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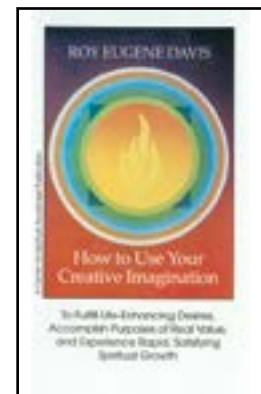
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CSA founder, Roy Eugene Davis (1931 – 2019),
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

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

- 1. Recognition - God** Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
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- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 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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**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover

Photo by Jesus Santos

Contributing Writers:

Seth thru Jane Roberts
Michelle Whitedove
Mokshapriya Shakti
Cecelia Avitable
Dr. Joe Dispenza
Abraham-Hicks
Frank DeMarco
Karen Williams
Debra Strasser
Sharron Britton
Betsy Chasse
Mike Dooley
Mitch Ditkoff
Apollo Love
Tom Sannar
Jeff Brown
Jim Egan

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

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



Horizons thanks everyone willing to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE NOVEMBER 2021 HORIZONS MAGAZINE. Finally, wheeee, the temps have dropped and the windows are open to the cool air. My world changes for me when the weather cools down. I get all energetic and tackle the outside To Do List. The only problem is when it's cool outside, I don't want to work, I want to play. The hard part about having to motivate myself is simply making myself sit at the desk and open the file. Once the file is open, it's got my attention and I get excited about it. But, being an adult, I know I need to open the file even if I don't feel like it. Not only because that file is tied to the dollars that pay the bills, but because other people are impacted by my decision.

I always get entranced reading **Dr. Joe Dispenza's** (page 8) work. A friend said he's too hard to understand, too science-y however I find he does a GREAT job of dumbing down and demystifying complex matters. He gives real life daily examples of the underlying energetics so I'm able to get how it's all connected. **It gives me much understanding of WHY things are as they are and shows me how to focus my thoughts in a way that lets me participate in the way my future life unfolds.**

Recently I spent 3 hours cleaning up **magazine** files on the desktop. Well, the first hour was moving files into year order, the next 2 hours was relinking every image file I'd moved since I forgot I'd have to do that. A good reminder that **EVERY thing is somehow LINKED to EVERY thing ELSE whether I think it is or not, whether I see it is or not. ANY thing I do HERE somehow affects SOME thing over THERE.** Never doubt the difference a flap of a butterfly wing can do or a SMILE, or a KIND or HELPFUL word.

Lots of **Horizons** readers are also **Facebook** friends and have inspired me. Even if I didn't comment, if I LIKED a post of yours, I wasn't just being polite, it's because it HELPED me or gave me INSIGHT I benefitted from. I may contemplate for an hour something you thought was cute, shared and didn't think much of. I likely asked myself how it could apply to me in my daily life and got a revelation about something I didn't know before, maybe something that I now believed was possible for me, maybe cheering

me on to do another day, maybe just giving me a laugh over a twerking cat video. You are ALL my teachers and I'm grateful as heck.

I've been enjoying **TikTok**, mostly for the cats, cooking, dancing, skating, landscaping, gardening, school teachers, nurses, health care professionals, scientists. People seem surprised to learn that social media uses an algorithm to personalize your experience for you. They use shares, likes, follows and watch time to figure out what you like, what to give you more of to keep you watching. That's exactly how I thought it worked. I don't think identifying your interests always translates into seeking out your vulnerabilities. I'm glad most vids have captions because I always scroll thru with mute on.

One posted about the 5 Love Languages and said whatever your MAIN love language is, you do the OPPOSITE to yourself as a destructive behavior.

Examples:

Words of affirmation - Negative internal dialogue

Acts of service - Messy home undone chores

Receiving gifts - Not feeling worthy of treating yourself to new things

Quality time - Isolation

Physical touch - Avoiding human interaction

Interesting and worth reflecting on. My languages are words of affirmation and acts of service. Back when I was in the dating and mating game - or even now with friends and family - I was very focused on work so quality time wasn't important. I'd feel connected whether we had in person time or not. I'm not a touch junkie, too often in a relationship touch is given or withheld to manipulate. Same with receiving gifts, too much is often expected in return. No, I wasn't always looking for ulterior motives, just noticing them in retrospect throughout the years.

I'm not aware of any destructive emotional issues I have. I've trained myself to self correct as soon as I notice what I'm thinking. I do pretty well at it for the most part. When I don't you'll remind me. LOL

I bought lotto tickets for the first time in maybe a year, I thought of it as I was leaving the store and that cashier had no line for once. I meant to get a quick pick, the same number for the next 20 consecutive drawings. I didn't notice until I got home she'd given me 20 numbers, all for Oct 23. It was the first time I've ever bought a row of tix and won zero. I guess I don't dream big enough, I'm too happy with my life as it is, plus I take pride in being able to muster up whatever I want when I need to.

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ABRAHAM-HICKS



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

ON ALLOWING THE NATURAL FLOW

ABRAHAM: Let us give you a jumping-off place that you're really going to enjoy. One time, not so long ago, Esther and a friend found a beautiful Tibetan Bowl... inspirationally inspired with, as far as human ears could hear, a sort of perfect pitch. And so, Esther was so excited to take her Bowl and take the gong, and she banged it in the Bowl and it sent a reverberation out. And Esther stood, sort of enraptured at the feeling of this sound because it was the purest sound that she had heard so far, and she loved the way that sound was resonating with her physical nature.

ABRAHAM ON TRAUMATIC INJURIES

JERRY: What is the role of thought in traumatic injuries? Are traumatic injuries created in the same way that diseases are created? And can they be resolved through thought? In other words, like a breakage of something that happened in a momentary incident as opposed to a long series of thoughts leading up to it.

ABRAHAM: Whether the trauma to your body seemed to come suddenly as a result of an accident or whether it came from a disease such as cancer, you've created the situation through your thought and *the healing will come through your thought as well*. Chronic thoughts of ease promote wellness while chronic stressful or resentful or hateful or fearful thoughts promote disease.

But whether the result shows up suddenly as in falling and breaking your bones, or more slowly as in cancer, whatever you are living always matches the balance of your thoughts.

Once you've experienced the diminishment of well being, whether it has come from broken bones or internal diseases, it is not likely that you will suddenly find good feeling thoughts that match those of your Inner Being. In other words, if before your accident or disease you were not choosing thoughts that aligned with well being, it's not likely that now that you are faced with discomfort or pain or a frightening diagnosis, you will suddenly find that alignment.

It is much easier to achieve great health from moderate health than to achieve great health from poor health. However *you can get to wherever you want to be from wherever you are, if you are able to distract your attention from the unwanted aspects of your life and focus on the aspects that are more pleasing*. It really is only a matter of focus.

Sometimes a frightening diagnosis or a traumatic injury is a powerful catalyst in getting you to focus your attention more deliberately on things that do feel good. In fact, some of the best students of Deliberate Creation are those who have been given a frightening diagnosis where doctors have told them that there is nothing more that can be done for them, who now, since they have no other options, deliberately begin to focus their thoughts.

It is interesting that so many people will not do what really works until all other options have been exhausted, but we do understand that you've acclimated to your action-oriented world and so action does seem to most of you to be the best first option. *We're not guiding you away from action, but instead, encouraging you to find better feeling thoughts first and then follow with the action that you feel inspired to.*

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RE-WRITING THE RULES OF VIRTUAL REALITY Pt III

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

The key to finding the hidden door to higher dimensions, or the next level of the VR game, is understanding the rules of the game,

because when you are in the VR headset, you have to play by certain laws that have been programmed into the headset. In this physical plane of demonstration where every thing requires an action, your doing is what connects cause and effect, or the thought to the experience. Because there is separation between these two aspects of our known reality, doing the thing takes time. These rules are no different than certain Newtonian laws that we know, and so when we experience reality from inside the VR headset, it makes sense that you have to play by them.

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

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

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

To venture outside the headset requires you to take your attention off of the 3D world, because you can only enter this quantum realm as pure consciousness. If you can connect your awareness to this

immaterial world of the unknown, the body can receive new signals and information in the form of energy. In doing so, through your interaction with information that is being carried on frequency, you can receive an upgrade to the VR experience. And, since you don't see things how **they** are—you see things how **you** are—the new internal experience created from the interaction with frequency and information from beyond the senses creates new brain circuitry.

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

This is the way students in our community are upgrading their experience of life.

To return to the analogy of this physical human experience being like a virtual reality game, whether a person is fit, healthy, young, or smart, these are all characteristics of the action hero, but at some point, your game ends, and so you remove the VR headset and take a break. That's the moment you step outside of that perceived reality into a completely different one.

In the reality outside of the VR headset, you are still consciously you (self-aware), but there is no longer that same virtual world that you have been identifying with. There are no bodies (that means you don't have a body); there is no one; there are no things; there are no places; and there is no relative time. So, with nothing material, physical, or known to interact with—which have created the illusion of separation—you have all the time you need to review your score, look at what

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TIPPING SACRED COWS

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

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



HOW TO GET COLDCOCKED BY AN EPIPHANY

(or Waking Up Can Suck or Not Suck Depending on How You Handle Your Shit)

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

I decided to take an unmarked route and have some fun exploring the sacred cows, not only in terms of spirituality (i.e., enlightenment, living in bliss, attachments), but also the sacred cows I had created about myself—my beliefs about who I was. I decided to forge my own path, one that might not always seem spiritual, but was, because everything is spiritual, at least to me. No separation needed.

Not having to decipher the “what is spiritual” code gave me the freedom to just be who I was from moment to moment – cigarette smoking, cocktail drinking, hot mama or contemplative, aware, spiritual chick (or both) – to know that no matter how I was feeling, what yoga pants I was wearing, it was okay. It was all, in fact, okay. And okay is good; okay is spiritual; okay is actually really awesome.

That is why I wrote this book. Because when I began to ask questions and dig deeper into the cows I had

created, I found that a lot of people were thinking the same thing. Not just people who had only recently taken their first step on the “path,” but many of my friends and colleagues who had been on it for years, people I thought had it all figured out. Suddenly, saying “I don't know” was cool.

I found that even the savviest of cow shoppers sometimes pick up more cows than they need. They overstuff their shelves too, and forget what's in the back hidden behind the latest and greatest.

Maybe it was because I decided it was okay to flail and fuck up and be lost that I could finally see others in my sphere going through the same thing. It felt like a sudden mutual event, where together we all heaved a collective sigh of relief that we didn't have to put on the show any longer, at least among ourselves. My path doesn't have to look like anyone else's, and it's cool if my way is different from yours.

After reaching this conclusion, I began to really enjoy the contradictions, the multiple dimensions we all have. I learned that it's possible to be more than one thing at a time, that I could hang out with the vegans and not feel guilty because I was a killer of cows. I like meat, dammit, and I'm not going to rot in bovine hell for it. And I really started to like not knowing. It's nice to be able to accept the sense that an idea or concept has the weight of meaning without needing to dissect every last bit of why it seems like a weighty idea. I began to like the mystery of spiritual ambiguity.

That last one was hard. We are a society that likes answers, and in our plugged-in lives we often don't seem to care whether the answers illuminate the context of the question. Right or wrong, we want the unknown

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Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. herbcorner.net

FIBROMYALGIA

The symptoms of **fibromyalgia** can be overwhelming. Aches and pains all over, constant headaches, muscles that twitch, sleep problems, weight gain, depression, menstrual irregularities and a weakened immune system. As of now there is no conclusive cause of **fibromyalgia**. What might have started as a simple injury or virus may have triggered a response in the muscular and nervous system causing the nerves to constantly over fire extending out to more nerves. Other possible causes could be heavy metal toxicity, parasites, candida or the disruption of pain receptors. Because there are so many possible causes it is best to find the root cause.

If you have **fibromyalgia** avoiding citrus, processed foods, artificial sweeteners, margarine or fake butters, flavored coffees and creamers may ease some of the symptoms because they can over stimulate an already overloaded nervous system. In their place foods, herbs or supplements that are rich in B vitamins can help to relax the muscles and support the nervous system. **Malic acid taken with magnesium helps to fight fatigue if you are deficient in these necessary minerals** there can be breakdown of the proteins in the muscles that is needed for energy. Over time this deficiency causes fatigue, muscle spasms and pain.

Herbs can be used to both alleviate the symptoms and help ease the cause. **St. John's Wort, Turmeric, Boswellia and Ginger** help to ease pain, reduce inflammation, ease muscle aches and support the digestive.

Passion Flower, Valerian and Chamomile help to reduce anxiety that goes along with the constant pain. They can also help with sleep and depression.

Turmeric, Dandelion Licorice or Wild Yam support the liver and aid digestion in the proper assimilation of nutrients and with detoxifying the body. These along with **Spirulina, Kelp, Cilantro and Bentonite Clay** will help to reduce heavy metal toxicity associated with the possible cause of fibromyalgia.

St. John's Wort, Pau d' Arco, Garlic, Oregon Grape Root and Astragalus will help to support the immune system. These herbs have a greater effect on fighting viruses if there is a viral link to your fibromyalgia.

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STORIES THAT BEND REALITY

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

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

THE HUNGARIAN

A man was sitting on a ladder in the park, passing his time watching the people around him passing their time, watching him. Because he was sitting on a ladder, people expected that at any moment he might do something interesting, like juggle fish or roll hot stones around in his mouth and, for that minute, they seemed ready to allot him some portion of their attention. One oddly dressed man seemed to be paying him special attention, not of the waiting to be entertained sort, but of the struggling and straining to remember kind. After alternatively peering and craning his neck for a while, he let his curiosity move his feet slowly until he stood quietly in front of the ladder.

"Do we know one another?" asked the **Man with the Ladder**.

"Hello, I'm Hungarian." the man introduced himself enthusiastically.

The **Man with the Ladder** recognized something familiar about him, not the vague familiarity of the not utterly foreign, but the definite, tangible familiarity that puts a person in the category of the husband of one's mistress, or an ex wife, or one's first grade teacher, or someone who at one point in one's life, in some not exactly straight forward way, one was very, very close to.

The **Man with the Ladder** prided himself in home grown linguistic skills and he marveled at the fact that the man standing before him absolutely lacked an accent. "It's odd," he thought to himself, "that a **Hungarian** should pronounce his words exactly like I do."

"I almost visited Hungary." the **Man with the Ladder** said. It was true, if not for lack of money, time and motivation he would have almost visited the whole world. "Where in Hungary were you born?"

...continued on page 30



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SOUL SONGS • ABRAHAM FUN

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

AN EASY "A"

Every moment, reality is responding to an invisible signal I emit. M

My signal is determined by how much, over the long-term, I give my attention to what I like and want vs. what I don't like and don't want. Reality then aligns itself to conform to my signal. This is the answer to why things happen as they do. Everything I experience is orchestrated by my mental focus.

My emotions are the clue to my signal. The better I feel, the more I've been focusing on what I like and want and the more I'm attracting those very things.

The world does not contain enough pills, healers, makeovers, security systems, or armies to save me from the effects of a long-term feel-bad signal. Likewise, there aren't enough germs, toxins, computer viruses, thugs, or jealous exes to override the protection I receive from uplifting thoughts.

I now know the trick to this Homo sapiens 101 class. Each day, I explore the power of positive thinking. Each day, I discover more good.

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Morgana Starr & Daena Deva



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

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SETH SPEAKS

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

DON'T NEGLECT RATIONAL ACTION

The magical approach and the so-called rational one are to be combined in a certain fashion for best results. People sometimes smite you, telling of their intent to make money - or rather, to have it. They concentrate upon money, so they say, and await for it in full faith that it will be attracted to them because of their belief and concentration. They might do the point of power exercise, for example. They may also, however, have quit their jobs, ignored impulses to find other work, or to take any rational approaches, and rely upon, say, the magical approach alone. This does not work either, of course.

The imagination, backed by great expectations, can bring about almost any reality within the range of probabilities. Take the magical approach of visualization and hopeful expectation but also be rational and look for opportunity.

WHAT TO DO WHEN TOLD YOU HAVE A SHORT TIME TO LIVE

No man or woman consciously knows for sure which day will be the last for him or her in this particular life, that each calls the present one. Mortality with its birth and death is the framework in which the soul, for now, is expressed in flesh.

Birth and death, then, have their function, intensifying and focusing your attention. Life seems more dear in your terms, corporeal terms, because of the existence of death. It seems obvious, but the full enjoyment of life would be impossible in the FRAMEWORK, NOW, of earthly reality without the knowledge of death.

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You have been given an opportunity to study life and to experience it more fully than you ever have before in this existence. Its intensity and brilliance, its contrasts and similarities, its joys and its sorrows, are here for you to perceive, whose eyes are opened by the fact of the doctor's pronouncement.

Now I tell you: That intensification, appreciated and understood, and the experience of life and living, accepted unconditionally, can bring you in this lifetime another birth in which the doctor's pronouncements are meaningless. Spiritually the death sentence given you is another chance at life, if you are freely able to accept life with all of its conditions and to feel its full dimensions, for that alone will rejuvenate your spiritual and physical self.

USING THE POWER OF NOW

You must look within yourself for evidences of what you want in terms of positive experience. Examine your past with that in mind. Imagine your future from the power point of the present. In such a way at least you are not using the past to reinforce your limitations, or projecting them into the future.

...continued on page 24

ASK WHITEDOVE



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

DEAR WHITEDOVE, I'm concerned for everyone the way the world is going. So many people are losing their livelihood. Do you SEE any solutions?

DEAREST, It's true millions of people are leaving careers, jobs and the military. God honors our Free Will and I pray that this will bring forward millions of small business entrepreneurs, small inventors, small manufacturers, farmers markets, free thinkers and the like. It's a good time to be self-sufficient when it comes to personal income and supporting small businesses too. In times like these, this is when ideas blossom out of necessity.

DEAR MICHELLE, I'm so sensitive. I feel people's emotions and it's difficult to resist those feelings when they don't even belong to me?

DEAREST, You are an empath and it is vital for empaths like you to recognize and discern your own feelings from those of others. Most empaths are very sensitive and right now, during this transition time, it's probably very challenging to say the least. For many it's downright difficult. Work to recognize your feelings and your positive vibes and step into your light.

The world needs you and you have everything you need. If you are feeling weak, you need to reconnect with Spirit. Do that and you have everything you need. We have been losing many of our light workers, they're overwhelmed and depressed because they see and feel the tragic events and now they feel that they can't get through it, but you can. It's vital to shield up in prayer every day, I use the three-dimensional Metatron prayer, **Google "Whitedove three-dimensional Metatron prayer"** Prayers protect us as we invite **God** to surround us, and gratitude is an emotion that shines from the inside outward in a positive way.

Don't get caught up in doom and gloom. Remember the future is not written in stone, there's always more than one probable future and that's all determined by us individually and also collectively.


For all my light workers and empaths out there, I have a message for you, *Listen, get back up I am praying for you. I am sending you my protection. We are all in this together. We are strong. You are strong. God loves you. Now, you love you.* Some of you may not know this, but actually we have a lot of gifted people reading this right now. People that are gifted as intuitive or empaths and they need some encouragement.

I would say whether you're a psychic medium or not, everyone needs encouragement at this time. Reach out, extend yourself with acts of kindness, positive words of encouragement. Small things can create big shifts in attitude. Empaths and every humans need to be lifted up and to go within.

Great Spirit gave you everything that you need is within yourself. We are all a part of the **Godhead**. We are all a spark of **God** and creation itself. We are energy with consciousness, but with unconditional love and wisdom. Go within yourself, reconnect to your relationship with **God**. You are so much more powerful than you can imagine. You can do this!

...continued on page 43...

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MEDITATION

Meditation is not removing yourself from this world and going into a world of nothingness. It is active participation in beginning to understand ourselves. Who are we? Why am I here? What is my purpose? Why am I not getting what I want? Why can I not quiet my mind?

What is life? Work, eat, sleep, is that all there is. What is my potential? These are questions we need to answer. For this reason, we need to meditate. It is an absolute essential for life. Without meditation we cannot make sense of life. Meditation is conscious awareness. Conscious awareness is beyond the mind. We tap into our inner being, our higher self or soul self. The mind is not involved, nor the ego. The mind is needed to get us there.

We all know that the rational mind interprets everything with a bias or through our experiences. Everything we hear we immediately go into the memory bank and retrieve information regarding that subject or situation. Then we react to that experience with previous information. Thought patterns have been created by our parents, society and others these influence us and we create new thoughts along the same pattern. We react spontaneously to what is in the memory and subconscious mind. So in reality there is no new thought. Everything is conditioned or biased by previous interpretations. We begin to relive the past in a new environment.


When contemplating our purpose in life, we automatically refer to previous things stored in the mind. For example, as a child you were told that you are not good enough, that you are smart enough. Then as an adult everything that you endeavor will be hampered by this subconscious feeling of not being good enough, without even your conscious knowledge. It is a thought pattern that will be reaffirmed every time you wish to do something, and then you think you might not be good enough.

All experiences are in the present moment, and only in this present moment without referring back to previous interpretations we find our true self. What is in our

hearts desire? What brings us joy? These are questions in every persons mind. They are suppressed because we do not believe that we either know the answer or that we are not worthy of the answer.

Meditation requires that we control the mind and become mindful. This takes effort on our part, We need to ask ourselves if it is worth the effort before endeavoring to become mindful. One may think it is too much effort. Living a life without fulfilling our hearts desire in reality takes more effort. But for the mind it is effortless because it goes into the previous impressions that we have excepted as our truths unconsciously. it seems that it is effortless but in reality it is not. Dissatisfaction with our life takes mental discomfort and effort and is more difficult than being mindful.

...continued to page 43



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BEYOND REVERENCE

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

When I was 13, living in the suburbs of New York, there were three things I wanted to be when I grew up: a major league baseball player, a writer, and much taller. At no time during my adolescence did I ever once dream of becoming a modern-day monk. But at the age of 30, that had become my primary aspiration. Coming out of a failed marriage and being disillusioned with the world, I found myself on the cusp of taking a lifetime vow of renunciation and entering into one of Prem Rawat's ashrams -- not exactly the future my parents had envisioned for me.

Back then, the process for moving into an ashram was simple -- get together with like-minded people of the same gender, rent a place, and begin living the ashram lifestyle. Soon after, one of Prem's instructors would visit and make sure we understood what we were getting into.

So that's what I did. I rented an apartment, found six brothers with the same aspiration and moved in. For the first week, everything went according to plan. We meditated each morning and night. We put fresh flowers on the alter. We ate a lot of rice and beans. And then something quite unexpected happened. It began with a visit from Rich Neel, one of Prem's instructors. Rich sat with us in the living room, shared some heartfelt inspiration, and explained what the ashram lifestyle was all about. Inspiring stuff. Practical stuff. It made a lot of sense.

As the evening's gathering was coming to an end, all of us stood to join together in song -- more specifically, to sing Aarti -- an ancient Indian song of praise, half in Hindi and half in English. I had sung this song every night for the past few years and loved everything about it -- the words, the melody, and the feeling I had when singing it.

I pretty much knew what to expect. Someone would wave a silver tray of candles to set the tone and then everyone else would chime in -- verse 1 followed by verse 2 followed by verse 3 and so on, all the way to verse 14 where the song would end and everyone would linger a while in the sweet spaciousness that had opened up. *But that's not what happened.*

Totally out of the blue, after verse 3, I was overwhelmed by laughter. Big, BIG laughter. Beyond belly laugh laughter. A totally different kind of laughter than I had ever experienced before -- a welling up from the underground spring of laughter... a tidal wave of laughter... an all-bets-are-off-and-you-have-no-idea-what-laughter-is-about laughter.

It was so overwhelming, in fact, that I could not stand. Standing became impossible -- my vertical position some kind of blatant disregard for the Gods of laughter. The next thing I knew I was on the floor, rolling around, howling with laughter. Everything was so unbelievably funny! Hysterically funny. An absolute riot. In that glorious moment, I was absolutely free -- free of the struggle, free of the past, the future, thinking, trying, not trying, doubt, worry, judgment, ego, self, and everything else that had ever brought me down. All of it was gone.

In its place, total joy.

As I continued rolling around on the floor, my six beautiful brothers, standing above me, continued singing. No one shushed me. No one asked me to stop laughing. No one tried to get me to stand up.

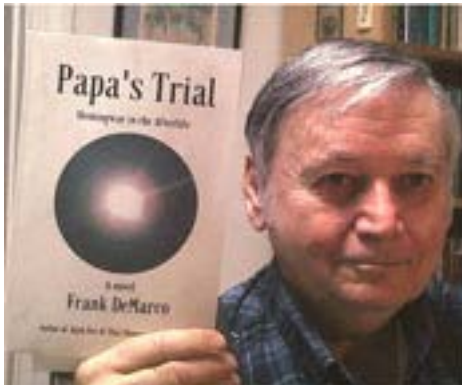
That night's singing of Aarti (what promised to be the soundtrack of the rest of my life), had become a very different kind of two-part harmony: six men standing, one man on the floor. That is, until the very delightful Kelly McGuinness fell to the floor beside me. Now there were two of us rolling around.

I don't remember how long this went on -- but it felt like forever.

On a night I assumed that reverence would have been the appropriate tone, it was irreverence that reigned supreme -- not the kind that diminished or disrespected the sacredness of our gathering. Quite the contrary. The irreverence I refer to was merely the spontaneous expression of how utterly blissful it was to completely let go of all my ideas, concepts, and beliefs.

These two whirling dervishes walk into a bar...

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



PRESENTING THE REPORT

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

Sunday, August 15, 2021 at 1:40 a.m.

The dream fades, as they do, but I remember being in some open field, with a stream at the left, and before me and on my left side are all these important figures, including the king, sitting behind a table or at desks, in an open field.

I was there to explain to them the printed report we all had in front of us, and I suddenly realize that I am to explain it, and answer questions on it, and I have not even opened it. I have no idea what is in it, but I am supposed to explain it, and I'm standing there as if I knew what I was to do. By the fact that I am there and in that position, I gathered that a part of me had assumed or possessed competence. But I sure didn't have it. Yet, there I was, and I was expected to begin.

4:10 a.m. A long night. At least two other dreams, pretty quickly forgotten, but they were there. Perhaps we can pick apart this dream I recorded, if we can do it quickly and easily. That is, I wouldn't want the whole session to be used up on it.

TGU: Why not? If it were that important, why not?

Only that I'd want to get on with what we were doing. Let us worry about lesson plans.

You're right. Okay then, the dream?

TGU: The overall feel of it is obvious to you, so let's look merely at details. Why in the open, why in a field bounded on the left by a stream, why at desks and a long table placed in the open rather than in a room. Why - and who - the king? What is the printed report, what is your relation to it, and so forth.

Yes, other than those minor details, clear enough.

TGU: You're joking, but in fact emotionally it is clear enough to you. Is it not?

Well, certainly the sense of being caught by surprise, of coming into consciousness into a scene already prepared, of being expected (and apparently expected by myself not less than by those around me) to do something I have no conscious knowledge of how to do.

TGU: But there are these people in authority - and not merely in charge of something, but encompassing in their person "authority" (the king) - ready and willing to listen to you. Indeed, expecting you to serve them by giving them understanding of a complicated subject encompassed in that slim printed report.

Yes, that's one of those “too good to be true” things, that I could speak to authority and be heard.

TGU: No, you aren't quite hearing us, perhaps out of a natural humility that co-exists with a natural arrogance. You are expected by authority to instruct authority. It isn't that you will “be heard” but that you will be fulfilling your responsibility, in speaking.

And I am well aware that I don't know what is in that report that I am supposed to explain.

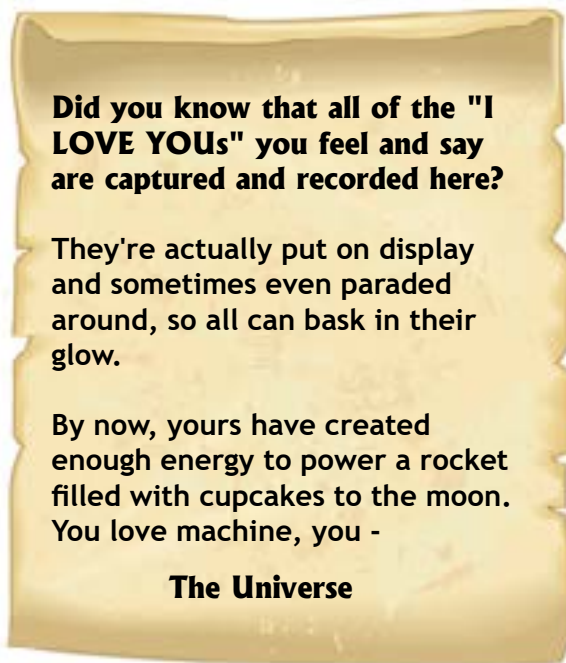
TGU: No! Set your slide-switches.

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NOTES FROM THE UNIVERSE

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



Did you know that all of the "I LOVE YOUs" you feel and say are captured and recorded here?

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By now, yours have created enough energy to power a rocket filled with cupcakes to the moon. You love machine, you -

The Universe



SPIRITUAL GRAFFITI

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




I am so tired of how hard we are on ourselves. Not attractive enough, not smart enough, not cool enough, not purpose-full enough, not spiritual enough, not flexible enough, not creative enough, not rich enough, not happy enough, not healthy enough, not sexy enough, not wise enough.


It's like a collective shame-fest that begins when we are born and continues until we die. So much magnificent life is lost when it is swept under a mountain of shame.

Billions of us walking around convinced we are not 'something enough.' We are missing the point. Just staying alive on this planet is a great achievement, demanding that we sift through all of the 'not-enough' inner chatter to find reason to go on.

How about if we begin every day with an 'I am enough' meditation? Let's begin right now: I am enough! I am enough. I AM ENOUGH.



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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

This month: SMOKEY QUARTZ

Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks.

20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and find us on Facebook

We are now entering November when the leaves here in north Florida begin to turn. The cypress needles are already mellowing down to a rich golden brown that glows in the late autumn sun - a harbinger of brighter shades of red, orange and burgundy. I think most of us could use a little mellowing, grounding and relaxing after the wild pendulum swings of this time.



Double terminated smoky quartz, Beaver County, Utah

One of my very favorite crystals for helping provide the mellow and restorative energy we need right now is **smokey quartz**. Smokey quartz can be found in all of the colors of the earth from a pale shimmer of darkness to a brown so dark and deep it appears black.

The color comes from the natural radiation in the earth and no other crystal manifests such a strong connection to the ground beneath our feet and all that lies beneath

the surface down to the earth's core.

Several people who love to work with crystals have told me that their **smokey quartz** is the most friendly and easily accessible crystal in their collection. This calm welcoming acceptance allows us to feel at ease in our bodies. We are reminded that we belong here in a soul deep way.

...continued on page 31

High Springs Emporium



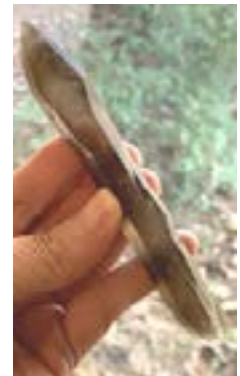
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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO NOVEMBER 2021

As the days continue to grow shorter, the month of November brings us several religious observances that celebrate the triumph of dark over light. All of these celebrations have the underlying meaning of hope, strength, and togetherness that stem from the symbolism of light and the victory that it has over darkness.

Look at how a single candle can both defy and define the darkness. Anne Frank

Different faith groups use the light/dark metaphor differently. In traditional Chinese belief, the path to peace is to accept what befalls you: the **yin** and the **yang**, dark things as well as bright, the bad with the good.

In Zoroastrianism (a Persian religion that predates Christianity), our lives are caught up in the dualistic conflict between spiritual forces: light versus dark, heat versus cold, good versus evil.

November 2nd - 6th: Diwali, Festival of Lights - India. Predominantly a Hindu festival, it is celebrated by multiple faiths in India. Each religion marks it different historical events and stories.

November 4th: New Moon in Scorpio

November 6th - 7th : Twin Holy Birthdays - Bahá'í. Celebrates the births of two central figures of the Bahá'í faith.

November 7th: Daylight savings Time ends.

November 11th: Veterans Day, USA.

November 17th - 18th: Leonids Meteor Shower.

November 19th: Full Beaver Moon in Taurus, Partial Lunar Eclipse.

November 28th: Hanukkah begins - Judaism. Ending at sunset December 6th, this holiday celebrates the triumph of light over darkness and of spirituality over materiality.

November 28th: Advent begins. Christianity.

On the second Sunday of March at 2 a.m., clocks move forward one hour. Then, on the first Sunday of November at 2 a.m., the clocks turn back an hour. A good way to remember it? The time shifts match the seasons: Clocks “spring” forward an hour in March and “fall” back in November.

Many states have sought the approval of Congress to make Daylight Savings Time standard time. The bill, called the Sunshine Protection Act of 2021, claims that when transitioning out of Daylight Savings Time, there is an increase in vehicle accidents, work accidents, and it disrupts the health of everyone subjected to the change.



GARDENING THE MEDICINE WAY

SPROUTING SEEDS



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

I have often had trouble sprouting seeds. I look around the woods and fields and wonder in amazement how easy it seems in the natural cycle of life. It just seems so simple, a seed falls to the ground and grows a new plant. What we learn as we immerse ourselves in the garden, is how the weather, environment and even the animals that live among us play a part in the wonder of the sprouting seed.

Most commercial seed packages will have planting instructions and recommendations on them. If you are gifted seeds or order an unmarked package of seeds, you will have to do a little research into methods of seed germination. Here is some terminology you may encounter as you study up on your new seeds:

DIRECT SOWING: Many seeds such as squash, beans and peas will sprout quickly and easily planted directly into the ground or garden bed. Plant to the recommended depth and keep the soil moist.

COLD STRATIFICATION: Cold treatment for seeds is necessary for plants or trees that require time in the ground over winter in order to germinate. Some flowers including echinacea, zinnias and black eyed susans will benefit from this method as well as herbs such as lavender, valerian and yarrow.

SCARIFICATION: Scarification mimics a process known as Endozoochory, in which tough seed coats are degraded by the gut acids of the animals that consume them, or abraded in the gizzards of birds. Some berry seeds are like this (blackberry, raspberry). Many palm tree seeds require scarification.

SPROUTING: Seeds are moistened and germinated outside of soil in jars, plastic bags or paper towels. They are carefully placed in soil at the first sign of sprouting. Sprouted often seeds require careful light and soil moisture control. *Seedlings that do not get enough light will grow tall and leggy and have weak stems. See photo.*

As well as paying attention to your seedlings' light requirements, be sure to confirm the temperature they need as they germinate and begin to grow. When it's time to transplant the babies to your garden, they will first need to go through a process called hardening off. This is when you carefully expose the young plants to the light and temperature conditions they will grow in. Start by placing seedlings in a shady protected location for a few hours a day.



Example of leggy seedlings

The weather is cooling down here in sunny Florida and it's a great time to grow some of those yummy nutritious veggies that detest the heat, such as broccoli, cabbage and lettuces. With a little research and care, you'll be successfully gardening in no time. *Enjoy your November gardening!*





WHAT LADY GAGA TAUGHT ME ABOUT FAME

Apollo Love was a high school dropout who went on to become an Amazon #1 Best Selling Author and a 2-time reality show star featured on MTV's *True Life* and ABC's *Glass House*. I saw *The Glass House* and recall him being outstanding as a voice of reason and keeping it real. Love has facilitated anti-bullying workshops around the country and has been featured on various national media. He's interviewed or had his work acknowledged by people like **Lady Gaga**, **Jaden** and **Willow Smith**, **Deepak Chopra**, **Fat Joe**, **Russell Simmons**, **Larry King**, **Janet Jackson**, etc. Visit <https://www.apollopoetry.com/>

The type of people that I interview come from all walks of life and Lady Gaga is no exception.

I never realized how talented she is until I dug a little deeper and came across a of **Gaga** back when she was **Stefani Germanotta**. Her elegant piano playing and soulful jazz voice is not the **Lady Gaga** that I knew. I was pleasantly surprised to discover this other side of her. It is why I was so happy when she went back to her roots and collaborated with **Tony Bennett**.

When Lady Gaga first became famous, I'll admit that I had some judgments of her shenanigans, crazy outfits and pop music. But as time went on, I recognized her talent for what it was and grew a tremendous amount of respect for her music, and especially for her efforts within the **LGBT** community. So by the time, I got to meet her, I was a genuine fan of her as an expressive and creative artist with a powerful voice. A person that I would have totally gone up to if I heard her sing at a local open mic.

I was backstage waiting for her to arrive, just talking with some of her crew. Everybody was super nice. Half way through a conversation, I saw **Lady Gaga** turn the corner, wearing these adorable pajamas and looking like she just woke up. It was nice to see that vulnerable "human" side to her.

As with all celebrities, she was shorter than I expected in real life. She walked over and gave me a big hug, and when our eyes connected, it was authentic and heart-felt. Shortly after we met, her photographer walks over and asks us to face his way for a couple of pictures, which we happily did.

I then continued talking with her and our eyes were locked in on each other. Even with all the craziness happening around us, she was very present with me. I leaned forward and whispered a sentence into her ear that deeply touched her and seemed to open her heart up. I won't share the sentence in this blog because I felt it was a personal moment, but after that, there was a connection that was formed.

Our energies felt familiar to each others and we were both very comfortable...almost with a sense that we would probably have been friends in "real life" outside of this crazy illusion we chose.

I then got introduced to her manager and all the individual members of her support staff, including the people who designed all the famous outfits you see her wear. There was one set of angel wings that weighed 50 pounds and I couldn't believe that **Gaga**, being as small as she is, not only is able to wear it, but also sings and dances her ass off in it. Her stamina is ridiculous.

Between all her dancers and crew, I was blown away at how hard they work to pull off the tour. They travel with dozens of buses from city to city and often get little sleep in between shows. It is absolute chaos, yet so beautiful to witness their teamwork. They all hold hands and pray before each show and really move as one unit.

One of my favorite moments was getting to hang out and meditate in Gaga's private dressing room backstage. We were away from all the people, cameras, and madness. This is where I really saw the side of **Gaga** that I connected with on a deeper level before really understanding why.

It's hard to have a sense of "home" when you're on the road for one year straight, so **Lady Gaga** hires a designer who's main job is to recreate the same "room" in each city's stadium they go in. The room is beautiful and peaceful. White couches put together creating a huge comfortable bed to fall on. White drapes covering every inch of the walls. White roses, candles, and wine. Seeing a theme yet? Peaceful meditation music and spiritual imagery everywhere.

This is clearly a place where we don't talk much, but just "feel" and unwind. It felt like a spiritual-recharge room. She also requires certain things like lavender

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WHAT LADY GAGA TAUGHT ME

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Apollo Love

hand soap, flax seed peanut butter, organic ginger and lemongrass tea, vegetables, Ezekiel sprouted grain tortillas, and more. If I worked as hard as she did and my schedule was that chaotic, I would require some sort of routine, consistency, and comfort as well. A few more breaths and then I was taken to the stage.

And this is where it really hit me. As some of you know, I had a brush with fame in my early 20's. I've performed inside both Madison Square Garden and America West Arena. I opened up for both Pitbull and the Pussycat Dolls, and my biggest audience was 15,000 people.

However, my record deal and my fame both collapsed and a few years later, I lost it all. I don't share this story with any regrets, because I found my spiritual path and my life purpose through the journey, but there was still a part of me that was holding on to my past. I walked to the edge of the stage and looked out at all the empty seats that were about to get filled up.

I closed my eyes and remembered what it felt like to have thousands of fans screaming for you. I got goosebumps and the memory was a bittersweet one. I got flashbacks of all the power I felt during that time in my life and how good it felt to my naive young mind who didn't realize the empire was built on an egoic illusion. I'm not sure how long I was up there, but Gaga's manager clearly saw I was having a moment.

I stood there a few more moments and then finally said Goodbye to everything that I had, and any thoughts of what could've been. I looked at how Gaga was living and I asked myself if I truly wanted that. Or even a more important question...Was I good enough without that? I did some inner searching and I realized that what I actually desire is leaving an impact with my voice and inspiring others to live their fullest life.

Quantity doesn't matter as much as the quality. Between my shows on MTV and ABC, I was seen by over 30 million people worldwide. But how many of those people did I impact? How many did I inspire? Unfortunately, the answer was little to none. Because these reality shows are simply designed to entertain. The

viewers feed off the drama just to get their minds off the stress of their own lives. *I realized that you can impact more people at a small open mic by being real and delivering a message,* than you can from being fake on TV and selling out to the mainstream music industry. Inspiration and soul work can't be quantified. It goes far beyond the surface.

I thought about what it would be like to not be able to walk in public without getting hounded for the rest of your life. To have people suing you left and right. To not know who to trust. I also had this realization that if my fame continued, that I would have been completely lost, or maybe even dead by now. It's hard to explain what that lifestyle is like, but it catches up to you really fast. The hard partying and the temptation everywhere gets the best of people, especially when they're stressed out and that's all they're surrounded by.

During that time in my life, I was completely lost in my ego and cut off from my soul's calling. I felt like an industry puppet...a mechanical robot....and I never wanted to go back. I look at all the amazing experiences I've had since then and I have no regrets.

And this isn't to say that you can't have fame and power and money and not go down that path, but when you come into it at such a young age, when you don't even know who you are, the odds are strongly against you. There's a reason there are so many young stars that grow up to become broken drug-addicted adults.

As I was pondering these thoughts, I went to the bottom floor as the show was about to start. Thousands of people came in filling up every seat in the stadium. There was a little lounge directly in front of the stage reserved for about 12 VIP's. The old me would've relished in this. You walk into the VIP section and all eyes are on you. Since you're in a "special" section, you must be important, right? *But the problem is that all these people only want to talk to you because of what they think you can do for them, not because of who you are.* And that right there is the epitome of fame.

I literally lost every single friend I ever had back when I had my record deal. How could that be? How could all these people who were ready to ride for me anytime suddenly disappear shortly after my fame and money disappeared? None of these people actually cared about who I was. My friendships now are based on pure love for who I am and that can't be replaced. The saying is true that it's lonely on the top. The higher you

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HERB CORNER

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Eluthero, Rhodiola, Ashwaganda, and Astragalus support the adrenal glands. Because stress, lack of sleep, constant pain, insufficient absorption of nutrients, depression, poor bowel function and weight gain can all weaken the adrenal glands.

One of the nicest things you can do for your body if you have fibromyalgia is to provide it with nutrient rich herbs like Burdock, Dandelion, Red Clover, Nettles, Oat Straw or Slippery Elm these will help with both the symptoms and the possible causes.

Don't forget lifestyle modifications. Relaxation and meditation will help reduce stress and pain. Mild exercise can help ease muscle tension. Or a massage using a combination of essential oils like Rosemary, Camphor, Peppermint, Lavender and Wintergreen can be both relaxing and beneficial.

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SETH SPEAKS

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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 VISUALIZATION EXERCISE

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.

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Dr Joe Dispenza

RE-WRITING THE RULES OF VIRTUAL REALITY

...continued from page 8

you've accomplished, and observe yourself more objectively from a different dimension. Simply said, you take a break, become more self-aware, contemplate how you did, and if given another opportunity, decide how you can play the game better. Maybe that's what happens when we die.

So, the next time you put the VR headset back on to play another game, you might come back as another character and choose to have different experiences, learn new things, improve your abilities, work on your weaknesses, make better choices, get more points, obtain more things, go further in the labyrinth, and gain new knowledge and information by playing the game again. All of this begs the question: *Do you have to die to have that experience? What if, while you're alive, you were able to gain information from a reality—not inside the headset—but outside of it?*

Up to that point, while playing the game, you were fully immersed in the virtual world, and so the only information you could access would have to be programmed within the hardware of the headset. That means you could only learn new information from your experiences in the VR world, and you'd have to keep playing the game over and over again in order to master it.

Consequently, all of the information you learned about that VR world would come from your interactions while playing the game. Therefore, your evolution while in the game could be relatively slow. That's because there are certain rules with limitations that must be followed which are programmed into the game and can only be known by whoever programmed the illusion of that virtual world.

The good news is that our research has led us to a simple formula—a practical process that allows us to escape the limitations and predictable laws of **classical Newtonian physics** that govern this three-dimensional reality. We've identified a door out of the VR reality which allows us to transcend the slow evolutionary process of trial and error and the survival of the fittest.

Just like the VR world, in the illusion of our three-dimensional reality, we are fooled by the senses into separation. Thus, we gain information by occupying a physical body—local in space and time—which interacts in a particular environment made of objects and people who also have bodies, in certain places and times. And our perception of ourselves as a separate individual consciousness in a world where everyone and everything appears to be independent from us creates linear time. Therefore, in this plane of demonstration, we have to do some thing in order to make something happen.

Maybe great masters in history—who were able to take all of their attention off the illusion of the material world and connect to the frequency and energy of the quantum world—could change the rules of their experience of this three-dimensional reality.

After all, how could they manifest things from nothing, walk on water, raise the dead, heal the sick, or be in two different places at the same time unless they received their information from upgrades outside of the headset?

And since all coherent frequency carries information, by putting all their awareness on the immaterial quantum world—which exists beyond the senses and is made of energy and frequency—they were able to advance their abilities within the VR world by interacting with and connecting to the world outside of it.

All of this begs another question: Why are we so immersed and invested in the game inside the VR headset?

Over millions of years, all of those moving molecules and positive and negative charges that are creating the experience of symbols in the VR headset had no survival benefits—and the **Darwinian** paradigm of survival says if you don't use it, you lose it.

Thus, we didn't need to see the light, the energy, or the frequencies that are creating this material reality—because it wasn't relevant to our survival in this three-dimensional reality game in any way.

Because of this, after millions of years, the human brain edited energy and frequency out of its circuitry. After all, being human for millions of years hasn't been easy.

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Dr Joe Dispenza

RE-WRITING THE RULES OF VIRTUAL REALITY

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If you are being chased by a saber-toothed tiger or spending enormous amounts of time looking for food so you don't starve to death, energy, light, and frequency are going to have to take a backseat. If physical existence has been about the survival of the fittest, smartest, or most adaptable, then over millions of years, a species of early human beings that were facing harsh environmental conditions had to think differently about a new way to survive.

It's logical then that now this is going to lead to different choices, doing different things and, through trial and error, creating new and more evolved experiences—the result of which produces new chemical feedback from the environment through our senses. That's new information that has to make it into our biology.

It's that sensory feedback from the new experience in the environment in the form of emotions that begins to select and instruct new genes in new ways. And since genes make proteins and proteins are the building blocks of life, the organism slowly makes the biological upgrade to better survive in the same environment.

However, one organism must procreate with another from the same species to ensure its survival in perpetuity in that particular environment. This process may take thousands or even millions of generations until the dominant gene is finally expressed. As a consequence, the species may develop thicker fur, better eyesight, longer legs, more fast-twitch muscle fibers, and so on. This is a long, tedious process that occurs over millions of years.

And yet, in one interaction with the unified field and the correlating energy carrying new information, a person's biology and chemistry can be vastly upgraded. Why? Because the emotional feedback from the inward experience is less chemical and more energetic or electric because it is coming from a reality beyond the senses—not the three-dimensional reality. In this light, it's more of an awakening; it's more enlivening. It is an arousal.

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Through this interaction with energy outside the VR headset, when you reenter the virtual reality, you may have a different upgraded body, see and perceive a different world, and/or be living in a whole new time.

You've received the upgrade from outside the headset while most people are still operating within the headset, which is the old paradigm of matter (you as a body) trying to change matter (the material reality.)

Thus, over millions of years, the brain's circuitry has been shaped to only focus on the three-dimensional world. It doesn't experience energy because it's not wired for it, and yet, when the person begins to have the interaction with energy, new neural circuits are created. As a result, the spectrum of the VR reality is broadened. *We don't see things how THEY are; we see things how WE are.*

In the case of this moment in history, it does not matter who the makers of this game are. What matters is that we wake up from the illusion so that we may step out of the matrix to enter the next level of the consciousness labyrinth.

By playing up a level in the quantum game, your interaction with energy and frequency changes the rules of this three-dimensional game. It does so because every experience we have in the quantum field causes us to profoundly alter our understanding of this physical reality.

As a side effect, when we come back to our senses, we perceive a broader bandwidth of reality because now our brain is wired to see a greater breadth of possibilities in the game. Our interaction with information from the field rewrites the code—because it's energy that installs the new code and upgrades the program.

Now that you know that there's a new set of rules in this adventure game, let me ask you a final question: Are you ready for the next level?



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

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

"Oh, I wasn't born in Hungary," the man replied. "I was born in the Bronx, at the Maternity Hospital." It was the very hospital that **the Man with the Ladder** was born in.

"Where in Hungary did you grow up?" he amended his question. The man appeared sad for a moment. "I didn't grow up in Hungary. I grew up in the Bronx, about four blocks from the hospital."

As if all of the bolts of the cage incarcerating his memory had sheared at the same time, **the Man with the Ladder** remembered where he knew the man from. They had gone to the same public school. Memories scuffled and jostled with one another to get to the front of the line and be the first to leap to the freedom of awareness. The one that succeeded was the most painful.

This forty five year old man with a gray toupee, cowboy boots, and pince nez glasses was the boy who had made his school life miserable, the arrogant bully who had selected him as his private target and over six years, practiced every form of cruelty that his constricted imagination could devise. The present and the past clashed in his head. He wanted to voice forty year old complaints, but the confused present won over the cumulated --but half decayed-- particulars of the past.

"How can you say you are Hungarian," the Man with the Ladder heard himself say angrily, as if his old nemesis had shifted tactics and was practicing mental cruelty exclusively in his middle years, "when you were born and grew up in the Bronx," (and, although he didn't say it out loud, are Italian to boot.)

"I didn't say I was from Hungary, only that I am Hungarian," the man replied soothingly and only a little defensively.

"It's the same thing," the **Man with the Ladder** said although he wasn't exactly sure.

"No, it's not," said the man, his voice conveying a robust and comfortable, but hard won, certainty. "Sometimes you live in a place with people and they're not your people, and it's not your place. Even if they gave birth to you, and fathered you, and you eat the same food as they do,

and speak the same language as they do, they're not your people, and it's not your place, and it's not your food or your language."

"Other people know you're different," he added, "but they don't know how, and they decide you're queer or crazy. Even your parents have a gnawing feeling as if their real son was stolen by the gypsies and they got you just to mark the place from which their own child had been taken."

The Man with the Ladder tried to remember back to see if this information corresponded to anything he remembered of the boy he was then, or whether it would have made any difference if he had known; but in his head the memories said 'stop', and while he was waiting there for the light to change, he shifted his attention to the present and the man in front of him.

"I saw the world differently from anyone I knew," the Hungarian told him, "and I was frightened continuously for the first 15 years of my life. I'm afraid I acted badly." He moved his feet in a funny little shuffle. "I'm sorry I picked on you," he said apropos nothing. "I know it was wrong. I knew it then but.... I would be grateful if you forgave me."

The Man with the Ladder said "I forgive you," quickly, and not entirely convincingly, but enough to satisfy the man.

"That was the way I felt," the man said. "I walked around feeling queer, odd, out of place."

"When did you discover you were Hungarian?" the **Man with the Ladder** asked.

"Well I eventually dropped out of school and worked for a while. Then I began traveling. I dragged myself over half the world until I got to **Hungary**. Suddenly it was as if I had returned to my native land after a long journey. All of my longings had names, all of my prejudices were sensible, all of my impulses had targets. Everyone was almost like me, only definitely more so."

"They treated me as a native son who was slow. I traveled around Hungary for a while and then stumbled on a little village called Styagsy and I was home, my street, my house. It's strange," he said quietly, "I had never been to the place, never seen the people and could not understand the language at first, yet it was my place."

For a moment the man looked infinitely far away, and a little homesick.

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CRYSTALS, ROCKS

Photo by Karin Wolf



Sharron Britton

This month: SMOKEY QUARTZ

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Smokey quartz is a great companion on spiritual journeys, especially the journeys deep within. They carry an innate protective energy based on comfort and support rather than against any negativity. You can use them in grids in your home or on your land. They are powerful tool for tuning into the energy of the Earth and helping to heal her, knowing that as we work to heal the **Earth** we are also healing one another.

Smokies are easy to talk to. Don't be surprised if they talk back to you. Many crystal people have a personal connection with certain special quartz crystals that are guides and helpers when we work with them. Often the first crystal that resonates with folks just beginning their crystal path is a **smokey quartz** which becomes a teacher and friend.

Here in the Northern Hemisphere we are heading into the time of year when people all around the world are wanting to gather together and reconnect with friends and family. We share food and company with those we love. Whether it's a big boisterous family dinner or a quiet evening with our dogs and cats, we seek to reaffirm connection and share as much love as we can.

This can be a bit of a challenge sometimes when your family triggers you into old patterns or you start to feel alone. **Smokey quartz** can help you recognize the pattern and let go of what doesn't serve you. Then you are free to relax and enjoy the companionship and love.

If you don't have a companion crystal in your life, I strongly recommend **smokey quartz**. Almost every rock and crystal shop should have a good supply. There are beautiful **smokies** from all over the world in every size and price range.

The next time you visit your local crystal shop, listen carefully. You may hear your new best friend calling you.



Betsy Chasse

TIPPING SACRED COWS

...continued from page 9

cleared away. We have lost the willingness to hang in the mystery. I know I certainly did. It feels pretty good to have it back.

And that is what I have written about here, because **I want to offer you an invitation to regain your sense of the mystery, and to be okay with the spiritual flail, no matter how awkward you might feel on the dance floor.** Each of the chapters in this book is my own tipping of a sacred cow (and sometimes the claiming of a sacred cow that I have decided to embrace, because we should do that too) I have created about life, spirituality, and everything in between. It's my own exploration into spirituality and what I've come to understand about it, and whether and how I use it in my life.

A little thing about perspectives: guess what—I have one, and it's mine, all mine. This doesn't mean it's right; it just means that this is one way of looking at things that might be of interest. I share stories from my past and in those stories are other people, most notably my ex-husband and my kids, none of whom have been given a chance to verbalize their own perspective in this book. The reason for that is that, well, this is my book, and therefore it is my perspective on them, the events we shared together, and what I learned from them. That, in turn, is a very important cow to be able to tip, the basic understanding and accepting that you have a perspective and that's all it is.

I've spent some time in these pages breaking down some of the big sacred cows of spirituality, hoping you'll walk away with a different perspective of their meanings, or at least an idea of what they mean to me. Read the chapters in order or on their own. But remember to laugh, because that's one cow I won't be tipping. Being able to laugh and let go of being so serious about everything, in my humble experience, is the ultimate sacred cow, the kind you hold on to like hell.

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Betsy Chasse

TIPPING SACRED COWS

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Notes

** I was also baffled by the need for separate churches. Why all these different versions? I mean, if the Bible was a factual historical record, how come there were so many different interpretations? And some of the rules seemed a little incongruous to my young self: God loves and forgives, but Jesus needed to die for our sins; love your neighbor, but not if he's gay; don't kill, but kill if they don't believe; have a personal relationship with God, but pray in public places. Holy crap! Talk about your mixed messages. And what's up with the conflation of Old Testament stuff with New Testament stuff? So confusing!*

† So, yes, I realize that the sacred cows are now, metaphorically speaking, simultaneously in a pasture and also on this shelf. I could say that it is a slight tip of my hat to quantum physics and the awesomeness that is the electron, but alas, I only thought of that right now as I was justifying my metaphor two-timing. In reality, I just like using metaphors and wanted to mix it up with the sacred-cow-pasture thing. Meta, meta, meta. This is all painfully self-aware. Argh! It never stops . . .

ONE. RED SHIRTS IN YOUR BRAIN

Imagine you've lived in a big city all your life. You've traveled the world; hell, you've even had sex almost underneath the Eiffel Tower (okay, the hotel room had an awesome view—pay no never mind to the fact that I was looking at the view while having sex). So what's next? For me it was Yelm, Washington.

Yep, that's right. After the semi-okay, not so big, big O with a view of the epitome of romance, what else would a girl do?

When I moved to rural Washington, I found a small redneck town that was supposedly the only spot on the planet that would survive when the waters swelled, drowning the earth and its inhabitants in the days of Armageddon. Yelm is home to an eclectic mix of spiritual seekers, fundamentalist Christians, and rednecks,

and it butts right up to one of the largest military bases in the United States.

It's a small town, really small, but it has a library, and not just any library—imagine trying to service that mix of people! That library has everything from how to clean your guns to how to store food for the end of the world (and why are we saving food if the world's going to end? *Note to self: follow up—try to answer*). The other thing that serviced the eclectic populace of Yelm was the rain, which it did, almost every day. Between the rain and the lack of anything resembling something to do, because a girl can only garden and can vegetables for so many hours in a day, the Yelm library is the place to go.

I regularly took my daughter there when she was younger, initiating her into the cult of stories, books, and reading, which libraries are indubitably perfect for, being, as they are, a place for learning, for absorbing words and the meaning of things, with stacks of stories and knowledge just waiting to be explored. And boy, do we humans love our stories. And did I mention it rained, a lot!

On one particular trip, we had done all the things we normally did. We started by reading stories about birds sitting on heads and scared squirrels. From there we played with the broken library toys—you know, the puzzles with missing pieces and the stuffed toys that have just seen too much love (as if that's possible). The toys that make you want to sanitize every inch of yourself with wipes after you get back in your car because they are all a little bit sticky and you can practically see the layers of kid-carried germs all over them.

After we were sufficiently sticky and our minds were filled with stories of bears and caterpillars, we ambled toward the door, my daughter chattering at me as she skipped along, her little hand in mine, while I made sounds of agreement and attention. As we approached the door, in walked one of her little friends from school. A beautiful little girl, along with her equally beautiful mother.

I am great at doing that thing people do, where we catalogue another person in the blink of an eye, run a list of comparisons, and judge by a predetermined set of conditions who is better, happier, and sexier. I did this, standing in the library, in the blink of an eye. Let me add that the woman I was comparing myself to, in my compare and contrast throw-down, had all

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Betsy Chasse

TIPPING SACRED COWS

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the qualities I yearned for long legs, a perfect body, and gorgeous cheekbones. These are things that used to and, sigh, sometimes still do, feed my self-image propaganda sponge of all things that destroy good thoughts about myself. This propaganda sponge is the reason I describe myself, somewhat regularly, as short and stout.

So compare and contrast I did, standing there as my daughter danced around me. Guess who won in my little head battle? Hint-hint, it wasn't the short and stout one. The deciding factor, the thing that really brought home the other mother's win? I knew she was one of those baby-body-rebounders. Pregnant one minute, on the runway the next.

I have, in my past (and sometimes in my now), had a secret hatred of women who can give birth and have their body back within an hour. Mostly because I had no such luck.

Prior to getting pregnant, when I lived on a steady diet of **Diet Coke** and cigarettes, I happily fit into size-one jeans. My thought was that my skinniness would make up for my lack of inches in the height department. However, no matter how thin I was, no amount of dieting ever reduced the size of my ass. It came, it was, it stayed.

Even at a size one, I still had what my mother affectionately referred to as birthing hips. Thanks, Mom. My brother doubled down on my mom's description (because it was so awesome) by referring lovingly to me as his little hippo—I shit you not, this happened without them ever clueing in to the idea that their words might not be flattering. So I picked up some baggage there and carried it around on my hips and ass.

After I gave birth to my daughter and the weight did not drop off like I had hoped it would, I built an image and a story in my head that helped me feel better about hanging on to those extra pounds. My daughter and I were both happy and healthy, and we would grow out of our baby weight together. It wasn't until I was confronted with the perfect little waif children and

their equally perfectly proportioned mothers that my projected story stung.

Standing in the library, I did the comparison, and I found myself lacking, all without being aware of it, ingrained and imbedded as these things are. I exchanged the mandatory and cursory hello, and I asked my daughter if she wanted to stay for a bit longer. She squeaked with excitement, as if playing with Mom was okay but playing with another person her size was pure heaven.

So back we headed to the kiddie section. The other mother and I exchanged smiles, realizing we could possibly check out some grown-up books or maybe, God forbid, have a grown-up conversation while our little angels delighted in the merriments only four-year-olds can truly understand. The library was pretty contained, so I snuck around the corner to take a peek at the magazines. I could hear piping little girl voices, deciding what to do, what to read. *"Oh, look at this book,"* said the little friend. *"I love this stuffy,"* said mine, holding tightly to the overloved bear we had just parted ways with not five minutes ago. Man, did she love that bear, slight stickiness and all.

Surrounded by storybooks, the girls built their conversation, talking about the things that young children understand to be important and that adults have, probably stupidly, turned away from. I heard the friend say something that struck me. ***"You look like you're pregnant, ya know. You're fat."*** And in a moment that went by faster than the speed of light, I heard a sob, not just any sob, but the sob of a four-year-old who has so much pain and doesn't even understand why. The voice of my brother echoed in my head: "Hi, hippo girl." I dropped my magazine and with the speed of a mother lion had my daughter wrapped in my arms as she cried uncontrollably.

I knew that this was one of those carry-with-you-all-your-life moments for her. I could hear in the hurt of her sobs that the moment and the words had crawled inside and shifted basic elements of how she viewed the world and herself. I knew in that moment that no words of mine could undo it. Time could not move backward and unsay what my child had heard.

Is this, I wondered, how it starts? Whammo, and for the rest of her life she will always wonder: Am I fat? Am I beautiful? Just like I have.

MORE next month.

Can't wait? Get a **FREE Digital copy NOW** of *Tipping Sacred Cows* by joining Betsy at www.betsychasse.net



MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

Frank DeMarco

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Okay. Maximum clarity, focus, receptivity. Yes, I get it. The dream is portraying a split in my awareness. I, as narrator or observer of the scene, don't know what is in the report. But I, as the

Oh!

TGU: We smile. Well done. Spell it out for the studio audience, please.

I as the person within the scene do know; I perhaps wrote the report, who knows, but anyway, that, I know. What stopped me is realizing, "Oh, of course, they're showing the interaction between spirit and soul." Only it doesn't seem as clear to me, putting it into words, as it just did. Why is that?

TGU: Words and the marshalling of words tend to interfere with gestalts. Words by nature are sequential, not simultaneous.

Oh, and a dream comes to us as visuals and as understood "knowing" and thus allows us to bypass the sequential processing, to some extent.

TGU: Yes. So now - with your maximum focus, we remind you - bring that dream scene to your mind's eye, look at it, feel it, and when you come back we can talk about it. It should take only seconds, but don't worry about time. Sink into that dream.

[Did.]

All right. And you know, it hadn't struck me, remembering it, but the dream didn't really have any action. There wasn't a word said. It was a scene set up for me to experience.

And then you turned it into words as best you could, having no other way to preserve it.

If I had the ability, I could draw it, or paint it. Only the sense of it is much clearer than the sight of anything in particular, except that printed report, which was vividly there.

So now, try again, the "aha" that eluded you when you tried to put it into words.

Well, there was one "me" that was observing the scene. There was the "me" that belonged in the scene, and clearly must have done the work that resulted in his knowing what was in that report. And there was a third "me," and this one is sort of puzzling. At first I thought, "Aha, this is soul and spirit," but when I realized there were three rather than two versions of me involved, I was stumped.

Describe that "third me."

Well, there was (1) the observer of the dream, there was (2) the implied presence of the participant beforehand, and the third element was me coming to the scene, feeling responsible to act and knowing that I was not prepared because I had just come onto the stage in mid-scene, so to speak.

So now instead of forcing the three into a two-being scheme, look at it again, fresh - for the insight was real; it did stop you in your tracks; you did feel something. Now retrieve that understanding from the mental processing that would result in your losing it.

I suppose (1) is me, the 3D-bound dreamer, receiving feed from non-3D. Then (2) would be the soul as it proceeds moment by moment, living its life as if taken for granted, a moment-by-moment existence that sort of disappears from our awareness as the following moment moves us along. And (3) would be us in those sudden moments of clarity in which we see (rather than merely abstractly understand) that the 3D is theater.

Well, not quite. Look again at that third point.

Hmm. More like, those moments when we think, "How in the hell did I get into this fix?"

We smile. Somewhat. But it is a third point of view, you say. Now we'll take it from here. You did get the sense of how your (anyone's) life is experienced in divided fashion. You proceed moment by moment in good faith, taking the 3D environment you live in as real. That's JFK spending years of his short life

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Frank DeMarco

MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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politicking, playing an intricate game and mastering it. (That's your #2 "you" that you mentioned.) Now, every so often within that existence, your mundane mind may reach a moment of unusual clarity, for whatever reason, and you look around at your life, and you say to yourself, "What am I doing? I am wasting my life on routine, on things that don't matter." That is more your #3 you. Spirit always knows what you're doing. It is soul that gets confused.

And in a way the confusion is part of the role the soul plays.

TGU: At least the possibility of confusion is, yes. Depending upon the individual (and depending upon the stage of life the individual has attained), there may come moments of beyond-3D-drama clarity that punch through the role and remind the soul that "there is more to life." Very busy people - a JFK, say, - may have such intervals and place them in a sort of philosophical-moment framework. People more like you will find such moments demoralizing, almost crippling, because they undermine your ability to believe in the routine they interrupt.

Yes. That's always been true. Not that I regret it, but it did make things difficult.

TGU: Somehow we have used up an hour, and eight full pages, on the dream, and we haven't even looked at the symbolism.

Easily done. What we just did was the more important point, and the more difficult to convey in words; that is, using the sequential mind.

TGU:

- In the open, not "behind closed doors."*
- A field bounded by a stream. Let's say, the field of life, bounded on your left by the River Styx, or the River Lethe, that which cannot be passed while you are yet in form.*
- Desks and a long table (as if a head table at a ban-*



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quet, though you didn't catch that allusion). Again, in the open but proceeding as it proceeds behind closed doors.

- The king. Real unquestioned authority stemming from his person, not from circumstances. Note that the king sat to the left, and not in the front of the leftmost desks, either, merely solidly on your left, by the stream.*

My larger being? My soul's source and sustenance?

TGU: Close enough. A spiritual unquestioned authority, you see.

- The printed report. Your report, for it is up to you to present your understanding of it. You have been thinking it is these conversations, for the world. That may or may not be, but that isn't the primary meaning here.*

Oh my gracious. I hadn't thought of it.

That's why you have us. (Smiling.)

It is me presenting my report of my life I led.

TGU: Yes it is, and you are each the authority on the report to be given. You will notice, the report is considered important. You don't lead your lives only to shrug and say, "Well, that was weird." When you come to present your report, you aren't under any illusion that your life didn't matter.

Well, this has been surprising. I told you it would be shame to waste a session on a dream!

We'll try to listen better, next time.

Laughing, actually, not just smiling. My love, friends, and till next time.

HOROSCOPES NOVEMBER 2021



ARIES – (March 19 – April 18)

For you dear Aries this is the month of creation. Your creative nature is at its highest level and you need to achieve things for yourself. From the beginning of the month without losing a minute you set up your future projects and you benefit from good vibrations so take advantage of it. You make unexpected encounters, you jump on every opportunity, your will to succeed is striking. At work we flatter you, in your private life we seduce you. Most of the time you trust your instinct when making your choices, this month it will still be the case. Around November 18th you face an incongruous situation, in spite of everything, you keep calm, you do not go headlong towards the conflict. Your initiatives are bold, whether you adhere to them or not, it does not matter, you continue on your path.

ARIES: LOVE IN GENERAL

The stars accompany your choices in love, on this front you are well protected. Your feelings gain in depth, you have the will to build a real relationship. Since nothing prevents you, without restraint, you reveal your emotions to people you love. Book yourself moments of pleasure, escape alone or in pairs.

ARIES: IN A RELATIONSHIP

Overall, couples are doing well, no major difficulties on the horizon. You share pleasant moments. Towards the 21st you feel the need to step back, to get away from the hustle and bustle of everyday life, to take off and cut the routine, your other half is in agreement with your decision.

ARIES: SINGLE

If you are single, you are not frustrated this month, on the contrary, you live your celibacy very well, you are free and it shows. The 14th is an important day, expect to experience love at first sight. Over the adventures of a night you prefer stable and sincere relationships.

ARIES: ADVICE FROM FREE HOROSCOPE

You have a beautiful resistance when it comes to the energies, you are in great shape, do not wait for things to come to you, dare to take the first step. This is the month of opportunity, go forward without hesitation!



TAURUS – (April 19 – May 19)

Focus on projects. At the beginning of the month you are not more motivated than that, you let yourself become lazy, around you the climate is warm, you feel like you are in a cocoon so that explains that, you do not necessarily want to leave. Towards the 13th some small financial worries will be managed, you will not be able to escape, but we can say that you will keep the upper hand and you will master the situation. Professionally you may be put under pressure because of a change in planning or something like that. Your personal life is protected, the planetary aspects presage a harmonious situation when it comes to your loves, dialogue is favored, from the 19th to the 23rd the period is ideal to concretize or engage yourself.

TAURUS: LOVE IN GENERAL

The stars are watching, you are in love and everything is going well. Feelings are growing deeper. The time has come, you want to build your love life. The little flings do not interest you, you need something concrete and suddenly you reveal yourself in your best light. If you have wishes they will be granted.

TAURUS: IN A RELATIONSHIP

You pretend not to be motivated, your partner does not understand your lack of enthusiasm but don't worry it's just a slump, it does not last. Very quickly you recover, you decide to prepare a surprise for your other half. Until the end of the month your relationship rolls well.

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TAURUS: SINGLE

A little love story turns into passion, you do not touch the ground anymore. You may want to tackle everything for this person, your entourage is trying to reason with you but it is lost. This month you hear nothing but what your heart dictates.

TAURUS: ADVICE FROM FREE HOROSCOPE

Why not take advantage of a little slump to take inventory of your love life. Think about it, you will not lose anything to change. If you lack sleep, rest.

GEMINI – (May 20 – June 19)

A little sensitive, you are not easy to live with right now. This month you have responsibilities (professional, family ...) if you lack the will, get closer to people who spread positive energies, do not lock yourself in your bubble. Winter is a special time, the decrease in brightness can affect the morale of everyone differently, the important thing is not to sink into bad thoughts. Until November 11th, your ideas are confused. Around the 19th you receive an answer that should please you, psychologically everything will be better. Your priority is to do what you love, you set up personal projects by following your intuitions, it is already a big step towards success. Your generosity arouses admiration, you can be proud of your actions.

GEMINI: LOVE IN GENERAL

If your feelings are often contradictory, what is certain is that they are sincere. Your loves are going up and down in the first half of the month, then over the last fifteen days everything is much better. You succeed in preserving harmony in your romantic relationships. The family is present, in case of need you can count on your loved ones.

GEMINI: IN A RELATIONSHIP

Between the obligations of daily life, children, and activities you have trouble managing everything, but you ask your partner to get their hands dirty, if they agree to do it, there will be compensation for it, even if you do not quite agree with them.

GEMINI: SINGLE

If you are single, you're tired of loneliness and you go around in circles. The stars encourage new encounters, you may experience a relationship with an ex or live a loving friendship. In any case, you say goodbye to isolation, you find your zest for life.

GEMINI: ADVICE FROM FREE HOROSCOPE

The first fortnight your nerves are put to a hard test then, little by little things calm down, you canalize your emotions to avoid any overflow. You make a clean progress, from the second part of the month, everything becomes simpler.

CANCER – (June 20 – July 21)

At the beginning of the month some conflicts can arise from nowhere. Turn down the volume and bury your head in the sand to calm things down, everything will be fine. As soon as the situation does not turn to your advantage you get on your high horse, quiet your mind instead and leave to take a rest in peace, disconnect from the daily routine even if only for a few hours. It is only from the third week that calm returns. At that moment you are ready for new adventures, you let the pressure drop, the planets then open the way, opportunities are at your fingertips. You finally get out of your shell, you express yourself and your feelings, your mind is freed from all constraints. You are free.

CANCER: LOVE IN GENERAL

You have the right to be in a bad mood, except that if it lasts too long you risk putting people against you. Make an effort because your irritability makes your entourage run away from you. If you feel guilty because of a particular situation, by relativizing you will regain your self-confidence. We love you, we show it to you, we reassure you.

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CANCER: IN A RELATIONSHIP

You spend time with family rather than in private, if it does not seem to bother you it's not the same for your partner. This month the invitations are many, you enjoy them together, it is a situation that suits you very well.

CANCER: SINGLE

If you are single, the stars put you on a pedestal and the people you meet around the 23rd are constructive, you are not at the end of your surprises. It will be necessary to review your priorities, the planets have decided to change your plans. You benefit from good astral influences.

CANCER: ADVICE FROM FREE HOROSCOPE

Improvise, do not try to control everything, externalize your feelings, live the moment without necessarily projecting yourself. Draw a line on the past to better advance. Do not sulk for a yes or no.

LEO – (July 22 – August 21)

This month, you're one of the luckiest signs of the zodiac. From the first week you find your balance. New projects are gaining value, you are growing in strength, your past efforts are finally paying off! Little by little the snowball effect works pretty well, you take off, your determined character will make all the difference. Throughout the month the professional field is highlighted, proposals flow, contacts multiply, you lay your foundation. The stars draw attention to the fact that some of your commitments may have some consequences for your private life. However small victories give you motivation. On the third week you are completely devoted to your family (parents, children).

LEO: LOVE IN GENERAL

To avoid overflowing you know how to handle several situations at once. But if you want to get involved in the work too much, we could blame you for being less available in your private life. So, around the 23rd you decide to make concessions by devoting yourself more to your loved ones, in order to strengthen the bonds.

LEO: IN A RELATIONSHIP

If at the beginning of the month you hide your bad mood it is only to avoid arguments. It is true that because of your workload you are a bit on edge. Quickly you raise the bar, you offer your partner a little moment of intimacy, you know very well how to do it!

LEO: SINGLE

Around November 17th, Venus offers you the opportunity to make an exceptional meeting, as well as to tell you that you will shine with a thousand lights. At that moment your power of seduction is at its peak, you are bewitching. You experience very romantic moments.

LEO: ADVICE FROM FREE HOROSCOPE

Knowing that you are indispensable flatters your ego, you sometimes become a little too demanding with your loved ones, show a little flexibility and everything will be better. Other than that, everything smiles at you this month

VIRGO – (Aug 22 – Sept 21)

It's around November 9th that everything around you is starting to change. You are in a rather favorable period, in the combative sign of Virgo, you lead the work and your personal life, you are a real little soldier. However, be careful not to exceed the limits, because, in terms of your well-being, towards the 19th, it can very quickly spoil. Instead release the pressure, it will allow you to relax, after all you have the right to take a little time just for yourself. The strong Virgo shines when others need them, they want to reassure, they serve without expecting anything in return. At work it's different, you let others believe that you agree with everything yet you do things your own way.

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VIRGO: LOVE IN GENERAL

When it comes to matters of the heart beautiful surprises await you but when it comes to family small quarrels or disagreements will come to thwart your plans. To be able to think about the possible consequences, you just need to distance yourself. The first week is stressful, fortunately the people who are most important to you, support you.

VIRGO: IN A RELATIONSHIP

If at the beginning of the month a slight malaise settles in your relationship, it will be up to you to identify the reasons. You are looking for a way out of this little crisis but to your amazement your other half takes the lead, you are relieved and very satisfied.

VIRGO: SINGLE

From the 13th the planets give you multiple possibilities to meet people. You are not necessarily on the defensive but you remain suspicious. A person catches your eye, you let yourself be charmed, the attraction is reciprocal, there is a closeness in the air, you let your guard down.

VIRGO: ADVICE FROM FREE HOROSCOPE

Do not try to lead everything at once, you could very quickly exhaust yourself, keep your energy. Learn to relax, very often doing nothing and relaxing is great for your body and morale.

LIBRA – (Sept 22 – Oct 21)

Like the good scales that you are, you seek your balance, but as of the 2nd you seem destabilized by a situation which you do not control. However, the stars protect you since you succeed where you thought you had failed, it's a great victory! Around November 17th, opportunities arise. The planets offer you quite extraordinary possibilities if you have to travel, change jobs or move. By giving priority to your goals, you mul-

tiplify your chances of success, even your wacky ideas find takers. If you are looking for a comfortable life, the changes that are coming will satisfy you. In family, the relationships are cordial and sincere, the bonds are strong. Around the 26th new contacts are favored, you attract sympathy.

LIBRA: LOVE IN GENERAL

The period is sweet for your loves, everything is fluid, you are stimulated by a life-giving energy, you are a real magnet. However, you do not know if this positive phase will last but you live for the moment without worrying about the rest. The exchanges are rewarding, you are very happy with these turn of events.

LIBRA: IN A RELATIONSHIP

As a couple, you express your desires, your partner is all ears, between you communication goes well, together you consider future projects. You have found your balance, your relationship brings you total fulfillment. You do not need anything else, the love of your other half is enough for you.

LIBRA: SINGLE

You like to please and charm, the Libra is flirtatious and this cocktail makes you irresistible. Whether you chose a one night affair or a stable relationship for the long term, you give it your all, seduction is your area of expertise. Whether at work or in the evening you turn heads.

LIBRA: ADVICE FROM FREE HOROSCOPE

Wait to validate a project even if this month you are in a positive phase, you must seize the opportunities as they arise. Do not rush. The stars take care of everything.

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SCORPIO – (Oct 22 – Nov 20)

At the beginning of the month, doubts and many questions emanate from your mind. As of November 10th you move on, everything becomes less messy in your head, everything is more evident, you decide to give a new meaning to your life, you start to set up professional projects. Be careful not to raise the bar too high. Then it's time for your personal projects to see the light, which is worth the busy schedule, everything is well set, and love in all that? Have you thought about it? Towards the 21st the changes are announced. You have the energy to spare; happiness is at hand, the beneficial action of the planets makes you want to dedicate yourself to your family life, your relationship, or to create new encounters.

SCORPIO: LOVE IN GENERAL

If you have to make a decision or make a choice in love, that until now you had the time to make, everything changes. Take courage with both hands, the astral vibrations are favorable, it is now or never. Let your emotions express themselves, do not hold back your feelings. Thanks to your sixth sense you will live very exciting moments.

SCORPIO: IN A RELATIONSHIP

There is a good understanding between couples, each one finds their equilibrium. The basics are solid, you very easily agree, this facilitates everyday life. Between you two everything is fluid. This mutual benevolence is palpable from the outside. In anticipation for the end of the year, you could embark on a project related to a vacation.

SCORPIO: SINGLE

A romantic meeting could happen from November 22nd. The stars breathe good energies, love comes to you, you have no effort to make. If you are afraid of being disappointed, that you are being restrained, the planets prove you wrong.

SCORPIO: ADVICE FROM FREE HOROSCOPE

If at the beginning of the month your doubts prevent you from moving forward, you will quickly resume your spirit. Your motivation and your desire to believe pushes you to success, do not let go. Keep your determination and your courage.

SAGITTARIUS – (Nov 21– Dec 20)

Good news dear Sagittarius, at the beginning of the month, the planets slow down your projects but only so you can act better afterwards. From the 13th your projects are set for the long term, their realization is close. You put away your impatience, you are ready to take your time, you are on the road to success, opportunities arise, the time for change has come. From the 19th the stars teach you to surf on novelty, you transform due to the tests, you are on the brink of achieving a feat, in return you will be asked to remain constant. Strokes of luck punctuate the month. In your private life it's something else, the hour of truth has come, if you have anything to say, now is the time to do it. The exchanges are good, the general atmosphere is beneficial.

SAGITTARIUS: LOVE IN GENERAL

The stars are very understanding with you. Love is protected, however, do not do anything. The small family annoyances do not interfere in your matters of the heart, you have enough perspective to make the difference. The third week brings calm, the atmosphere in love is invigorating, you build very strong bonds.

SAGITTARIUS: IN A RELATIONSHIP

Your partner seduces you, unless you are blind, their love for you is obvious. Towards the 15th, a nice project in love emerges, far from everything (family, children), a real moment in love. You have nothing to do, your other half takes care of everything, reservations, activities, leisure, what a beautiful program!

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SAGITTARIUS: SINGLE

Dear singles, the past may resurface, a person comes back to court you. If at first you are surprised, the approximation is smooth. Everything is going very well for you, until the end of the month, life is full of surprises.

SAGITTARIUS: ADVICE FROM FREE HOROSCOPE

Your loves are doing well, if you have to manage some small family problems it is nothing compared to the positive transformations happening in love. You receive good planetary vibrations, enjoy!

CAPRICORN – (Dec 21 – Jan 19)

For you Capricorn, the month is half-hearted, before starting anything, you have things to settle. If you expect new and sensational things you may go hungry. The first week seems hesitant, so do not do anything that could compromise your plans and make yourself discreet. Situations you have never faced, make you doubt your abilities, it is only at the end of the second week that the difficulties dissipate, your talents are put to the test, you are tested, you are confident enough, you gain credibility. The last fifteen days, everything is better, the energy of the stars allows you to succeed in all your projects, you have the will. You receive compliments from your loved ones, the family circle is welded.

CAPRICORN: LOVE IN GENERAL

In love, your feelings come and go, you lack certainty and yet you should not. Even if sometimes your dream of living serenely escapes you, you are in good energy. If your relationship has been tainted by your jealousy or your possessiveness, you have understood that on these points you have work to do.

CAPRICORN: IN A RELATIONSHIP

You've seen better times, especially in the first fortnight, you may be tired of the routine or have a little difficulty in situating yourself in your relationship, this explains the small malaise that settles in your relationship. Very quickly, everything calms down, your partner does everything to distract you.

CAPRICORN: SINGLE

For a good part of the month you seem a little capricious then you learn to appreciate the people who revolve around you, your nervousness disappears, you become more pleasant and less demanding. Around the 14th the stars place someone along your path, you know how to recognize it.

CAPRICORN: ADVICE FROM FREE HOROSCOPE

You prefer not to build castles in the sky anymore and that's your right. You decide to live from day to day, why not. If you are fulfilled this way, there is no reason to change.

AQUARIUS – (Jan 20 – Feb 17)

At the beginning of the month, you are losing speed, there is a small drop in energy or a lack of will, you lag, you might decide to take a step back, just to decompress. Your situation does not change, you are tired. The stars allow you to take breaks. Do not hesitate to look inside yourself and reflect in depth on your real desires. As far as the social field is concerned, around the 16th of November, you are surrounded by good allies, they help you and you develop beautiful ideas, very nice proposals come to you, you flourish. The family supports you, feeling supported is good for you, yet you try not to build castles in the sky too quickly.

AQUARIUS: LOVE IN GENERAL

In the field of love you would like to take action. You are tired of waiting for a situation that does not evolve fast enough for you, you decide to take things in hand. As soon as you have the opportunity, go for it! Seizing the opportunity when it comes up seems like the best thing to do. Do not postpone anything for the next day.

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AQUARIUS: IN A RELATIONSHIP

You lead your relationship with an iron fist as if you were running your own business, be careful your partner does not agree with you, they also have a say, so show a minimum of flexibility and everything will be better between you two.

AQUARIUS: SINGLE

The stars could surprise you. Without searching, you could meet someone nice. Initially a friendly relationship can eventually evolve into a loving relationship. Around November 20th, everything is going faster. Your emotions sparkle, you are happy. The month ends under good aspects.

AQUARIUS: ADVICE FROM FREE HOROSCOPE

If you do not enjoy talking about your life in a public setting and you avoid addressing these topics as a family too, it is because of modesty and discretion. The key is to stay honest with the people you have chosen.

PISCES – (Feb 18 – March 18)

For you Pisces, the month of November is sunny, luck and confidence are back. The planets are shaking up your little habits, a little shaken at first, you do it very quickly. This fuss is destabilizing but for the right reasons, you could see it as a way to change your destiny. Your projects put the wind in your sails in terms of novelty, you seem delighted with these transformations. The second week is significant, indeed, everything is played out at this time. You find financial support,

your ideas are reliable and viable, you have support, your projects are concrete with a bonus: a satisfactory collaboration exceeding all your expectations. The end of the month is very favorable, although calmer on a general level, this month could be decisive.

PISCES: LOVE IN GENERAL

Success is waiting for you whether you are in a relationship or not. You are full of good energies, it is the end of the period where you swim between two waters, you know what you want and what you do not want anymore. In love you make a new start, you're on your way to living your dreams.

PISCES: IN A RELATIONSHIP

:There is room for tenderness, as a couple. You're good together and it's obvious. With your partner you are functional, you multiply the tender gestures, your complicity is beautiful to see. Throughout this month, between you everything flows, no clouds are on the horizon.

PISCES: SINGLE

The feelings you have for someone make you believe in love again. If you have been in contact for only a few days, your relationship grows, it takes on importance. You start to envision a future for two in the very near future, it's a chance to seize.

PISCES: ADVICE FROM FREE HOROSCOPE

For you, all is well in the best of all worlds, this month you are under high protection, however learning to protect yourself from any difficulties that may occur at any time is essential to your well-being.





Mokshapriya Shakti

ESSENTIALS OF LIFE: Meditation

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Every individual has a life mission that will make them feel complete. Our innate nature needs to be realized. Everyone has a purpose. When that purpose is actualized, we will feel fulfilled.

Some people are artists, some are teachers, lawyers, architects, mechanics, or janitors. Each one comes with a mission to fulfill.

A gas station close to our house had an attendant that filled your gas. He was so cheerful and enjoyed what he was doing while he pumped your gas, washed your windshield and greeted you, that when you left you had a smile on your face. He was an inspiration. All of us are important. No path is better than the other.

Our goal is to be able to tap into our higher consciousness, and our intuition to access information needed to complete our mission. We achieve this when we quiet the mind and are in the present "NOW" moment.

Meditation does not require us to sit cross legged and chant. Meditation starts by becoming mindful in daily life. We all have experienced that moment. Look back and think of a time that you were so concentrated in

doing something, that you forgot your surroundings and when someone entered your space you got startled.

Concentrating and totally being aware of what we are doing is mindfulness. When in that state we are not thinking of anything else like time, place or ability, just what is happening this moment.

The first step to develop a meditation practice is to become mindful. To practice, do something that you enjoy. Any time that we are creative we are using our inner self rather than our conscious mind. So, start by doing something creative and become aware of the joy. Be creative not to be perfect, but just to create. Sing to sing, dance to dance, paint to paint, not to show skills, but just to be. Notice that the mind gets totally involved. Become aware of the mind, the first step to meditation. **"With an eye made quieter by the power of harmony and the deep power of joy, we see into the life of things"**. William Wordsworth

Meditation is not as difficult as most people think. Tools are plentiful, but the inspiration to practice is not. Every individual is capable of meditating, if inspired to practice regularly. To be inspired we need to examine the reward and we need to understand the tools.

Even with limited practice we can release the tension of our lives and improve our mental and physical health and make our lives easier and less complicated. Let us start to meditate and be mindful. Let us learn the tools, let us be inspired, and improve our life through meditation and mindfulness.



ASK PSYCHIC MICHELLE WHITEDOVE

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DEAR MICHELLE,

I'm dealing with two really unhappy people in my life. Nothing makes them happy. They are over critical. One is a relative and when we went on a road trip, she made a long list of every detail that she was unhappy about. She complained about everything! She nitpicked about the condition of the roads and potholes, she complained to the motel manager, the restaurant wait staff and a gas station cashier too. In reality, it was a good trip that could have been a wonderful trip if I wasn't subjected to all of her constant complaints! Why are people so miserable?

DEAREST, When people are truly unhappy, it's because one key element is missing from their lives. The lack of feeling loved unconditionally. The solution is as basic as that; unconditional love transcends all things, it fills us up. Humans crave love. But people don't know the difference between unconditional love and love that is based on conditions: you give me this, then you will receive love. Unconditional love means you take the good, the bad, the ugly and yes, it's inconvenient sometimes. You won't always see eye-to-eye, unconditional love is true love, and it is a conscious decision. So to break this pattern in your family, you are going to have to love harder! Except their faults but ask them to work on them. Forgiveness is part of the equation. You have to show love even when it's undeserved. Your consistency will create change. Remember love is an action word - so if you practice you will succeed. We come here to earth to learn how to give love and to learn how to receive love. So get to work and Love Without Limits.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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

It did give me impetus to contemplate tho, ok if I won lotsa \$\$ what would I do with it? A (non-outdoorsy) pal said buy the newly built house across the street, it has everything brand new. Yes, but it's a big house on a less than 1/4 acre lot, completely devoid of trees, taller than the adjacent houses so my view would be looking down into their yards and windows. Where I am now I have 3 lots together, my house in the middle, wooded lots either side and a deep shade oak canopy over all. I've got 30-50 more years to go so I want my OWN woods to look at and trails to walk in, I don't want to have to drive to find a spot to be alone to bask in nature.

WOOT! I KNEW THESE WERE GOOD YEARS!

An extensive study in the U.S.A found that **the most productive age in human life is between 60-70.**

The 2nd most productive stage is from 70 to 80.

The 3rd most productive stage is from age 50 to 60.

The average age of NOBEL PRIZE winners is 62.

The average age of the presidents of prominent companies in the world is 63 years.

The average age of the pastors of the 100 largest churches in the U.S.A. is 71.

The average age of the Popes is 76 years.

This tells us in a way that it has been determined, that the best years of your life are between 60 and 80 years. A study published in **NEW ENGLAND JOURNAL OF MEDICINE** found that at age 60, you reach the TOP of your potential and this continues into your 80s. Therefore, if you are between 60 -70 or 70-80 you are in the BEST and 2nd level of your life. **SOURCE: N.Engl.J .Med. 70,389 (2018)**

Enjoy our offering this month.
Hari Om



Andrea



Jim Egan

STORIES THAT BEND REALITY

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

"I rented a room and met my people. They treated me as one treats a relative whose exact genealogy was known only by an old aunt who died. It was a small town, I met all of my relatives. Surrounded by people who thought like I did, who could understand what I was feeling, not only made me feel I belonged on this planet, it taught me who I really was."

"Why did you leave?" the **Man with the Ladder** asked.

"I couldn't get a job. I tried to get work, but it was impossible. The bureaucracy, the papers, the language, you know. They took care of me for a while, but I could see that they really couldn't afford it. I met this girl, actually a second cousin I think. We got married and we emigrated back here.

"Do you get homesick?"

"I do," the man replied. "Now and then. But I think I was more homesick when I didn't know I had a real home. The important thing is that I know who I am." He paused a moment, "I'm sorry I caused you such trouble back then."

"It's over and done with and I can see that it wasn't entirely your fault," said the **Man with the Ladder**, meaning it, but not entirely convinced it was enough to excuse him. He opened a door in his mind for the particular memories of public school to leave at their leisure.

"I was wondering," the man said quietly. "You're not Hungarian?"

"No," said the **Man with the Ladder**, "I'm not Hungarian."

"When we were young, you didn't seem to fit in either. It made you a convenient target but sometimes you reminded me of myself. It's the only reason I asked." the man readjusted his glasses. "I have to leave now. Thank you for your time."

They shook hands briefly before he disappeared down the sidewalk. After he was gone the **Man with the Ladder** heard a little voice in his head. "Are you sure you're not Hungarian?" it asked, which he had no answer to. When it got no response the voice inquired: "If you're not Hungarian, what are you?"



WHAT LADY GAGA TAUGHT ME ABOUT FAME

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get on a mountain, the less people there are. I value my current lifestyle so much and find myself much happier now than I was during that crazy time in my life.

The show then began and I saw **Stefanie** quite literally transform into a super-character called **Lady Gaga**. She poured her soul into her performance and her energy level was through the roof. There were people crying in the crowd. **Lady Gaga's** music has saved many lives around the world, especially within the **LGBT** community. I saw how deeply these people loved her and how grateful she was for it all.

She's clearly doing what she was meant to do. Halfway through the show, she performed a slow ballad, and this ended up being one of the most powerful moments of my life. Right when she started, our eyes connected just like they did backstage, but this time they stayed connected for what felt like an eternity. I snapped a photo right when it started, but then quickly realized something powerful was happening between us and put the phone down.



Photo by Apollo Love

This is the moment that she serenaded me. As if it was her way of saying Thank You for the guided meditation backstage. She began singing directly to

me and her voice took me away. A spotlight came on behind her and shined right on the both of us. I felt the presence of thousands of people behind me, but it truly felt like it was just me and her. We had an entire conversation in that moment, strictly with our eyes. Pure human connection.

As happy as she is with her success, I felt a deep pain inside her. As amazing as her life is, she was a prisoner to her notoriety and a slave to her fame. And it's not that she regrets it, or that she isn't grateful for it, but there was definitely the human "**Stefanie**" side of her that sometimes fantasizes about having a normal life again. A life where her schedule doesn't demand her for 20 hours a day. A life where she's not being consumed by the media or being used by those around her.

Realizing that I had a moment on that very same stage at the very same spot just a couple hours ago, **Lady Gaga** looked into my eyes and showed me everything that I didn't want. Her fame. And by doing that, *I realized what I actually did want. Her impact.*

Regardless of what it looks like or how "small" or "big" it is. Our eye gazing continued well into the song and the moment seemed to transcend this reality. I never in a million years thought that one of the most impactful experiences I'd have would be at a Lady Gaga concert, but indeed it was.

As the song came to an end, I looked out at the audience and mentally said goodbye to "fame" one last time. Thankful for everything I experienced with it, even if it was just a glimpse. It was a beautiful one. Out of the tens of millions of music artists in the world, I was lucky enough to even get to experience that. I had my time. And I'm so grateful for it. The curtains closed. The lights turned off. Everyone disappeared as fast as they came.

We were all there for a brief moment in time to collectively have an experience.

And isn't that what all of life is anyway? A fleeting moment. After all...Eternity is just temporary moments stitched together. Everything that society thinks matters - Money, Power, Fame, Recognition - is really just an illusion, and often times a distraction from what actually matters - self awareness, inner peace, and love.

If all the world's a stage, then perhaps life is the singer, and we are its songs.

Play on...

HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience.

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

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

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, truly in the Now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss the offering with them.

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

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

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



As hopeless as any situation feels,
it's really only your thoughts that
you're dealing with. And you
have the power to change those.
Louise Hay

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



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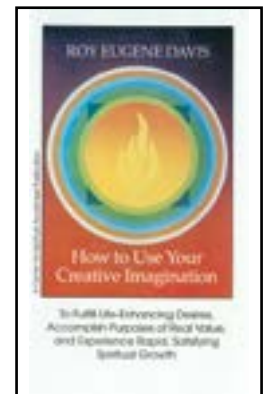
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