is specific towards the H1N1 (avian flu). Besides its **antiviral, antibacterial and antifungal properties** it also has **anti-inflammatory and mucilaginous** properties these help to relieve a sore or scratchy throat. Cinnamon is generally safe as food or in small amounts however, in large amounts it can irritate the mouth or lips and it can be toxic to people with pre-existing liver problems or on blood thinners.

FINDING HAPPINESS IN ORDINARY MOMENTS



Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is." Find her on Facebook

The magic in the extraordinariness is wreathed through ordinary life, look deep.

Being ordinary has a different meaning to different people. Our cultural contexts shape us from day one. From the moment we are born we are

bombarded with notions of being better, being unique, striving to achieve something greater, surpassing ourselves, trying to be someone who is other than us. Doesn't that say more about our culture than it does about our individual abilities to pursue happiness? What happened to the notion "be just who you are"? We seemingly live in a world where people and situations tell us otherwise. They may say that it's not ok to be average if you are not working towards having a better situation, but that is based on whatever their idea of a 'better situation' is, isn't it? Perhaps it is just something others say because they cannot achieve their goals; even if you are happy they will suggest that you are delusional and only fooling yourself.

When discussing a topic like this it naturally propels our instincts to make an attempt to revisit the old questions, "What is the purpose of life?" and "Why are we here?" To some, life is defined by their religion. Some feel life is most meaningful when they are attaining financial success, and to some, life is all about raising children and making a home that is full of love, and remaining immortal in the memories of the next generation. One thing I have realized is that human beings are very fearful of having an ordinary life and being ordinary. Everyone is striving to achieve something bigger and better - to have an extraordinary life. But we forget that the genesis of extraordinariness comes from a very ordinary state. Most famous people on earth at some point were ordinary, and there is nothing wrong with not wanting more; nothing wrong with being happy in having an average life, with an average income and living in an average neighborhood.

I have found that if I allow my mind to move inwards more instead of constantly outward, comparing and competing with others, I can create more peace and balance in my life. The moment I think that I am extraordinary, my ordinary surroundings do not feel worthy anymore. Who wants a lifetime of feeling like that? Years back I used to believe that what is common and ordinary was the least exciting part of life. I used to look for excitement in everything that is extreme or 'extraordinary' like watching television for hours, listening to gossip, eating at nice restaurants, shopping, and so on. I'm not saying these are bad things, however I feel that while we are looking for external stimulation to make us happy we have to keep a track of what we are thinking about also.

...continued on page 28...

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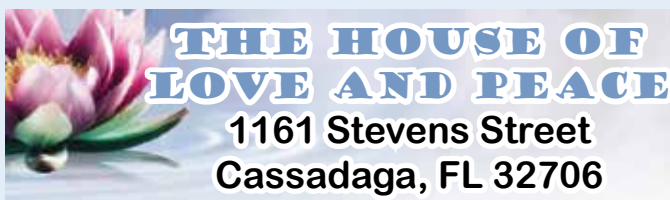


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FROM THE HEART



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Alan Cohen is the author of *A Course in Miracles Made Easy*; mastering the Journey from Fear to Love. Join Alan and friends in Hawaii, Feb 26 - March 2 for a rare retreat, Unplugged. Put your devices aside for a few days, liberate yourself from technology, and reconnect with yourself and your life. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly

The Word and the Womb

How much should you tell other people about what is really important to you? Should you broadcast your dreams to everyone in hopes that others will honor your intentions and support you? Or would you be wiser to keep your visions to yourself and avoid debilitating criticism?

You have probably had the experience of sharing a fresh insight, experience, or project with someone, only to be met with an icy, insensitive response. *"I tried that and it didn't work."* *"You will put yourself at risk."* *"That would cost too much to produce and nobody would buy it."* Nothing is more daunting than someone throwing cold water on your hot dreams. Then you walk away from the conversation feeling deflated and defeated.

I am amazed at how obtuse people can be when offered an opportunity to support someone. I visited a friend in the hospital who had had a very minor surgery. A relative in the room said, *"I know someone who died of what you have."* One of my coaching clients told her husband she wanted to take a yoga class. He laughed and told her she was on her way to **Jonestown**. When I self-published my first book using my mother's life savings, the publisher's agent told me, *"They say you don't make any money until your third book."* (The book went on to be a bestseller.)

Jesus was a master metaphysician who understood the power of thoughts and words. He instructed, *"Cast not pearls before swine,"* meaning to not offer sensitive, lofty ideas to people who will not understand, and gobble them up. After he performed a certain healing, he told the recipient, *"Tell no man."* **Jesus** understood that if that man broadcast his experience publicly before the healing was solidified, negative observers would cast doubts and skepticism upon him so as to weaken or undo the healing. Better to wait until the healing was gelled in his subconscious; then the opinions of others could not unstitch his advancement.

A yogi told me, "When you plant a seedling in a field where cows are grazing, set a fence around the little plant to protect it from cows eating or trampling it. Later, when the seedling has grown large and sturdy, you can remove the

fence, and the cows will have a magnificent tree they can rub up against and rest under its shade."

Does the injunction to safeguard sensitive projects mean we should be neurotically secretive about what is important to us? No, it just means we should be discerning when choosing the people we share our visions with. If you know that someone loves and supports you, that would be a good person to include in your vision. Some people attend mastermind groups in which they meet weekly with a few positive friends to share exciting ideas and get behind each other for success. Cultivate and fertilize the soil in which you plant your valued seeds.

Let's say you share a sensitive project at an early stage and someone throws a dagger of negation at it. *Does that mean the project has been killed?* Not at all. You can use the experience to make your project stronger. Use the criticism as motivation to go within and affirm the value, power, and potential of your project. In homeopathy and immunization, patients take small doses of viruses that would kill them in larger doses. The body then develops antibodies that prevent the disease from overcoming them should it return. "What does not kill me makes me stronger."

No person, no matter how negative or virulent they are, has the power to thwart your project or remove your good. That power belongs only to you. If someone judges or attacks you, consider them an angel reflecting to you your own beliefs, doubts, or fears so you can recognize and heal them.

If you get upset or cave in when someone criticizes you, you must agree with that person. If you didn't, the criticism would not disturb you. Your issue is not with the other person. It is with yourself. Find the hidden self-doubt or judgment, confront it, hold it up to the light, and heal it with a greater truth. Because light is more powerful than darkness, you must succeed.

As we enter the holiday season, you may have some juicy opportunities to discern who to share your sensitive truth with, and how to deal with people who judge or criticize you. Don't shy away from these opportunities. Use each one to practice remembering your beauty, power, and worth, and that of your valued projects.

Motivational master **Jim Rohn** said, "If you really want something, you will find a way. If you don't, you will find an excuse." Don't use fear or others' negative opinions as an excuse to not move ahead. Don't let people into your visions if they don't match your intention. Love and support your visions like a pregnant woman would diligently protect and care for the soul in her womb. Then your progeny will grow into powerful, mature, successful adults.

Everyone is your teacher. Some teach through loving support, and others teach through challenge. Become a spiritual master by using the power of the word to your highest advantage.

ASK WHITEDOVE



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

Dear Whitedove, Why do some people have charmed lives with lots of riches while others live in poverty, with loneliness and illness? It just doesn't seem fair.

Dearest, It's true, there are some souls that come to experience less hardships than others. Only God knows our soul's journey and the hardships that we need to experience for our soul's growth. Just know that wealth is not a recipe for a charmed life, in fact it brings its own set of problems. Most wealthy people have been bankrupt more than once or close to it. They question every person who wants to befriend them - what's the motive? Most wealthy have had some business associate embezzle funds. You see, greed and gluttony are their karmic lessons. Will they hoard their money or help the world? I see that **Lebron James, Angelina Jolie** give huge sums of money with a pure intent to help the less fortunate. The singer **Akon** is bringing electricity to 600 million people in Africa. I'm sure there are more too! Bless them.

Dear Michelle, Here in Mexico we have a beautiful tradition called Day of the Dead. Because of the skeleton decorations some people think it's sacrilegious, but it's not. I wish people could be a little more open minded when it comes to cultural differences!

~ Getting ready to celebrate in Mexico

Dearest,

You are so right, cultural differences makes the world an interesting place to explore. November has several fascinating religious holidays. **November 1st** is **All Saints Day** - a day to pray and to pay honor to the Saints in Heaven. **November 2nd** is **All Souls Day** - a day to pray for All Souls that died within the year (the Catholic Church believes that these souls are in purgatory). As a Spiritual Medium, I know that most souls go straight to heaven but I still light a candle, pray and send my love to them.

Day of the Dead is an elaborate celebration that takes months to prepare. Two days are set aside to honor the dearly departed and to invite them to come to the festivities created in their honor. On **November 1st** **Díe los Inocente** is the day to remember all children who died during the year. Grieving parents and families gather to feast and pay homage with toys and flowers for the children. **November 2nd** is **Día de los Muertos**, the day to honor all others that passed. During these two days, many families hold beautiful grave-side vigils of candle lighting and prayer. This includes music and stories of remembrance paying homage to their beloved relatives. Others create elaborate alters in their homes and invite family and friends to come feast and honor the dead. These are all such beautiful ways to interact and honor our ancestors and the saints. You needn't be of a traditional religion to participate. All prayers are heard!

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CRYSTAL HEALING FOR THE HEART:

GEMSTONE THERAPY FOR PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING



Nicholas Pearson has been immersed in all aspects of the mineral kingdom for more than 20 years. He began teaching crystal workshops in high school, later studying mineral science at Stetson University's Gillespie Museum. The author of *The Seven Archetypal Stones* and *Crystals for Karmic Healing*, he lives in Orlando, Florida. This is an excerpt from *Crystal Healing for the Heart* by Nicholas Pearson © 2017 Destiny Books. Printed with permission from the publisher Inner Traditions International. www.InnerTraditions.com

CRYSTAL CLEANSING

Effectively cleansing your favorite crystals and gemstones is a crucial part of the process of working with them. Crystals of all sorts are natural recorders;

they keep a memory of the energy that they meet, just as we do. Stones will process this energy in their own way, eventually metabolizing vibrations that could be deemed disharmonious or nontherapeutic. However, this process takes place very slowly, which can be inconvenient if you'd like to use your stones, especially with friends or clients. This is where cleansing comes into play; it enables you to wipe the slate clean so that you can co-create with your gems whenever you like.

As you deepen your crystal healing practice, you will probably be able to tune in to a crystal's energy and sense when it needs to be cleansed. However, I find it helpful to begin the habit of cleansing more frequently rather than not frequently enough. Whenever engaging in a meditation, exercise, or healing therapy, it is always best to use a freshly cleansed stone.

Likewise, after the energy work has been completed, I recommend cleansing your stone again. I think of it a lot like washing your hands in the kitchen; you want to begin with

clean hands, and you'll want to wash off the mess after. For most of the meditations in this book, I suggest cleansing and programming your tools beforehand, and follow each exercise with another round of cleansing.

There are dozens, if not hundreds, of ways to cleanse your crystals of energy. Some of the more popular ways include:

- Salt
- Water
- Flower and gem essences
- Breath, prayer, or visualization
- Sage or incense
- Sunlight and moonlight
- Sound
- Immersion in rice or flower petals
- Burying in soil or sand
- Hanging in a plant or tree



Of the methods listed above, some are not safe for all stones, and others may not be especially effective without the necessary consciousness driving them forward. I'll go over several of these methods in brief below.

...continued on page 20

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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" group on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

Soulsongs #252 - Hello, Rock and Hello, Hard Place

When I think happy thoughts and feel emotionally good, I allow the Power that Creates Worlds to flow to and through me with ease. The most fabulous thing I can do for myself is nudge myself in the direction of feeling good. Then my health, finances, self-esteem, relationships, and opportunities will improve accordingly.

But what if I face a decision where neither of the choices seems particularly inviting? Maybe it involves doing what I really want vs. fulfilling an important obligation. Maybe it involves hiring one person over another good candidate or sharing a piece of shocking information vs. withholding it. When I encounter a "tough call" situation, the most important factor is actually not my decision but how I feel about my decision once it's made.

I use my best judgment and after I decide, I refuse to second-guess myself or agonize over the alternatives. I go forward with confidence, knowing the decision to feel emotionally good about a decision is the most important one of all.

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CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 www.yogashakti.org

Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Wednesdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. scribe@ironoak.org 321-722-0291

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 www.yogashakti.org

2nd Sat. every month JACKSONVILLE Psychic Fair 1 to 4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sunday MELBOURNE 10am Dharma Talk Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 www.cslspacecoast.org

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Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Saturday, November 18 COCOA 11am to 3pm Workshop Discover the Power of Soul to Create Health and Happiness. Learn ancient secrets for healing mental, emotional, physical and spiritual aspects of life and awaken to inner peace. (Light lunch will be provided or bring bag lunch) Location The New Way POD, Aquarian Building, 238 Peachtree St. Cocoa, FL 32922 \$30 Bring a guest and share the cost. No one turned away... offer to serve. Call: Maureen Russo to pre-register 321.693.5124 or Donna Johnson 386.804.0481 Presented by Certified students of Dr. and Master Zhi Gang Sha

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SPIRITUAL GRAFFITI

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

Emotional armor is not easy to shed, nor should it be. It has formed for a reason- as a requirement for certain responsibilities, as a conditioned response to real circumstances, as a defense against unbearable feelings. It has served an essential purpose. It has saved lives.

Yet it can be softened over time. It can melt into the tenderness at its core. It can reveal the light at its source. But never rush it, never push up against it, never demand it to drop its guard before its time. Because it knows something you don't.

In a still frightening world, armor is no less valid than vulnerability. Let it shed at its own unique pace.



NOTES from the Universe

An 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. <http://tut.com>

All you have to do is think about what you want often enough that you start talking about it and moving with it, even if you have to fake it. Your job is simple. Even if you only "attempt" to do it, you will have done it. The slightest effort on your side is leveraged 10,000 times on my side. A nod, a wink, a whisper are sometimes all I need; a demonstration that breaks the ice, beginning a domino effect of happy "accidents" and "coincidences." If you do this, I'll do the rest. It is that easy. I am that powerful. Life is that magical. Thinking of your smile,

The Universe



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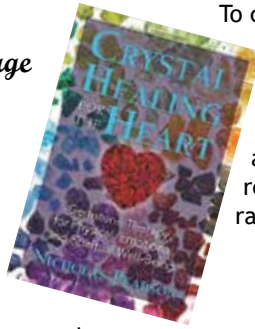
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CRYSTAL CLEANSING

...continued from page
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CLEANSING WITH SALT

Perhaps the most popular method for cleansing crystals is with salt or salt water. Salt is a natural purifier, and it has been used for ritual cleansing for centuries, if not millennia. Natural salt works best, such as sea salt or rock salt; kosher salt also works well. If possible, use non-iodized salt, as it is more effective.

One note of caution: salt damages many soft stones. On the **Mohs' scale**, which measures the comparative hardness of minerals, salt (or halite) ranks around 2 to 2.5 out of 10. Although it is relatively soft, salt crystals have jagged edges, and they will scratch many stones, especially polished ones. *I do not recommend salt-based methods of cleansing for stones softer than quartz (6.5 to 7 on the Mohs' scale), and I typically avoid it for polished stones altogether.* Porous rocks and minerals, no matter their hardness, may be damaged by salt as well.

To cleanse with salt, fill a dish or bowl with an even layer of salt, approximately one-quarter inch deep (or more). Place your crystal on top of the salt and let it sit for twelve to twenty-four hours. You can tune in to the gem's energy or dowsing with a pendulum to see if it has been adequately cleansed. Although the salt can be reused, remember to change your salt often, as it can become saturated with the energies that it is releasing from your crystals.

CLEANSING WITH WATER

Water can be a quick way to cleanse gemstones, but great care must be taken so as not to damage soft or soluble minerals. *Many crystals, such as halite and selenite, will break down or dissolve in water, while softer stones, such as malachite, azurite, calcite, fluorite, and many others, can have their finishes dulled by water.* Some crystal formations, such as clusters and geodes, may be weakened by immersion in water and eventually break apart. Reserve water-based cleansing methods for stable, insoluble crystals and gemstones.


Water-based cleansing is effective because water is the universal solvent. This holds equally true for physical and spiritual impurities. Many people like to use natural running water to cleanse stones; be careful not to lose them in a stream or ocean. For cleansing at home, holding the stone under running water from the tap works best. I like to use alternating warm and cool water, as this will cause the crystal lattice to gently expand and contract, just like wringing out a sponge. Take care not to use extremely hot or cold water, as rapid changes in temperature can damage many crystals.

CLEANSING WITH BREATH, VISUALIZATION, AND PRAYER

By far, the most effective, safest, and fastest cleansing methods are those that require no props. For this reason, I prefer the consciousness-based styles that incorporate breath, prayer, or visualization. In my first two books, **The Seven Archetypal Stones and Crystals for Karmic Healing**, I describe a method innovated by **Marcel Vogel**, an IBM scientist who, later in life, worked as a crystal healer. Other methods can work equally as well, as the mind is a powerful tool.

Using consciousness-driven methods for cleansing means that you won't be able to scratch, dissolve, dull, break, bleach, or lose your beloved crystal treasures. In short, **Vogel** prescribed holding your crystal with the base and point between the thumb and index finger of one hand, with the thumb and index finger of the other hand on any other opposite faces. As you breathe, imagine that you are breathing in a purifying energy, such as white light. Once you are saturated with this white light, release the breath as a short, sharp pulse through the nose. Repeat for as many pairs of faces as the crystal has. For tumbled or otherwise irregular stones, one or two breaths is sufficient.

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CLEARING BLOCKS

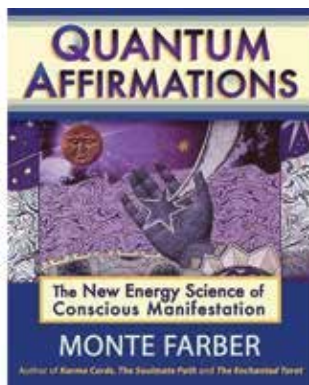
Do you feel you are truly worthy and that you deserve to manifest your goal? Often an intention or goal may be blocked energetically by an underlying belief that it is not in your best interest. If the desired result hasn't appeared in your life, there may be a block to clear.

Some people have a prejudice against success, thus instinctually repelling desired goals from their lives. When you are conflicted in your thoughts, you will manifest obstacles.

Do you have space energetically to receive your desire into your daily experience? Sometimes receiving your intention may disrupt your life, and subconsciously a part of you could be repelling it.

If you aren't ready to accept the new challenges and consequences surrounding your goals, then you aren't ready to manifest your desires.

If you want your intentions to manifest, you must eliminate the fears that conflict with your intentions. Everyone gets tested on expanding their ability to receive. Use visualization and quantum affirmations to experience yourself receiving your intention, know that you are deserving, and create an opening of space inside of yourself for your desire to come into your life.



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ABRAHAM-HICKS

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ABRAHAM ON FOLLOWING YOUR OWN PATH

"Esther had some friends at one of her houses a few months ago, and she gathered everything under the sun, because she wasn't sure what anybody wanted to eat. And so the cupboards were full of so much variety, that they could have stayed for 5 months. And one of the people began talking about the things she does not want to eat, and everything she mentioned that she did not want to eat, Esther went and got one of them out of the cupboard and put it on the table. Esther was wanting to demonstrate that you get what you talk about here and you get what you think about. That was part of what she was wanting to say, but Esther said in a rather bold way to everyone that was gathered around, that she had all of this food that was considered not healthy by this person: *"Well, don't eat it if you don't want to, but don't talk about how bad it is while I'm eating it, because if you want to spoil your own fun that's fine by me, but don't spoil everybody else's fun."*

And we really want to say this in a powerful way, instead of trying to decide what everybody should be eating or thinking or doing, rather than trying to come to the same conclusions about what's right or wrong or what's healthy food or what's not healthy food, instead make the decision to come into alignment, where you'll be inspired from where you are. As you are moving along your path, your Inner-Being always knows where you are in relationship to everything you want. We don't just mean where you are time wise, we mean where you are vibrational wise, where you are in the ability to decipher it wise, where you are in the ability to be able to perceive it wise. And let's just say it, and we mean it lovingly and with no judgment about it, You are where you are and you stand with the beliefs that you hold, and that's alright. And your Inner-Being knows where you stand with the beliefs that you hold, and your Inner-Being will inspire you to the path of least resistance.

And so what you may eat today on your path to where you want to be, may not be the thing that you will always eat, but it's the path of least resistance today. But most of you don't allow yourself the benefit of that kind of divine and precise guidance, instead you're looking around concerned with what everybody else is doing, you're comparing what everybody else is doing to what you're doing and worrying about the results of it, instead of following the inspiration."

ABRAHAM ON BEING IN HARMONY WITH WHO YOU REALLY ARE

Fear, guilt, anger, jealousy, shame - any of those things that you call negative emotion exist when you are experiencing the absence of your connection with who you really are. And yes, it is because of what you're thinking about. When you feel negative emotion that you call guilt - let us say that you shoot someone, they made you mad so you shot them - you would have that feeling come over you. Many would say the feeling comes over you because you've done something wrong. We say get it out of the arena of doing things wrong and get it into the arena of being out of harmony with who you really are, for there are instances where you may shoot someone that you would not have that feeling come over you because it is in harmony.

We say you cannot catalog behavior or actions into right or wrong - it has only to do with the harmony. And the harmony includes you, and your intentions and beliefs, and your greater knowing. What we would encourage you to do is stop labeling it as guilt or anger or frustration, and just call it I'm in harmony or I'm not. And when you're not in harmony, identify what it is that you are wanting and lead yourself back to that.

ABRAHAM ON ACKNOWLEDGING THE WONDER OF LIFE

You wake up in the morning, and rather than lying there and basking in the spirit of wellbeing for a little bit, feeling how good the bed feels beneath you and enjoying the feel and smell of your pillow for just another moment, and feeling the fabric upon your skin, and feeling the first conscious air inside your body, instead of doing that, most of you zoom right out into the day and begin contemplating things that you don't want or that you can't deal with right now, and then you are launched in that sort of direction, so that your vibration is in that place and usually attracting more.

And by the time you're in your day, it's running rampant, out of control. And so you walk around with sort of sick feeling in your stomach saying, "Where did I go wrong?" And we say, usually you went wrong the first two or three thoughts in the morning by not holding enough control, by not smelling enough roses, by not looking for enough reasons to feel good early enough, and so the old pattern has carried you away.

We would encourage you to write in your book of positive aspects every morning. We would encourage you to lie in your bed for at least five minutes and acknowledge wonderful things. We would encourage you to bring to your bedroom pictures that please you, music that pleases you, bask in your breakfast longer, take more time to ready yourself and enjoy your bath and that sort of thing. In other words, pamper yourself more; look for more pleasure before you get there so that you have a momentum where you are the evoker instead of them being the evoker.

continued on page 27...



ABRAHAM-HICKS

...continued from page 27

ABRAHAM ON LIVING THE LIFE THAT IS RIGHT FOR YOU

What happens with so many humans is that they are trying to figure out what behavior is right and what behavior is wrong. And we say, it kind of depends on where you are in relationship to where you want to be. Aren't there a lot of factors that equal whether this is the path of least resistance or a path of more resistance?

And, really, can anybody else in the whole wide world tell you what your path of least resistance is? They don't know what you've been living, they don't know what you've carved out, they don't know what you didn't like and what you did like and what you've created in this vibrational reality which is where your inner being stands. They don't know what you have vibrationally evolved to, and they don't know where you stand in relationship to it, and they don't really know how you feel even though you've tried to tell them often how you feel. They don't really get it - they've just got their distorted perspective of how you feel.

So as you begin taking a poll, "What do you think I should do? What do you think I should do? What do you think I should do?" then you give up your own guidance system, and you lose your ability to sense your own path of least resistance, and then you're just kind of all over the place, making decisions that don't serve you, with no long-term, obvious improvement in your life experience. But when you get it that you've been carving out a very clear perspective of who you are, and that you are supposed to thrive and you are supposed to feel good and you are supposed to be happy, and that, vibrationally speaking, that non-physical part of you is.

ABRAHAM ON SELF-APPRECIATION

You are such realists, and you care about what other people are saying. You care about how other people are approaching you. You care about what their opinion of you is. And we care only about you harmonizing with the opinion of the Source within you, who knows you are magic. Who knows you are worthy. Who knows that you can be or do or have anything. Who knows that you can establish a point of attraction, and everything else will fill in.

In other words - it will look like magic to those who are watching you, when you find alignment with the fullness of who you are, and practice the vibration of it frequently enough that you know the power of your being.



Everything that you have ever wished or dreamed or hoped for, must become a specifically manifested reality enough that everyone who is looking at you from whatever vantage point they are, will have to admit that you have got some sort of magic going on. Because you'll be living entirely differently than almost everybody else.

ABRAHAM ON HEALING

Healing is a word that we don't even like, that is absolutely inaccurate, and has nothing to do with what is really happening. Healing is nothing more than allowing the natural state of wellness, but the word healing distorts it because it gives the attention to what is wrong. All of you are many more times healthy than you are ill, even those of you who have been diagnosed as terminally ill. You are many times more well than you are ill.

There is not such a thing as healing. We would say there is such thing as acknowledging your wellbeing, or acknowledging the lack of it. Acknowledging the well-being brings about wellness, acknowledging the lack of it brings about illness. It is as simple as that. Wherever you have your attention is what your body is doing.

Your society for the most part has you looking at illness and guarding against it, with doctors offering free check-ups just to come and probe a little, just to see if they cannot find just the slightest little clue of something, something to get you back in there for a second time and the third time and the fourth time; something to get your thoughts focused upon something, some sort of seed of doubt to plant within you. And we say, why would you want to look for something you don't want to find?

We encourage you to look for your wellness. Are there wellness clinics? Are there places that you go and talk about how good it is? Are there places where you go and talk about how good it feels to be in your skin? Are there places that take naps together, and when they awaken they all bask in the spirit of well-being and feel the comfort of the mattress beneath, and breathe in the air and feel of that? Or are most of these clinics illness clinics?



FINDING HAPPINESS IN ORDINARY MOMENTS

...continued from page 11...

Our mind should be open and free, not obsessed with expansion, fear, doubt, worries or anger brought on by comparing and competing and thereby feeling bad. We do not need to analyze our minds, just make them fully conscious.

If we can practice this, we can experience the same amount of pleasure from doing something as simple as ironing - the movements of the hand and the iron, the hiss of steam, the disappearance of wrinkles. We can listen to some great music while we treat our clothes to steam - generated by a solid reliable iron. Before we know it, a pile of wrinkled laundry turns into a crisp, clean wardrobe for the week ahead. And we are as refreshed as our clothes! As we know, our emotions have an effect on our blood pressure and immune systems. When ironing in a state of anger, for instance, we miss spots, drop things, splash water, even burn ourselves. On the other hand, when we are at ease we move with greater grace and skill. Try it and see.

Watch how you move when you have thoughts and feelings of anger. And watch how you move when you are content. It's ok to get little angry sometimes, but we should avoid cultivating it. It is possible to sustain ease in our nature and enjoy life. I've learned to develop joy instead of fear and sorrow by being aware of my thinking (through meditative practices), and I'm now able to apply this technique in most things that I do in everyday life regardless of where I am. We think we have to wait until we win the lottery or live in a big house and earn a big salary. Nothing could be further from the truth. The excitement experienced achieving goals like these often doesn't last long. Real happiness comes from somewhere else; it arises in the ordinary moments in everyday things.

In the east side of London, it showered heavily all morning today. My daughter asked me to give her a lift to the mall.

The streets were jammed and as we were sitting in the car waiting, the rain stopped. I suddenly noticed the mild sunlight pouring down on the refreshed green grass at the side of the road and felt instantly embraced by happiness. It was an effortless happiness, no struggle. I felt almost as if I was floating. I hadn't had a euphoric vision or anything else that could be described as 'extraordinary,' only a sudden awareness of all things in the world. It was like a gift to me from the Divine.

I looked at it as a child might see with wonder and delight. I had no complaint about the traffic jam. The urgency vanished, there was no separation between me and the rest of the world and I became one with the totality. When we slow down and put our minds and bodies at ease and pay attention to each ordinary task, we invite love; we invite happiness. I wasn't in the running for a grand prize and national recognition for my incredible capacity to drive. I was just dropping off my daughter at the mall. Daily meditation helps to remove my inner turbulence and replace it with peace, love and harmony. It helps me to be more accepting, be sincere and respectful to everything that constitutes the experiences of an average or ordinary life.

In my eyes he who lives an ordinary life and can feel content is the most extraordinary person, and he who is dissatisfied and believes that he is extraordinary, always chasing for something that he thinks will bring him happiness, albeit temporary, is the most ordinary. Our purpose should be to create a society where ordinary people can be happy doing ordinary things and flourish. This way we can have a richer, fuller, less harmful and more satisfying society.

As Henry David Thoreau said, *"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."*



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This month's thoughts about things...

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

... from page 7

STOP GIVING ATTENTION AND POWER TO HATERS

As I scroll through the news feed, some Facebook friends are always making angry digs at someone. It's as though they don't notice they continually give their power away by letting themselves get riled up over whatever the other one did or said. The haters love to look at your FB feed and see that you're ticked off and know they caused it. Stop giving them the satisfaction. Pretend it's not happening, don't even mention it. Just get on with the rest of your happy life and don't give them another thought. Sure that means you've got to change friends sometimes but it sure seems they're not friends anyway. Get your focus off of them and onto something more interesting and compelling. You're the one in charge of where you place your focus. Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving. How cool we can practice control like that.

PLAYING SMALL DOESN'T HELP ANYONE

After Hurricane Irma, I was relaxing on the back porch, basking in the cool night air and enjoying the sound of the rain on the roof when I suddenly felt anxious for my friends who are still waterlogged. So do I not allow myself to enjoy the rain because it's bringing distress to friends? Or can I keep my attention on the fact of what I am personally feeling in the moment (contentment) without turning my attention to dire circumstances someone else has experienced in the past or anticipating the distress someone else may experience in the future? I'm allowed to have compassion for their plight and still enjoy myself in the moment. *Me dimming what light I find does not illuminate the path for others.*

I'M HAVING TO REWIRE SOME OF MY THINKING

I'm missing a friend who passed although our interaction recently was mostly in my mind rather than in person. I'd see him at the beach early mornings, we'd chat, we've known each other 20 years. Mostly, though, I'd visit with him in my mind and I was surprised to find it was almost every morning. I'd wake up and think of a ride to the beach where I knew I'd see him. Then a conversation would ensue in my head, picking up on whatever our last conversation was. *I'd say this and he'd probably say that.* Often I wouldn't go to the beach yet I felt we'd visited anyway, since in my mind we did. It wasn't until he passed that I realized what a daily occurrence my thoughts about him were. I realize it now because I've felt loss and grief every morning since he passed, knowing we'll have no more in-these-bodies visits in this lifetime.

In 2013, I lost a childhood friend who'd been my life long confidante, the one I spoke to most in my head. When he passed, I had to rewire my mind to someone currently alive and in the

flesh. I've learned the importance of having someone i(in the flesh) in my head to talk to, someone I feel appreciated and emotionally supported by.

THE IMPORTANCE OF HAVING A CHEERLEADER

I'm also missing my friend DAC, who moved away in 2007. He was the best conversationalist and ultimate handyman. He knew how to fix anything mechanical, electrical, plumbing, he could build things out of wood, he was great with gardening and garden structures. He made sure my car was detailed before trips and checked oil and tire pressure. He took an interest in my work and my art, and gave me a lot of positive attention and appreciation.

I don't realize how valuable having a cheerleader is until I am without one. Keeping me on track each day, reminding me what's important, reminding me I can make a difference. It's that laser beam of attention that activates us, keeps us going.

WE CAN'T DEPEND ON SOMEONE ELSE TO CHEER US ON

The thing is, we can't always depend on someone else to give us attention to motivate us forward. We have to motivate ourselves, we have to cheer ourselves on with our own positive self-talk. You are already running self-talk in your head 24 hours 7 days a week, make sure you program it with words and phrases that motivate you to do what you want to do.

HOLDING THE VISION FOR NEW NEIGHBOR

As I was taking a walk recently I had a spidey sense flash that someone at the end of my block will be selling their home. I don't know who it will be, but what I can do is hold the vision of what kind of neighbor I would like to have. I would like them to be someone who is kind, honest and open-minded and it would be great if they were really into gardening. Maybe they are a private person, maybe monkish but they enjoy talking and sharing about their garden as I do. Maybe they also are an artist of some sort, someone I can be inspired by. Maybe they also like to do little handyman projects around the house and have gotten good at that. Maybe they'd be delighted to let me pay them to do handyman and yard work from time to time! The possibilities are limited only by my imagination.

LEAVING ROOM IN MY MIND FOR IMAGINATION

I just cleared 44 images off my desktop. A publisher, I use the desktop as a staging area until files have served their purpose. Often I leave them there cluttering the screen until I can't find something I'm looking for. I don't always notice they hinder my progress. *My thoughts are the same way sometimes, cluttering up the foreground and hindering my progress.* Some thoughts I definitely need to get me from "here" to "there" but many thoughts are outdated and simply running on a loop because I've never deleted them from rotation. *Daily meditation lets me look at my mental cache twice a day and recycle what's no longer useful.* When I skip a few sessions, I notice my thoughts (and my Facebook feed!) blowing up with nonsense. The remedy? Return to the path, hand to the plow, hit the mat. Enjoy our offering this month.

Hari Om.

Andrea



Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES NOVEMBER 2017

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2017.

Aries - (March 20 - April 18) November is a complex month Aries. This season offers immense breakthroughs, but you'll have to stretch and command new territory in order to achieve maximum success. The problem is you feel like you're flying blind; and, therein lays the challenge. If you are braver, bolder, and more courageous than ever before, the world is your oyster. Go after the pearl; it's yours for the taking.

Taurus - (April 19 - May 19) This is a critical time to focus on your health, Taurus. Do something every day to build a month of success and strength. Your body -mind connection is at an all-time high, and you can rally for huge gains. Get serious about addressing a long standing problem through a dynamic approach to cellular detox. Dig deep, release old emotions, and you'll see amazing results. Trust, do, be, and set free.

Gemini - (May 20 - June 19) Your instincts are usually great, but consider paying attention to insights offered by others this time around. This is because Mercury, your ruling planet makes his annual sojourn through Sagittarius, the sign that rules your personal and professional relationships. You'll want all hands on deck for the full moon of November 18th; after that, a breezy opportunity comes through on the 25th.

Cancer - (June 20 - July 21) Finally you can breathe a sigh of relief as the stars move into an easier flow with your watery nature. With both Jupiter and the Sun in Scorpio you're golden; even Venus is shining her Love Light on you for much of this month. Matters around home and family are still unsettling, but there will be some resolution by the end of the month. Overall, November delivers clarity and good will, combined with prosperity - focus on the good things!

Leo - (July 22 - August 21) There is still a backlog of pesky details that need your attention - the good news is that you can place a stamp of finality on one old problem. And, there's more good news because this month delivers a glow of security to your home and family. Finances are a bit frustrating, but right now your cornucopia is filled with the blessings that even money cannot buy.

Virgo - (August 22 - September 21) The Light of November shines with a vintage glow for you. After having been retrograde since June, Neptune stations direct. Think of this like a ship out to sea that is returning your dearly loved one back home. Life takes on a golden quality enhanced by the waning rays of the sun. Allow the love you feel in your own heart to expand outward into the world. Life is good; love is best.

Libra - (Sept 22 - October 21) November grants you a special window to see into your future, Libra. First, though, you must sort through memories of the past, release what is lingering, and heal what still hurts. Last month brought you to a still point and an opportunity for a fresh new start. Go with that energy - it's real and your mission now is to step forward with clarity and conviction. Music helps you tune in to a positive flow.

Scorpio - (Oct 22 - Nov 20) Neptune has had you in the grip of a marine fog for the past few months, and finally this month the Light breaks through. You needed the energetic rejuvenation and repair, but now you can take action and express who you really are. It's time to rally and if you linger in the Netherlands, you risk signing up for an extended stay. You're at a turning point and have a decision to make. Go, Scorpio.

Sagittarius - (Nov 21- Dec 19) Generosity and extra effort are par for the course this month. You may have to overlook (or overcome) a misunderstanding, so dig down into your friendly nature and go for the big picture. Speak when necessary, but avoid thinking out loud. Distractions are as abundant as leaves on a tree, but go for the fruit, Sag; harvest those sweet, ripe apples that you've been cultivating for so long.

Capricorn - (December 20 - January 18) You may have to show who's the boss when Mars squares Pluto on November 19th. This has to do with your work, career, or even social standing, and the way out is the way through. Making 'nice' has a time and place, but Mars is going to ask you to finish the job. Think like Chiron and practice the charm of disarmament; no need to act like the bull in a china closet, rather, be a wise mentor.

Aquarius - (January 19 - February 17) Trust your innate wisdom when confronted with a provocative situation this month. There is a deeply karmic tone to the decisions you make now, so choose carefully. Whatever you do, don't sign up for more of the 'same-old'. The truth is: you've paid your dues, and it's time to move on. Fill the empty space with self-love, and remember that your birthright is a life of clarity and joy.



Pisces - (February 18 - March 19) This is a great time period for your sign. Pay attention especially around Nov 13th when Venus and Jupiter join forces in your solar 9th house of wisdom and attunement. Something rich is coming into your life; it may be a new person, a new way of 'being' in the world, or even a new business idea. Look around at the gifts you already have, and count your blessings. Many more are on the way.

COVER ART

Merry Rune - Goddess Of The Norse Forest by Holly Sierra



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ABOUT THE ARTIST

Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements.



Were you to wander inside, you'd find Holly's studio full of tributes to her interests ~ **The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings,** Incense Ablaze and hundreds of BOOKS! Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

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

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

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

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As hopeless as any situation feels,
it's really only your thoughts that
you're dealing with. And you
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***An Enlivening Power is Nurturing Our Universe
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