

Andrea de Michaelis presents

HORIZONS

NOVEMBER 2023

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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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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. So far, so good."

HELLO AND WELCOME TO THE NOVEMBER 2023 HORIZONS MAGAZINE. It's been a busy year of dancing with home improvements and new insurance mandates while figuring the best way to pay for it all. I had an ongoing list of dollar amounts I wanted to attract for a few projects, including a new roof. I hafta laugh, I realized in February, after the 3rd realtor in a row texted me to ask if I'm interested in selling my 2 adjoining lots, that if I DID sell them, they'd equal the total I requested on my list. Then I got a roof grant for that amount. The Universe is always conspiring in my favor.

SOMETIMES YOU HAVE TO LET GO OF THE PICTURE OF WHAT YOU THOUGHT LIFE WOULD BE LIKE AND LEARN TO FIND JOY IN THE STORY YOU'RE LIVING

The last coupla years I've had to let go of a picture of what I thought I'd be doing now. In **2020**, while one business tanked, I was thrilled I got time to do a garden & learned that was a FULL TIME job. It was fulfilling AF but I over-used my wrists & arms with sprains & tendonitis that I never gave time to heal.

In **Nov 2020**, **Dexter's** house to the west of me was finished so I began planting lines of turks' cap bushes and 30 loquat trees along the N/S property line. Every day the first year I watered, hauling my 100ft HEAVY garden hose thru the west 2 lots to the property line. I got everything up and growing as intended, at the expense of my achey paws.

So NOW instead of being outside spending hours working in my yard as I'd prefer, I've turned domestic. My off time now is spent in provisioning, keeping inventory stocked, food prep, cooking, cleanup. Still fun & fulfilling but not what I thought I'd be spending hours every day doing.

I miss eating out but rarely do it bcz I like to control the fat, sodium & sugars. Plus during the pandemic,

YouTube taught me to make lowfat, low salt/no sugar versions of all my faves and I can do it for a fraction of the cost.

IS YOUR LIFE WHAT YOU THOUGHT IT'D BE?

Sometimes I feel guilty when I want to stay quiet and on my own, some say I'm wasting life if I'm not spending it with friends. But that's not true. There is more to life than the outer 3D physical life that we live. There's an inner life that is just as real and just as responsive. When I interact with this inner reality, I'm not just going into my head and working out personality conflicts and inner compulsions. I'm being led to ever greater disclosure and understanding of the circumstances and people and events around me.

When I understand them, I respond to them differently. When I respond to them differently, my world changes.

HOW TO DISCOVER THIS INNER REALITY?

I spend time in contemplation and as questions come to mind, I'm guided to answers. Sometimes I'm guided to other people, sometimes I'm guided to dive deeper within.

WE SEE EVERYTHING THRU OUR OWN FILTERS OF BELIEF AND EXPECTATION

I read that empaths struggle with feeling like they need to heal everyone even if the person isn't ready. I used to struggle with feeling like I needed to heal people even if they weren't ready. Since I was seeing them thru my own filters, I spent time noticing all the imperfections and diagnosing them. Being unable to see past their flaws, I felt they needed to be fixed.

Being unable to see past MY flaws, I felt I was the fixer. What needed to be fixed was my understanding of the value or lesson in that imperfection and my perception of what is mine to do.

My perception defines my reality and, in my universe, it's the only reality that matters. My issues live in my consciousness, and I control my perceptions there.

How can I say I'm 100% responsible for what I attract into my life? Because I am 100% responsible for the thoughts I choose to continue to focus upon, and (important) **CONTINUING a line of thought is what leads me to choices which determine my life experiences.**

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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.

A REALIGNING CAT CAME TO HIM

QUESTION: Hello. About three years ago a very special little cat came into my life, and it's been an incredible experience. And I feel almost like he's a physical extension of my Inner Being because if I'm negative, in a moment he'll come running in and lay down and be like "Play with me; focus on me," you know. And it's so easy to get into positive feeling with him. And I was wondering, what is the nature of our relationships with, very special connections with, animals and...

ABRAHAM: Well, it's a very common thing. And this is unsettling to many humans who are working on climbing the 'Karmic Wheel': You are all - whether you are human or feline - you all are extensions of Source Energy. You come forth with different intentions, of course, but you are extensions of Source Energy.

And very often a very dear friend, even a pet friend or an animal friend, is sort of a chip off your same block. In other words, the beasts are teachers to the very core of their being. They are Pure Positive Energy. They offer less resistance than humans do.

And so, when you meet someone, whether it is another human friend or whether it is a beast, who feels particularly significant to you, it is almost always that you have been old friends. In other words, that is a



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very common thing. And then, because the beasts have very short life spans in comparison with yours, it's not uncommon for the next beast to have the same stream of consciousness. In other words, even beasts that don't look alike can have same Energy moving through them.

We like what you have projected about how you can be out of alignment a little bit and the beast will knock itself out, so to speak, to cajole you back into alignment. That is the mark of the best kind of teaching. The beast understands that nothing is more important to you than your alignment, and only takes into consideration your alignment and never does anything that would cause you to jeopardize your alignment. Oh, what a friend that is!

Imagine hanging around with someone who cares so much about your connection with Source that their every action is toward soothing your connection with Source. We think it's nice when you meet up with

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FEELING OUR WAY INTO THE MYSTICAL

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

We've been talking recently about strange dreams and visions people encounter in the work – especially when they're just starting out. The more we can learn from the emotions these experiences are inviting us to explore and understand, the more we can change - and, therefore, the deeper we can go into the unknown. And the deeper we go into the unknown, the closer we get to the mystical.

As we practice spending time in **theta brain waves**, and practice being comfortable in the unknown, our dreams and visions will evolve. They'll become more lucid. In **lucid dreams**, we're more conscious; more awake. We can see rich detail. This **dream world** often seems more real than the world we live in during our waking hours.

In these states, our brain is producing the neurochemistry that allows us to have more lucid moments. We're becoming conscious in our subconscious mind. The experience we're having is an inner vision that feels profoundly real.

Now we're in the land of the mystical. But to enter the elevated state we encounter in the quantum field, we have to move beyond the "lower" levels of lucid dreams - the mundane; the unpleasant; the sometimes fear-inducing or even truly horrifying ones. These sorts of highly detailed dreams are just the first frequency we experience above matter - but they aren't the transcendent experience we associate with the mystical.

FEEL THE FEELINGS FIRST

What so many of us ask at this stage of the work is: How? How do we get there? How do we ascend into those upper realms? This is something I refer to as "**chasing the mystical**." We want that experience. We seek it. We try to get closer to it.

But when we try to have a mystical experience, it seems even more elusive than before. That's because "trying" implies separation. "Trying" is something

we do in the outer, **3-D** world of matter influencing matter. We think we need to get something, or do something, outside ourselves in order to experience a feeling inside. Because, when we experience an event in the **3-D** world, the information our brain receives from our senses produces a chemical signature called an emotion.

But truly, in the quantum, it's feeling the emotion first that creates the experience we seek.

And when we aspire to ascend to those higher realms - in the **5-D** world of the quantum; in the unknown - when we're seeking the mystical, we eventually learn that trying to find it isn't what gets us there. Feeling is what gets us there.

And not just any feeling; it's the elevated emotions we're trying to cultivate. Love. Awe. Wonder. Freedom. Joy. Caring. Gratitude. They open the door.

A "RECIPE FOR THE MYSTICAL"

So, if we have to feel the feeling before the experience, and we can't try to have the experience before the feeling, then the only solution is what I sometimes call a "**recipe for the mystical**" - to be tired and happy; curious and playful; relaxed and open. These are the states that allow us to feel our way in.

At an earlier stage of evolution in this work, I, too, pursued the mystical. But whenever I tried, months would go by without the experience I sought. I would have a long, dry spell - because I was waiting for the experience to happen to have the feeling.

Then, in my meditations - as well as when I was awake in my day - I would constantly analyze myself, thinking there was something wrong with me. But then I realized that feeling like I'd failed, or becoming saddened by my lack of success, is not the attitude or emotional state of the mystic.

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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

Soulsong #166 FINANCIAL FREEDOM IS FREE

My abundance, my prosperity does not depend on how hard I work, although work - a job well done - can be tremendously fulfilling.

My abundance does not depend on how much I contribute to others, although giving and helping can be gratifying and fun.

My abundance does not depend on my service to humankind, although service, too, can be deeply meaningful.

My financial well-being doesn't depend on anything I do. It depends, rather, on how I think and feel about what I do and, for that matter, my attitude about all aspects of life.

If I love my job, I summon prosperity. If I dread going to work, I summon lack. If I give to others cheerfully, I summon prosperity. If I give warily or out of obligation, I summon lack. If I joyfully serve humanity, I summon prosperity. If I serve humanity out of anger and frustration with the powers-that-be, I may not do so well.

Financial freedom is here for me now. I need not do anything to receive it but hold a desire for abundance while feeling happy in whatever I'm doing. Happiness ushers in new ideas, opportunities, gifts, and lovely lady "luck."

AD RATES ON PAGE 4
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Soulsong #210 FEELING BAD AIN'T ALL BAD

I'm grateful for emotions such as anger, sadness, guilt, fear, regret and the pain they bring. For that pain is my alarm system, alerting me that I'm focusing on what I don't like and don't want.

Whatever I consistently focus on grows larger in my experience, so my negative emotions offer me hard-to-ignore feedback that a shift in attention would do me good.

Feeling bad tells me that it's high time to focus on something that feels good - perhaps nature's splendor, a pleasant memory, a dream, a goal, a fantasy, a new project.

Feeling bad tells me it will also be nice to sit in the silence, thinking about nothing at all, allowing pure Source energy to flood my mind, my body, my circumstances.

If I numb my negative emotions through overindulgence of any sort, it's as if I dismantle a smoke detector or turn off a security system and lose access to important information.

As I learn to pay attention to my negative emotions and the message they bear, I take powerful strides toward my goals and dreams.

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THE COURAGE TO NOT KNOW

Brene Brown is author of six #1 New York Times bestsellers: Atlas of the Heart, Dare to Lead, Braving the Wilderness, Rising Strong, Daring Greatly, and The Gifts of Imperfection. I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive. And, I absolutely believe that the passing lane is for passing only. <https://brenebrown.com/blog>

It’s not fear that gets in the way of daring leadership; it’s armor. When things

get tough, do we lean in to vulnerability and get curious, or do we self-protect in ways that move us away from our values?

Having to be the “knower” or always being right is heavy armor. It’s defensiveness, it’s posturing, and, worst of all, it’s a huge driver of bullshit. It’s also very common—most of us have some degree of knower in us. Unfortunately, needing to know everything is pretty miserable for the knowers and everyone around them. It leads to distrust, bad decisions, and unnecessary, unproductive conflict.

It sounds pretty easy to replace the armor of knowing with becoming a curious learner, but for many people the need to be a knower is driven by shame and, for

some, even trauma. Being the knower can save people in hard situations, and it’s easy to buy into the belief that being a knower is the only value we bring to relationships and work.

Knowing can also become a culture problem when only some people are valued as knowers. Others don’t speak up because they’re not “senior enough” or it’s “not their place.” In our study on daring leadership, one leader shared that he had been with his new company for six months and had never contributed in a meeting. He was brought in because of his twenty-plus years of experience, yet he was expected to be quiet in the meetings because of cultural norms that valued only the contributions of tenured leaders.

There are three strategies that I’ve seen work to transform always knowing into always learning.

1. Name the issue. It’s a tough conversation, but clear is kind: I’d like for you to work on your curiosity and critical thinking skills. You’re often quick with answers, which can be helpful, but not as helpful as having the right questions, which is how you’ll grow as a leader. We can work together on this.

Knowers often have a lot of people talking behind their backs, and that’s unkind.


2. Make learning “curiosity skills” a priority. Some people may be perceived as naturally curious, and others need to be taught how to be more curious. Don’t assume people aren’t curious because they don’t care. They may not know how to be curious.

3. Acknowledge and reward great questions and instances of “I don’t know, but I’d like to find out” as daring leadership behaviors. The big shift here is from wanting to “be right” to wanting to “get it right.”

We define grounded confidence as curiosity + the willingness to rumble with vulnerability + practice. While armor is our greatest barrier to being brave, grounded confidence is the heart of daring leadership.

Adapted from *Dare to Lead: Brave Work, Tough Conversations, Whole Hearts*

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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

HELPING SHINGLES WITH HERBS

Shingles is a viral infection affecting the sensory nerve cells caused by the same virus (varicella zoster) that caused chicken pox when you were a child.

That virus lays dormant on the nerve cell along the spinal cords and later on in life stress or a weakened immune system causes it to re-surfaces as shingles (herpes zoster) affecting your **Central Nervous System**. At first you may feel a tingling pain that develops into a rash usually on the trunk of the body. As shingles develops pain and itching begin to intensify usually along one side of the body along a nerve path branching out like branches on a tree.

The hardest part is trying not to itch because shingles can be spread by direct contact with the rash and the more you itch the greater the chance of infection. **Shingles** typically lasts about 6 weeks but for some people it can last for months or years; then it's called **postherpetic neuralgia**. If you should get shingles in your eyes tell your doctor to prevent damage to your eyes. If you have had shingles before, **St. Johns Wort, Flax seed Spirulina and Comfrey** strengthen the fatty coating surrounding the nerves (myelin sheath) keeping it healthy so the virus won't affect them. **Adaptogenic or Adrenal supporting herbs** can also be beneficial, if your adrenal glands are over stressed you tend to have a weakened immune system. **Ginseng, Schizandra, Ashwaganda and Astragalus** help you to better deal with lifes' stressors. **Lemon Balm, Peppermint, St Johns Wort and Licorice** are herbs that specifically at helping to fight off the virus. You can drink these as a tea or apply the tea as a compress on the sores. I prefer to do both this way you are getting the virus internally and externally. These herbs work on the inflammation and soothe the nerves, reduce the pain and they help to fight off the virus. Look in your spice rack if you have **Cayenne, Ginger or Turmeric** you can add a bit of these into a white cream or lotion and apply it to the sores to reduce pain. Just be sure to wash your hands after doing this because it will burn if you get it near your eyes. Another blend I have gotten good results with is equal parts of **St. Johns Wort, Lemon Balm and Licorice**; this blend helps reduce pain plus it has antiviral, anti-inflammatory and nerve soothing properties.

During an outbreak avoiding **Arginine** found in **chocolate, red wine, peanuts, colas, sugars and soybeans** helps to inhibit the replication of the virus; and increasing foods, herbs or supplements high in **Vitamins A, C, E, B12, Folic acid, Selenium, Magnesium and Zinc** help to reduce the healing time.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

PSILOMELANE

Photo by Karin Wolf



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

As I write this column, the veil between the worlds grows thin. November 1 is often celebrated as the **Day of the Dead** when we honor our ancestors and those we love who have passed as the year moves further into darkness towards the **Longest Night**. Signs and synchronicities abound. Sleep does not come easily. The world as we know teeters on the brink of great change. How can we make sense of all this? What are we supposed to do?

The crystal I want to share with you for this month is psilomelane. **Psilomenane** is a hydrous manganese oxide with varying amounts of barium and potassium closely related to hollandite and pyrolusite. It is an important source of manganese and in its massive form can be found in many places all around the planet. Although **Psilomenane** does not form in individual crystals, it can be found in dendrites, fibrous mammillary clusters and botryoidal pieces often called "**black hematite**" although there is no iron associated with it at all.

When dendritic **Psilomenane** occurs on white agate or opal, it is known as "**merlinite**" by many metaphysical practitioners. You can usually find this variety polished into cabachons for use in jewelry. When massive **Psilomenane** forming with pyrolusite is cabbed and polished, the resulting gemstones are velvet black with swirls of silver. These make exquisite jewelry. If you have ever heard of "**black merlinite**" you may be familiar with this stone which is sometimes used for scrying.

The reason these varieties are called "**merlinite**" is the way practitioners perceive **Psilomenane** to assist in working with deep magic. The **Merlin** of myth and legend was a wizard and alchemist of great power. During the times in which we

are now living, many of us feel a strong need to shift and change the dark and troubling energy surrounding us from fear into hope.

Psilomenane is a very potent stone ally for those who wish to work within the realm of transformative magic that begins with becoming fully aware of our own dark night of the soul. Our intuition is strengthened as we dive deeply into the darkness in the hope of gaining the truth about ourselves. Only when we surrender to the dark does the ego dissolve and the One becomes the All. Duality is acknowledged and transcended. Hope and despair lose all meaning. This is the place where magic begins. The impenetrable darkness moves into the infinite light.

Psilomenane can be a challenge to source but it is fairly easy to find jewelry in most metaphysical shops. If you are guided to a piece in its natural form, I highly recommend that you bring it home with you should you want to deepen your magical practice. It can help you stabilize some of the chaos surrounding you as you move towards creating the changes so badly needed in our world.

The quartz crystal in the picture on this page has inclusions inside the crystal and masses of **Psilomenane** in grey and black all around the base. I am honored to have it in my home.

Many blessings to all of you.



This psilomelane is from the Arizona and Mexico border near Ajo, AZ.



PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues. She's done much writing that has not yet been

published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

Dear WhiteDove, I've been trying to get my teenager to become more spiritually aware, I've tried giving him my books about spirituality, even attending workshops, but nothing seems to be helping. How can I get him to grasp some basic spiritual concepts? ~**Seeking Solutions**

Dear Seeker, Just be it! Being an example is the best thing that you can do. Live by example, counsel him and listen to him. Live your life like a prayer. It's best not to force spirituality on your teen. You don't want to come on too strong. Instead of making him attend spiritual workshops I'd suggest that you take him to a New Age store and let him browse around on his own. Then see what he's drawn to and notice where his interests lie. Does he like crystals, sacred incense, or a specific type of book? Take him to have his aura photography done, it's something very different and usually the photo comes with a little mini reading which will peak a teen's curiosity. Show him that spirituality is a lifestyle. Incorporate **Universal Laws** into daily conversation when addressing situations. Talk about **karma**, the **law of attraction** and the others. It's up to parents to lead by example. Slowly but surely your teen will find his own spiritual path.

Dear WhiteDove, I recently heard of a concept called "**Walk in**" basically where a soul steps out of their physical body allowing another soul to come in. Do you think there is legitimacy to this phenomenon? ~**Curious**

Dear Curious, Yes, a "walk-in" is literally soul swapping. The physical body remains the same but inside there is a soul exchange. A new soul begins to reside within. "**Walk-ins**" usually occur one of two ways: When a person undergoes a severe trauma, or during a coma. The soul of the person is unable or unwilling to continue on with that life so they agree to leave prematurely without physically dying thus allowing another soul to come in and complete the mission, soul contracts, and karma. This is with approval from **Divine Intelligence** but is a rare occurrence. **Walk-ins** are noticed by close friends and family members due to the persons drastic change in personality, interests, likes, dislikes. Most times the new soul will even have talents that the original soul did not. But the "walk-in" phenomenon is extremely rare.

Dear WhiteDove, I own an antique store and after a recent shipment of merchandise I've noticed that strange unexplainable things have begun to happen: lights flickering, a books falling, and items missing and then reappearing. Is my store haunted? ~**Spooked in TN**

Dear Spooked, Your problem is not a haunted location, but a haunted thing! **Ghosts** and **entities** don't only haunt places; they can also become attached to their personal possessions. This can hold true for antiques. Chances are in your last shipment you received more than your normal, every day merchandise. Since this spirit is obviously creating havoc for you I would suggest going through your shipment and trying to locate the source of your haunt; it should feel different, it will have a heavier energy to it when touched. You can either return it, or dispose of it to someone who is aware of the situation. It would not be nice to sell that item to a customer who was clueless. Until you solve this issue I suggest clearing and blessing your store to try and keep your mishaps down to a minimum. Burn white sage and smudge your store. Then place kosher salt in all four corners of each room. This will raise the vibration of your personal space.

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THE MANY FACES OF LOVE

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

There are many forces at work, in our lives, that defy logic and the mind's ability to comprehend. These forces have been variably referred to as serendipity, synchronicity, grace, lila, karma, God's play, maya, and the great mystery of life. All of us, in our own unique way, have had these experiences -- small, medium, and large -- unforgettable moments that cannot be explained.

The following story of mine, one that I have hesitated to write for the past 50 years, is infused with some of these moments for your inspiration and delight. My purpose in sharing it with you is not to call attention to myself or promote my particular point of view, but to focus your attention, however briefly, on the magic of life we sometimes forget, ruled as we are by the density of things on planet earth -- especially during these dark and difficult days of the Coronavirus. Ready? Here goes:

The year was 1971. I was a long-haired, 24-year old hippie, living on **Martha's Vineyard**, having what appeared to be a beautiful life. To most observers, I had it all -- a country home, a loving relationship, a dog named **Zeke**, great friends, meaningful work, and plenty of time to explore the idyllic island on which I lived. But at the molten core of my being, something was missing. I couldn't put my finger on exactly what it was, but there was no denying the fact that I was experiencing a growing sense of restlessness, emptiness and, on a bad day, despair.

Like many of my generation, disappointed with the world and the so-called "material plane", I had become a seeker -- madly looking for **God** or whatever the non-denominational word was for the universal essence of life. Whether I was trying to find myself or lose myself, I wasn't quite sure, but one thing I knew in my bones was this: something existed beyond what my two eyes could see and it was calling me -- sometimes with whispers, sometimes with howls. Yes, a deep thirst was welling up from within me and I needed to honor that thirst, follow it, and see where it lead.

And so, inspired by this feeling, I began reading every holy book I could find -- the only way I knew, at the time, to learn what I thought I needed to learn -- the

Bhagavad Gita, the Dhammapada, the Tao The Ching, the Zen Teachings of Huang Po, Autobiography of a Yogi, The Aquarian Gospel, Be Here Now, the Tibetan Book of the Dead and anything else I could lay my hands on that would open my horizons and my heart.

Clues. I was looking for clues. Peace. I was looking for peace.

I did yoga. I meditated. I fasted. I refused to speak on **Sundays**. And I experimented, like most of my counter-culture friends, with psychedelics -- driven as I was to experience the "**Divine**". Oh, I almost forgot, as often as possible, I listened to **George Harrison's My Sweet Lord** and danced around my living room, spinning in great circles.

But dancing didn't pay the bills and whatever money I had managed to save was disappearing quickly, so I decided to apply for a job at **Cornocopia**, my neighborhood health food store.

Upon entering, I noticed two things: a bunch of 100-pound bags of chickpeas on the floor and ten photos on the walls of an extraordinary-looking man. I had never seen anyone like him before. He was beaming. Radiating. Glowing. If love had a face, it was his. I stood there, totally transfixed.

"**Who is that man?**" I asked **Skip and Susie**, the owners of the store.

"That's **Meher Baba**," they replied.

"Who is **Meher Baba?**" I asked.

...continued on page 38



Meher Baba

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YOGA SHAKTI MISSION

FLORIDA NOVEMBER EVENTS with Ma Mokshapriya Shakti November 18, 2023

On Saturday Nov. 18th Ma Mokshapriya Shakti will conduct a one-day Retreat at [Yogashakti Mission Palm Bay](#) entitled “*Discovering Your True Self.*” The program will include a vegetarian lunch, spiritual discourses, gentle yoga asanas, meditation and walking in the woods. \$101 cash or check payable at door or in advance. Email yogashakti-palmbay@gmail.com if you wish to attend.



Ma Mokshapriya Shakti is the dynamic Acharya of MYSIM (Ma Yogashakti International Mission) in New York. She is a dedicated disciple of Ma Yogashakti. Her teachings are full of wisdom. Retreat to another world in the wooded seclusion of [Yogashakti Mission The Ashram](#) was created by [Ma Yogashakti](#) and is purified and energized by her.

November 16th- November 19th Satsang every morning after Aarti at 6:30am on The Bhagavadgita and every evening after Aarti at 6:30pm on The Patanjali Yoga Sutras.

Saturday Nov18th 9am-5pm Full day retreat with Ma Mokshapriya Shakti “*Discovering Your True Self*” \$101 will include a vegetarian lunch, spiritual discourse, gentle yoga asanas, meditation and walking in the woods connecting with nature.

Sunday November 19th – 9-10am Sunshine Lecture with Ma Mokshapriya “*Overcoming Negative Habits*”

Sunday November 19th – 2-5pm Meditation Afternoon \$30.00 includes discourse, and guided sound meditation with crystal bowls.

EMAIL: yogashaktipalmbay@gmail.com to register
or **CALL:** 321-725-4024

**YOGA SHAKTI MISSION 3895 HIELD ROAD, NW
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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

SETH ON FAITH AND DOUBTS:

"Now, unless you come to terms with your own doubts about yourselves, then you will have no idea what faith is. And, when I use the word faith, I am not speaking in religious terms. When you look at your physical reality and see what it is, this does not take faith. It is a simple matter of physical perception. When, however, you begin to have glimpses about the nature of reality and realize that you are more than you know that you are now, then it takes faith to bring that inner image close to some actuality, in your terms. You are all hampered, in other words, by doubts.

Now, your physical perceptions operating alone are often responsible for these doubts, for you think you are all that you can see of yourselves. Or, you think your life is all that you presently perceive of it. And, so if you trust in your physical senses alone, then you must, indeed, be filled with doubts, for you know instinctively that you are more than the self than you are presently able to materialize or to give expression to. If you judge yourself according to the physical self that you know, then you must be filled again by doubts, because, again, instinctively you know that you are more.

Now, when you begin to sense the interior invisible self, then, in physical terms, you begin to act upon what you call faith - belief in that which is not at this point physically real. Faith, however, is not believing in an unreality. It is believing in realities that you can not, at this point, physically perceive. It is banking on those portions of your own personality that you feel but can not see in the ordinary mirror. It is banking on the invisible self that, as yet, you have not been able to actualize in physical reality."

...continued on page 36



SPIRITUAL GRAFFITI

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

I used to wonder how it was possible that Trump could have won given how emotionally toxic and depraved he is. I no longer do. I actually think he won, for that precise reason. Because he had at least one fucked-up part to mirror the fucked-up parts of millions.

If you are a racist, you found your guy. If you are a misogynist, you found your guy. If all you care about is money, you found your guy. If you have an emotionally armored heart, you found your guy. If you make fun of disabled people, you found your guy. If you hate intelligent people, you found your guy. If you are a rapist, you found your guy. If you have not done a stitch of work on your emotional issues, you found your guy. If you are a serial cheater, you found your guy.

If you are a perpetual bankrupt, you found your guy. If you don't pay people for their honest work, you found your guy. If you are a hustler and a conman, you found your guy. If you mock people's physical appearances, you found your guy. If you long for a toxic Daddy, you found your guy. If you are dissociated and disembodied, you found your guy. If you are unconscionable in all your economic dealings, you found your guy.

If you lie day and night, you found your guy. If you have never eaten green vegetables, you found your guy. If you are a white supremacist, you found your guy. If you have a hole in your ego so big that not even the presidency could fill it, you found your guy. If you are a sociopath, and care not one iota about other humans, you found your guy. If you...

If he only had two of these issues, he never would have won. It was the fact that he had hundreds of them, that made him the winner. Because millions of humans are toxic. So they could relate to him, in one form or another. But we have a much bigger problem than Trump. Too many humans are emotionally unwell, and resonate with toxic masculinity. If we don't find a way to heal that, there will be another Trump sooner than we think.



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>

Odd, isn't it, how folks will look back to great milestones in their life—to when they met someone, fortuitously changed careers, or were somehow found to be in exactly the right place at exactly the right time—and consider such incidents turning points?

Because the real turning point, of any life always occur well before such manifestations, in the moments when they finally began thinking, speaking, and behaving like never before.

Hey, it works -

The Universe

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YOGA SHAKTI MISSION



Ma Yoga Shakti

Retreat to another world in the wooded seclusion of [Yogashakti Mission](#). This Ashram was created by [Ma Yogashakti](#) and purified and energized by her.

SUNSHINE LECTURES Sundays 9 - 10am

- Nov 5th—"Historical Archeology at James Madison's Montpelier Plantation" by Peggy Zahner
- Nov 12th, 26th—Book "End of Your World" Study
- Nov 19th—"Overcoming Negative Habits" by Ma Moksha Priya Shakti
- Dec 3rd—"Water Memory" by Chris Haber
- Dec 24th—"True Meaning of Christmas"

YOGA CLASS SCHEDULE

Donation: \$10.00 per class or \$50 per month

Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

- Monday 7-8pm -----Roman Pietris -- Vinyas flow
 - Tuesday 10-11am M and J Loafman -- Gentle Hatha
 - Tuesday 7-8pm Mary LaMarre -- Gentle Hatha
 - Wednesday 7-8pm Kate Hunt/Shyama -- Yin Yoga
 - Thursday 7-8pm Sensei Margarite -- Intermediate
- Schedule subject to change. Call 321-725-4024*

VEGETARIAN INTERNATIONAL LUNCHES FIRST SATURDAY OF THE MONTH. NOON

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- Sat Nov 2nd — Saudi Arabian cuisine
- Sat Dec— Sri Lankan cuisine

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- Thursday Nov 23rd — 12 Noon -- Thanksgiving Pot Luck. Bring a vegetarian dish to share.
- Monday Dec 25th — 12 Noon — Christmas Pot Luck. Bring a vegetarian dish to share.
- Monday Jan 1st — 12 Noon — New Years Pot Luck. Bring a vegetarian dish to share.

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www.yogashakti.org/ yogashaktipalmbay@gmail.com

Meditation Retreat with Ma Mokshapriya Shakti November 18, 2023

Ma Mokshapriya Shakti will conduct a one-day Retreat at [Yogashakti Mission Palm Bay](#) entitled "[Discovering Your True Self](#)." The program will include a vegetarian lunch, spiritual discourses, gentle yoga asanas, meditation and walking in the woods. \$101 cash or check payable at door or in advance. Email yogashaktipalmbay@gmail.com if you wish to attend.



Ma Mokshapriya Shakti is the dynamic Acharya of MYSIM (Ma Yogashakti International Mission) in New York. She is a dedicated disciple of Ma Yogashakti. Her teachings are full of wisdom.

Retreat to another world in the wooded seclusion of [Yogashakti Mission Florida](#). The Ashram was created by [Ma Yogashakti](#) and is purified and energized by her. In 1978, Ma Mokshapriya met Mataji (Ma Yoga Shakti) in Palm Bay Florida and moved to her ashram. In 1980, Mataji requested that she move to New York to help her establish a new ashram. Aside from working in the printing business and teaching yoga, Mokshapriya took on the huge project of renovating a huge space that became the New York ashram. Mataji initiated Mokshapriya into the Sanyas order at the Ujjain Kumbh Mela in 1992. Also in 1992, Mokshapriya returned to college to earn her undergraduate degree. She continued on until she received her Ph.D. in Education. Her research led to the writing "Comprehensive Eclectic Yoga Program: A Strategy for Self-Improvement" Curriculum for College. She is the director of the Yoga Shakti Ashram in New York.

November 16th- November 19th Ma Mokshapriya will be doing Satsang every morning after Aarti at 6:30am on The Bhagavadgita and every evening after Aarti at 6:30pm on The Patanjali Yoga Sutras.

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EMAIL: yogashaktipalmbay@gmail.com
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ESSENTIAL LIFESTYLE HACKS



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

POLARIZED BREATHING: FAST TRACK TO PSYCHIC ENERGY

In order to realize ourselves and awaken the subtle aspects of our body and raise the kundalini or our mansions in the interior castle we use the breath. Everything exists because it has Divine Life Force or Prana.

Prana is a **Sanskrit** word that means vital energy, life current, life force, breath, respiration or just strength in general. It is the universal life energy, which cannot be defined in words. **Prana** is the energy present in magnetism, electricity, gravity, atomic energy, light, heat and life; however, it is not specifically defined as any of these forces.

In the **Rig Veda**, **Prana** stands for the breath of the cosmic purusha or cosmic spirit. It is equated to the absolute or Brahman as the transcendental source of life. From the perspective of hatha yoga, **Prana** is a vibrant psychophysical energy similar to **kha of the ancient Egyptians, pneuma of the Greeks or chi of Taoism**. This **Prana** circulates in the **nadis** of the subtle body forming the **Pranayama kosha**.

Conceptual awareness of **Prana** is non-existing in classical science. In the language of modern quantum physics, **Prana** seems to correlate in part to quantum, which is defined as “an energy packet of electromagnetic radiation that can be absorbed and emitted by matter, whose size is proportional to the frequency of radiation.” The development of the concept of quantum is one of the greatest accomplishments of science. **Quantum** may explain most of the physical and chemical phenomena; however, we do not comprehend how it exists.

The intuitive understanding of the elusive idea of quantum may be considered as one of the merging points of science and mysticism. The **Chandogya Upanishad** refers to **Prana** as “gatekeeper of the heavenly world,” suggesting an esoteric relationship between breath and higher consciousness. This has led to the invention of various techniques of breath control called **Pranayama**.

The unequal polarity of two nasal passages, separated by a septum with an electrical resistance of 2,500 ohms, correlates with the nomenclature found in yogic texts. **The right nostril is called Sun and pingala. It is said to be ‘hot’ and has positive polarity. The left nostril is called Moon and ida. It is ‘cold’ and has negative polarity.**

In the Chinese version, Prana is chi, the right nostril is yang (positive) and left nostril is yin (negative). Yogis propose that breathing has the purpose of assimilating **Prana**, the ‘vital energy’ essential for life. Oxygen, is a carrier of this energy, which not only is taken up in the pulmonary alveoli, but in every cell of the body.

...continued on page 35...

Yogashakti Ashram
Founder:
Maha Mandaleshwar Ma Yoga Shakti

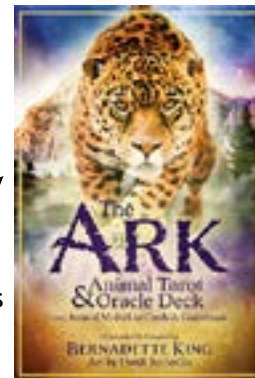
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- Satsang (Lectures)
- Meditation
- Yoga (9 classes per week)
- Sunshine Lectures
- Retreat (45 acres in Catskills)
- Teachers Training (Meditation)

Publications:

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WHAT IS MY SPIRIT ANIMAL



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

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



BLUEBIRD SYMBOLISM & MEANING

Looking to awaken your inner child? Need to tap into your endless well of creativity? **Bluebird**, as a Spirit, Totem, and Power Animal, can help! **Bluebird** teaches how to see the world through the imaginative eye of your younger, more open self! Delve deeply in **Bluebird** symbolism and meaning to find out how this **Animal Spirit Guide** can uplift, impassion, and encourage you!

Bluebirds are a species of Thrushes. The one we most often think of when we say “**Bluebird**” is the **Eastern Bluebird** that lives between **Canada** and the **Florida** Maritimes. Some breeds are sometimes found further south, in scattered groups. **South and Southeast Asia** also have three types of **Bluebirds**, all of which have impressive azure hues.

It is the color and song of the **Bluebird** that has given it the nearly universal meaning of happiness and contentment. People often add the color **Blue** to office settings to offset the negative emotional or energetic influence of high-stress jobs. **Healers** tell us that blue connects us to our **Higher Self** and helps open our awareness of the **Divine**, particularly in prayer. **Mystics** consider it the color of harmony, honesty, and security. So, our **Bluebird Spirit** embodies all those characteristics and more!

Russian fairy tales portray the **Bluebird** as a hopeful omen. Similarly, in France, there is a story in the **Tales of the Fairies** where a king becomes a **Bluebird** to

assist his lover during difficult times. **Ancient Lorraine folklore** speaks specifically about two children sent out to find the **Bluebird** of Happiness. They return home defeated, only to discover that the lovely bird was in a cage at home all along, unnoticed. The little bird was gifted to a sick neighbor child to bring joy. Apparently, happiness truly is, as an old proverb says, doubled when it’s shared.

Spirit Guides and Angels sometimes take the form of a **Bluebird**, usually directing you to something lovely right beneath your nose (like the children in the story). In some **Bible** translations, **Bluebird** is a creature who understands migration better than humans understand **God** and his kingdom. **Bluebirds** represent good luck for sailors.

After 10,000 miles at sea, he may have a tattoo on one side of his chest, and another at 20,000 miles of safe returns. In the **Valentine myth**, the **Bluebird** character symbolizes happy love and a “man of laughter.” Finally, **Korean legend** says that **Bluebird** takes messages to and from **God**, akin to the idea that “a little bird told me.” In this setting, **Bluebird** also conveys messages between separated lovers.

BLUEBIRD SPIRIT ANIMAL

Bluebird song enters your life when you begin giving up your happiness for something or someone else. He reminds you that you need not lose joy in the process of achieving a goal.

Overall **Bluebird** Spirit comes with good news. He prepares you for what’s ahead. Once that boon arrives, **Bluebird** says, “share the wealth.” Spread that joy all around and see what wonders it produces.

When **Bluebird** frequently appears in your meditations, consider if you have taken time to appreciate the little things in life. It’s easy to recognize BIG blessings, but sometimes we overlook others that can fill our moments with laughter and good cheer. Stop and look at nature - the glory of an autumn leaf or spring flower. It’s good Spiritual therapy!



WHAT IS MY SPIRIT ANIMAL

...continued from page 20

Another message from **Bluebird** might be that you don't realize you others admire you. **Bluebird** his immortalized in stories, poems, and songs about hope and love. There is something in you that naturally radiates those positive feelings. People appreciate that, so celebrate that aspect of your personality.

If you are stepping into a new chapter in your life, **Bluebird** may arrive to help with just that. There are decisions we must make, and steps to take when our lives hit transition. **Bluebird** is your guide to making those so that the result leads to long-term contentment.

BLUEBIRD TOTEM ANIMAL

If you were born with **Bluebird** Totem, you are someone who loves having a lovely nest in which everyone feels comfortable. You call out to people around you for company by offering a magical song filled with love. When specific folks respond to that overture, you know they are people who you can trust and enjoy.

Solid foundations are very important for **Bluebird** people. It's from that cornerstone that you hatch your plans. There is always a means to bring hopes into reality, and its solid strategy that gives you that edge. Additionally, you have a good deal of charisma on your side that impacts the outcomes of your interactions positively.

If **Bluebird** is your **Totem**, you are likely very monogamous and romantic. You tweet out specific signals looking for that life mate. When you find one, most often, the two of you will begin a family. It's just the nature of **Bluebird** who embraces the beauty of love and offspring. Woe to anyone who would try to ruffle the feathers of anyone you love, let alone those who seek to disrupt the nest: That is not a fight such an interloper will win with you.

Walking with **Bluebird** may bring you into the service of the **Great Spirit** in some way or another. You might become a Spiritual guide or helpmate to others, study **Shamanism**, or serve **All Our Relations** in another meaningful way; this is **Bluebird** Medicine at its finest.



BLUEBIRD POWER ANIMAL

When your heart is aching, **Bluebird** Spirit can help soothe and calm it. Meditate on **Bluebird's** lessons about the simple joys and self-renewal. Like the winter, this pain shall pass into a beautiful spring.

Call on **Bluebird** when you have lost sight of that inner child. The world is full of wonders. **Bluebird** sees those and revels in them. Lighten up and let go of the drama so you can start to soar. In the process, remember to live your truth, not someone else's vision for you.

For people who sometimes act harshly and regret it, the **Bluebird Power Animal** teaches the **Medicine** of gentleness. **Bluebirds** do not like confrontation except in self-defense. Strength need not present as aggression. Let **Bluebird** guide you into better ways of expressing your passions and ideas that create understanding.

Another good reason to work with **Bluebird Medicine** is when you are having trouble settling down and committing. **Bluebirds** love their nests. They tend them with care and often return to them year after year. Let **Bluebird** Spirit teach you how to build that nest and keep it safe as a promise for your future stability.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO NOVEMBER 2023

Welcome to November! While traditionally we're winding down the calendar year, **November** also sees new beginnings. As the days grow shorter, **November** brings us several religious observances that celebrate the triumph of dark over light. All have the underlying meaning of hope, strength, and togetherness that stem from the symbolism of the victory of Light over darkness. Different faiths 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 1: All Saints' Day, USA also known as **All Hallows' Day** is a **Christian** observance held on November 1st every year, the day after **All Hallows' Eve a/k/a Halloween**. It celebrates all saints of the **Christian church**, be it known or unknown, especially those who do not have a Feast Day dedicated to them. **All Saints' Day** is a holy day of obligation, which means that **Christians** must attend mass on this day.

Nov 1-2: Day of the Dead - A Fusion of **Aztec** and **Christian** traditions. Being sad or sorrowful is considered disrespectful towards the souls who are visiting the earthly realm. The primary purpose is to celebrate the life of the deceased and for the living and dead to enjoy and spend time together. Traditions and customs vary from region to region.

November 4th: Saturn's retrograde ends. It began on June 17. When Saturn goes direct, you'll be given a second chance to succeed at something you've been struggling to get right. Give Saturn retrograde time to help you ponder, process and form a new game plan.

November 4th: New Moon in Scorpio opens a new chapter for all of your investments: emotional, spiritual and financial.

November 5th: Daylight savings Time ends.

November 10th – 14th: Diwali, Festival of Lights - India. Predominantly a Hindu festival, it is celebrated by multiple faiths in India. Each religion marks its different historical events and stories.

November 11th: Veterans Day, USA.

November 16th: International Day for Tolerance is a **United Nations** annual holiday. "Education for tolerance aims at countering influences that lead to fear and exclusion and should help young people develop capacities for independent judgment, critical thinking, ethical reasoning. The diversity of our world's many religions, languages, cultures, ethnicities is not a pretext for conflict, but is a treasure that enriches us all.

November 17th - 18th: Leonids Meteor Shower. Meteor showers, says astrologer Rachel Lang, are cosmic dust, debris, a storm that happens from the break-up of a comet. Comets are made up of ice, dust, gasses. Read symbolically, they represent our frozen emotions & collective fears surfacing for us to see & heal. Anything we've been ignoring or suppressing can no longer be ignored. Meteor showers symbolize beauty rising from ashes. They invite us to create new ideas and beliefs.

November 23rd: Thanksgiving - USA. Thanksgiving is celebrated on the fourth Thursday of every **November**. It is a federal holiday so most schools and businesses are closed. The day after **Thanksgiving Day** is Black Friday which is also a holiday in some states.

November 27th: Full Beaver Moon in Gemini at 04:16 am EDT and will be accompanied by a **lunar eclipse** where the moon, the earth, and the sun would be in a straight line. The Beaver Moon also means the onset of winter. Apart from 'Frost Moon' and 'Beaver Moon', there are some other names for the November full moon as well such as, Trading Moon, Oak moon, Mourning Moon, Turkey moon, Deer Rutting Moon, Scratching Moon, Corn moon, Flower Moon, Hare Moon.

Happy November and Blessed Be!



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

LIVING IN EXPECTANCY OF GOOD DRAWS IT TO YOU

Viewing everything and everyone in front of you -- and wondering how they might delight you -- reveals to you how to be delighted with what you see in front of you. Doing this as a daily practice will confirm it can happen for you. What good can you see coming out of the people and circumstances in front of you right now, today? Look deep.

WHAT IF A ROADBLOCK IS THROWN UP?

Or maybe a roadblock has been thrown up and you've had a disappointment. Do you rail against the perpetrator, point fingers and tell everyone you know all about it? Or do you quietly acknowledge that the Universe has your best interest in mind and, the sooner you stop whining about it, the sooner you can get on to your happier and better tomorrow? Wanting to give the other party heck is just keeping you in a place of resistance. Acknowledge that you may not now understand what is happening. Trust and expect that you will always end up in a better place. Then find something to be happy about.

KEEP CONTROL OVER YOUR EMOTIONAL BODY

When you work in the realm of Spirit, be it contact, healing or teaching, you learn the importance of maintaining complete honesty and control over your emotional body. If you do not, you can be unduly influenced by the troubled thoughts of those around you and troubled things can begin happening in your own life.

KEEP your own emotional body strong with daily practice so you have the tools to do the work. When you let yourself get rundown, when you are habitually around people who bring you down, you open the doorway to illusion where you don't see circumstances and events clearly.

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If you can jolt yourself back to center even for a moment, you can begin to get yourself under control. Then the healing can begin.

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

LOTS OF FOLKS ARE GETTING A CHANCE TO REDEFINE HOME

Many of us the last few years have spent time redefining what HOME means to us. Some chose to make a move, some were displaced, some going separate ways. For many it's been challenging. The answer of course is to make a heaven out of whatever circumstances you find yourself in, amongst whomever you find around you.

Easier said than done. Adapting to new circumstances & people is our most powerful spiritual practice and we get to practice it every day. We have to decide what is HOME to us. We have to find ways to make ourselves happy with WHEREVER WE ARE so that it feels like home.

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Andrea de Michaelis
Publisher

ACTIVATING YOUR 3RD EYE & CONNECTING WITH YOUR INNER GUIDES

[Read What to Expect From The Experience Activating Your Third Eye and Connecting with Your Angels, Guides and Teachers first.](#)

HAVE AN EXPECTATION OF SUCCESS. If you are skeptical of the process, or skeptical that it could work for you, that is ok. A fish doesn't have to believe in the ocean. For the period of time you are doing this process, set aside doubt and let go of resistance.

Even if you think you have never experienced conscious contact, you can still be successful. You want to get yourself in a quiet setting and read the following statements. [They are also on a FREE mp3 file at https://horizonsmagazine.com/Activating-Connecting.mp3](https://horizonsmagazine.com/Activating-Connecting.mp3) [The audio begins with a 6 minute relaxation induction.](#)

Take a few deep, even breaths to relax yourself into a receptive state of mind. As you do so, imagine you are inhaling relaxation and exhaling all tension. As you read this, focus your attention on your third eye area and inhale relaxation into it, and exhale any tension from it. Become aware of your breathing and breathe slowly and deeply with your attention on your third eye area. It almost seems as though the air is breathing you, in and out, in and out.

Allow yourself to enter a higher place of awareness. Don't know what that means? Just ask your **Higher Self** to allow you to enter into a higher place of awareness. Feel your mind being elevated to a higher place, to an expanded, open and receptive state of mind. Breathe in. Feel your mind gently expanding. Breathe out. Feel your mind and thoughts expanding. Allow your mind to gently expand as you melt into a higher awareness. Don't worry about "how" to do that, simply read and repeat the words for now.

Now, imagine for a moment what your life would have been like if you had kept your eyelids shut for your entire lifetime. Your eyes would have worked perfectly and yet your sense of vision would have gone to waste. It is just the same as not using your third eye to enjoy your sixth sense: your mystical vision or psychic perception.

FREE mp3 download for ACTIVATING YOUR THIRD EYE & CONNECTING WITH YOUR INNER GUIDES



Even if you've never experienced conscious contact, you can still be successful.

Once you activate your psychic perception, you will start to be free from habitual actions and reactions.

New worlds will open to your mundane consciousness. This will create greater opportunities for personal expansion and creativity.

As a result of your increasing awareness, you will receive inner guidance more clearly than ever before, you will begin receiving more psychic impressions.

Excerpted from (and see full text at) horizonsmagazine.com/blog/activate/

FREE mp3 download at link
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Once you activate your psychic perception, you will start to be free from habitual actions and reactions. As your third eye opens, you will recognize that nothing more than a movie or a show has been playing out before you in what you considered "real life".

And, just like when you are at the theater, you may be interested in some degree with seeing how the plot turns out, but knowing that it is all just a story, you won't take it any more seriously than a movie or a show.

In your expanded awareness, it's easy to become the observer, to become the watcher behind the third eye, to become the silent witness to the movie or show that is playing out in your life, and in the lives of those around you.

Whenever you enter into this witness state, your consciousness begins to expand and you feel at one with the **Universe** and with the world around you. **New worlds will open to your mundane consciousness, and this will create greater opportunities for personal expansion and creativity.**

...continued on page 25..



ACTIVATING YOUR 3RD EYE

...continued from page 24...

As a result of your increasing awareness, you will receive inner guidance more clearly than ever before.

As a result of your increasing awareness, you will begin receiving more and more psychic impressions, as you are ready to integrate them.

You know that this is a loving Universe, and that we all have our own special angels, guides and teachers. You might call these your guardian angels, you might call them your spirit guides, you might call them your inner teachers or your own higher Self.

No matter what you call them, these invisible helpers are here to assist you in any way they are asked to help. These angels, guides and teachers enjoy helping you achieve what you want to achieve, if you would only ask for their guidance and listen carefully enough to hear them.

The more open we are to their help, the more help they are able to give us. We must be open to their help and guidance and we must be ready for it and we must know when to ask for help, knowing they are always there waiting for us.

Your guide or helper may be someone you knew in another lifetime or maybe someone you knew in this lifetime, who has passed over into another dimension. You may have several guides or teachers, each fulfilling a particular need, or maybe you just have one. We all have different helpers and teachers, and we may have different needs for them to fill.

Maybe it is unimportant for you to know who your invisible helpers are, and just knowing you are loved and guided and protected is enough for you. As your awareness and psychic perception expands, you may no longer care to know the names of your guides and teachers, as you will have moved past the point where names and identities are important.

But whoever your guides are and however many teachers you may have, you must realize they are here to help you and to guide you and to protect you from harm. Your invisible helpers will always cooperate with you, and they will cooperate with you within the boundaries of your level of comfort.

You may ask your guides for help, and they will cooperate with you always, but you are the one in charge of your own destiny. Your destiny is within your power to control and it is you who will make all final decisions.

In your expanded awareness, with your invisible helpers always cooperating, you make better and more informed decisions than you ever did before. You have a feeling of confidence that things will always work out in ways that are harmonious and pleasing to you.

When you want to contact your angels, guides and teachers, you will turn your focus quietly inward and have access to all the information that is waiting there for you. Your subconscious is already aware of your invisible helpers and you may receive this information directly from your subconscious, or from your helpers directly, or both - whichever is the best for you.

The answer may be a vision, it may be a name, it may be a word or it may just be a thought that you think comes from your own self.

READ THESE STATEMENTS AND CONTEMPLATE EACH CAREFULLY

I am able to call upon the help of my angels, guides and teachers. My invisible helpers are always there for me. I am becoming more and more aware of my inner guidance in all forms.

I have the ability to let my guides and helpers speak and write through me, if I desire to do so.

I feel comforted and protected, knowing my angels and guides are helping me.

I am in total control of myself, even when my guides are influencing me.

I am always the one who makes the decisions.

I am always acting within my own belief system.

I am increasingly aware of my angels, guides and teachers and their purpose in my every day life.

Their purpose in my everyday life is becoming clear to me now.

My purpose in this life is becoming more clear to me every day.

My guides are here to assist me in discovering my purpose and my mission in this lifetime.

Now let yourself fall into a natural sleep knowing you will awaken refreshed and with access to new understanding and new skills.

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Dr Joe Dispenza

FEELING OUR WAY INTO THE MYSTICAL

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And over time, I discovered that if I was tired and happy; if I was curious and full of wonder; if I wasn't rigid or structured - but instead loose and playful; if I didn't let my fatigue pull me into the deep sleep of delta brainwaves, but I was just pausing and playing ... that place of lucidity, where I was relaxed and awake, tended to be the state that led me to the door.

And once I figured that out, I could let go and surrender. I wasn't preoccupied with trying to have the experience - because I felt like I already had the experience. And I wasn't trying to control the outcome - because controlling the outcome would mean I was trying to predict it. And that would be the known.

But the only way to encounter the mystical is through the realm of unlimited universes that exists beyond the limited world of our senses. The mystical, then, is the unknown.

BEYOND STRANGE VISIONS

Above I've talked about the next stage of evolution in dream work - beyond strange visions; beyond the mundane; beyond the more frequently felt survival emotions like fear. I shared my "recipe for the mystical" - to be tired and happy; curious and playful; relaxed and open. When we cultivate these states, we find a way to transcend those initial experiences with more intense and compelling lucid dreams.

That's when we step through the door of new possibilities in the quantum field - the unlimited realm of the unknown.

WHEN WE TRY TO HAVE A MYSTICAL EXPERIENCE, IT ELUDES US – BECAUSE “TRYING” IMPLIES SEPARATION

Instead of seeking to find our way into the mystical, we must feel our way into it. Instead of waiting for an experience to happen before we have the feeling - which means we're trying to create from lack - we must feel the feeling first.

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Dr Joe Dispenza

FEELING OUR WAY INTO THE MYSTICAL

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If we can do this, our experiences will evolve. Our encounters in the field will be powerful and profound. They'll be equal to - or even greater than - the emotion we bring to the process. The mere thought of the mystical will produce the feeling of its frequency.

CONDITIONING OURSELVES FOR THE MYSTICAL

Here's why. In the quantum field, every thought has a frequency. So the thought of the mystical can't produce the feeling of lack of having it. The thought of the mystical has to produce the feeling of that frequency - of the mystical itself.

IF WE CAN TUNE INTO THE ELEVATED FEELINGS WE'VE CULTIVATED AND STAY WITH THEM, THOSE FEELINGS WILL TAKE US SOMEWHERE

So, if we can tune into the elevated feelings we've cultivated and stay with them, those feelings will take us somewhere. Somewhere new. Somewhere unknown. If we can stay awake just a little longer than we normally do, and be curious, open, and playful, we'll be free of our attachment to any outcome. Already in a state of gratitude and wonder, we'll no longer be preoccupied with "finding the door."

If we practice this, again and again, we'll be preparing ourselves for that mystical experience. Rehearsing the thought and feeling - or stimulus and response - is how we condition the brain and body to look like the experience has already happened. And when the door does open, we'll be ready.

THE GIFT OF INNER EXPERIENCE

In this work, we've seen countless stories of transformation; people who have powerful experiences and encounters with the mystical. I've interviewed them; I've seen their brain scans.

I ask them, "What do you do?" And they say, "Oh, I get so grateful. I'm so grateful for the opportunity for the mystical. I feel so in awe of this wonderful thing called life. I'm so profoundly moved by just being present; in the presence of the divine."

In other words, they're open. They're relaxed. They're curious. And, most important - they feel the feelings ahead of the experience. They're not waiting for something to happen outside themselves before undergoing a profound inner transformation.

For them, the door's open - and they're willing to experience whatever their subconscious has for them in the form of a gift. And the gift is the inner experience itself. They're not asking, "Why hasn't it happened yet?" They're not approaching the work from a place of lack - or with an attachment to controlling the outcome. They're in a state of grace; of gratitude. In pure surrender. They trust something is going to happen; they just don't know when or how.

Trusting. Loving. Believing. Staying relaxed and awake. Embodying joy. In a sense, all of these describe the same thing: An open-hearted state of being where we're not waiting for the event; we know the event is going to happen.

FORGETTING WHAT WE THINK WE KNOW

To reach this place of total surrender, we have to lay down everything we've used, our entire lives, to get what we want - so something greater can occur. We have to let that go - so something else can step in and do it for us. It's not an easy process. But it's important to make time for it. We have to keep showing up for it.

In a sense, we have to get our mind completely out of the way - to make room for another mind to step in. And the information from that mind comes from connecting to the field.

To walk through that door, we have to cultivate a light-hearted state of exploration; a state of wondering if there's something other than what we think we already know. We're open to finding out if there's anything new to experience; an unlimited encounter with the mystical. And before we can experience it ... we have to feel it.



ABRAHAM HICKS

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Esther Hicks

them, but we don't want you to be dependent on them.

QUESTION: Right. Can I do any intending for them, like, in terms of like perfect health? Or is that their business?

ABRAHAM: That's their business. And you'll usually mess it up because you'll usually approach it from a worrisome standpoint. And then they will usually say "If it's all the same to you, I'd just as soon you didn't think about me. Unless you can think about me only in the place of **Pure Positive Energy**, just don't think about me."

One day, **Jerry and Esther** were having a seminar at home, and there were several people in the living room. And we were talking about not needing to justify your existence - that your existence is justification enough - and the windows were open, and at that moment, **Party Cat** leaped through the window into the house. Now, **Party Cat** was never in the house - **Party Cat** had not before been in the house. It's the neighbor's cat, and he only came to **Jerry and Esther's** house for parties, and that's why they named him **Party Cat**. He comes for the Energy. He comes for the good feeling, you see.

And so right in the middle of this seminar, **Party Cat** leaped in and laid on the floor right at our feet. And we said to **Party Cat** "And how do you justify your existence?" And **Party Cat** rolled over on his back and put all four of his legs out and just laid there, and said to everyone "*This is how I do it. This is as hard as I work for my wellbeing, for I understand that my wellbeing is a given, and I just look for opportunity after opportunity after opportunity to let it in.*" And that's what your little beast is showing to you.

In other words, "This is how it's done." You're fussing and fretting about something, and your cat just says "No, this is how it's done. This is how it's done. You just relax and let it in. You don't fret it in, you don't work it in, you don't justify it in, you don't struggle it in - you just let it in." Yes.

ARE YOU SUBJECT DRIVEN?

Back to those questions that we were asking earlier - is this the subject of finding a relationship and keeping it, which is sort of the practical human approach, or is this the subject of life giving you information and helping you to know what you really want? What's the real subject? Is this the subject of finding the perfect person right away, or is this the subject of creating the perfect relationship through life experience?

QUESTION: Creating the relationship. It feels like it's been taking a really long time. (Fun)

ABRAHAM: OK, can you remember what you said when you first sat down here, the first words out of your mouth?

QUESTION: Trauma, or something...

ABRAHAM: Before that.

QUESTION: Trying to work through that.

ABRAHAM: Before that.

QUESTION: It's a blur now.

ABRAHAM: **You said something about I've been on my way to this chair for a long time.**

QUESTION: Oh, yeah.

ABRAHAM: Do you remember that?

QUESTION: Yeah, I've been really wanting to manifest being able to sit in this chair. Yeah. Wow, that's awesome, yeah.

ABRAHAM: And so, you've been really wanting to manifest a relationship, you've really been wanting to manifest a relationship, you've really been wanting to manifest alignment with your Inner Being, too. Things are always working out for you. And it's hard to accept - when you're looking at something where things feel missing, it's hard to accept that this thing that I think I don't want is a path of least resistance to what I do want. It's hard to accept that, but it's always true. This thing that looks like it's turning out in a way that makes me feel embarrassed or like a failure - we're being more dramatic than you're really feeling, but this thing in the way it has turned out, for which I feel like

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ABRAHAM HICKS

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Esther Hicks

I should have done better, is exactly things working out for me because it's helped me to clarify with great definition, much more definition of who I really am and what I really want. Can you feel how the path of least resistance is taking the sting out of that and putting the emphasis on this?

QUESTION: Yeah, that's it, yes. With the things that I've manifested here, I'm like, oh wait, I can do that.

ABRAHAM: You all are really interesting because you do want manifestations to which you can have a knee-jerk, good feel response, and so when we're talking other than that, you're not really having that much of it.

We know that what you really want is what you think you want, and when you're in any moment not getting what you really think you want, you want to throw a fit like a two-year-old would because you're not getting what you think you want.

And with everything that we're saying, even though it's leading to what you want, it's a path of least resistance, it's what you knew coming in, it's what you've come to know, it's about the Laws of the Universe, it's a practical, workable experience, it will work for you, you'll get everything you want, still, you'd rather just throw your fit about not having what you want right now.

But in time, you'll start realizing the unproductiveness of the fit-throwing, and the productiveness of the trying to find a thought that feels better, which is the path of least resistance.

You could get off the subject - it's like on one end of the stick is what you want and on the other end of the stick is the absence of it, but it's not just one stick, it's a whole pile of sticks. Let's say there's a pile of sticks and let's say there are ten sticks in the pile, and therefore, ten different subjects, but it's interesting (and this goes to what we were saying earlier - we haven't

said this this way before), do you have a vision of a stick with what's wanted on one end and the absence of what's wanted on the other?

And now can you see a bundle of sticks with what's wanted on one end and the absence of what's wanted on the other end? Got it? A really big bundle - you've been gathering it up for quite a while. Some of it you were born with, and most of it you picked up along the trail after you got here.

On the '*I know what I don't want*' end of the stick are all those subjects that we were talking about. Just for fun (stay with us) we're going to label the sticks, OK? We're going to label them with descriptions of what they're about, but we're not going to put the label in the middle of the stick, we're going to put the label on this end of the stick, on the practical, manifested functional end of the stick. (Stay with us.)

So we're going to put relationship on one of the ends of the stick, and we're going to put money on one of them, and career. (To the audience) Do you have any other sticks you want to label? Health - any other? House?

So it's obvious this could be a really big pile of sticks. All those labels are on this end, and on the other end is happy, fulfilled, satisfied, alignment with Inner Being, tuned-in, tapped-in, turned-on. So, you pick up the stick called house, and on one end of it is house and on the other end of it is happy.

Now, can you feel the logic in it? What we're trying to bring you to is the distinction between this practical way you've been approaching life, where you're approaching it by the subject...we're going to bring it home to you with this analogy - it's worth waiting for because this is a concept that's going to free you, it's going to put you in a category of a very small percentage of humans that understand how the Laws of the Universe work, so it's worth this not quite getting it moment because you're about to get it:

Let's say that you are around a table at a restaurant, and there are four or five friends; all of you gathered together. And someone brings up the subject of flat tires, and almost all of you have a flat tire story to tell, so you do, because the subject is flat tires. And then somebody brings up the subject of food poisoning, and almost all of you have a story to tell because you're not sure if you really had food poisoning or if you had a bug, but you almost all have a story to tell.

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ABRAHAM HICKS

...continued from page 32...

Esther Hicks

And so, if you are subject driven, like most of the world is, almost everybody could chime in on those stories. But if you are tuned-in, tapped-in, turned-on driven, if you are alignment driven, then with most of those stories, you wouldn't have anything to contribute - they're talking about flat tires and you're silent, you're looking out the window.

"What are you thinking?" "I'm just counting the airplanes as they go by." (Fun) "Oh, you're not paying attention to what we're talking about?" "What were you talking about?" (Fun)

So, are you subject driven? Do you join a conversation because of its subject value like most of the world does? Or do you join a conversation because of its vibrational content?

If you are vibrational content driven, then you are aware of your Inner Being, and if you join a conversation because it is a conversation that connects you with your Source Energy, now, if you are experiencing the enormous power of non-resisted thought, now you really have something to contribute to this conversation; now everyone who is there benefits from you being part of this conversation.

And most of all, you're going to enjoy yourself in the conversation.

And we don't mean that you should correct them or that you should make them understand the errors of their ways - we don't mean any of that - we just mean that we want you to start approaching life not by subject matter, but by the way it feels, because with every one of those sticks, the other end of it has enlivenment, has interest, has focus, has power, has agility, has satisfaction.

In other words, every one of those sticks has such power on the other end of it if you can get away from the details of the subject that have sort of trapped you in a trend of vibration that is not serving you. Does that make sense to you?

In the early days we hardly ever used the word **God** unless one of you used the word because **God** is on that end of the stick - Gods let you down, God is unfair in blessings, God is hard to understand, **God** is spoken in lots of different ways by lots of different people; **God** is a confusing word.

So we talk about alignment and upliftment and happy and **Source** and joy - we're talking about the vibrational content, not the subject that takes you down the rabbit hole into places that you don't want to go. So we're getting there - are you getting the sense of what we're talking about?

Every single subject is a subject that will gather lots of people around the subject, but it's also a subject that billions of people for so many generations that you can't even count them all have been living and have been sifting and sorting, and who have created a vibrational Nonphysical version of it, and there's power in what all of those people have contributed to this **Universal Collective Consciousness Vortex** that you can tap into if you stay off the subjects that take you down the rabbit hole where almost all the other people go. Does that make sense?

QUESTION: Then stay off the subject.

ABRAHAM: Say again?

QUESTION: Stay off the subject, get in alignment.

ABRAHAM: Well, you could call it divorce or a fantastic opportunity for expansion. You could call it abandonment or you could call it freedom. You could call it betrayal or you could call it things are always working out for me even when I can't see it, because your **Inner Being** has an attitude and an opinion, a very specific law-based, generationally gathered emphasis and power on every single subject that you think about.

So we're just asking you, do you want to think about it from the mundane, petty, let's sort everything into piles and compete with each other place, or do you want to join the stream of consciousness that all of those experiences have accomplished and created?

Do you want to be in your true power? Do you want to get your power from the Source, or do you want to get it from those who have pinched it all off but have an opinion about where it might be? Do you see what we're getting at?



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 23

WILL ALL HER EXES BE IN "HEAVEN" WHEN SHE GOES? THAT SOUNDED LIKE HELL TO HER

A friend mused under a starry sky just how many "stars" in her own life had gone out before her. She wondered what kind of place they were in and if they'd meet again. Then she worried how that would work with several exes who didn't get along and children she was estranged from. That didn't sound like heaven, that sounded like hell. "I already have that now."

Then she worried how she could GO to hell if she's already IN hell and I told her, "If you focus on it enuff, you can talk yourself into anything." She mused it might be a good time to start making peace with her past. She wanted them all to step up and admit their part and apologize to her and mean it.

"A great idea," I said, "you go first."

A THOUGHT FOR FATHERS THIS HOLIDAY SEASON

FATHERS, FOR THE SAKE OF GENERATIONS TO COME, BE PRESENT FOR YOUR CHILDREN. We've got generations of men who were "raised" by men who at best were absent fathers, who were not in a relationship with the boys' mother, who didn't have communication skills. Pair this with never having moved out of a small community where everyone thought the same and it's a recipe for a lot of the problems of today.

Men who didn't get enough education to learn how to think for themselves and often follow dangerous paths and people bcz of it. Add kids who were "home-schooled" by people who didn't school them at all, thus they're uneducated PLUS lacking social skills for in-person interaction.

Gathering together is important so they experience a community of their peers. Interacting with each other helps them discover how the world is with different opinions, different rules. This interaction prepares them for life so they can become independent when they finally go off on their own.

But we've got generations of men who never went off on their own, who never trained for a skill, who couldn't keep jobs, who maybe joined the military to get a paycheck. Then you have someone with rigid ideas of what's right and wrong and now they know all about guns and other skills so they feel newly acquired purpose and power.

Still small minded, they have an *Us against Them* mentality. They know very few people beyond their own kind.

Some of these end up in troubled situations, maybe crime, maybe having a few more kids whose mothers they leave, kids they never see again.

Some end up in politics, these men who grew up having no male role models to train them to sort out how they think and feel, how to problem solve, the value of compromise and fellowship.

Then generations down the line we end up with these men in lawmaking positions, with their *Us against Them* mentality, with rigid OUTDATED ideas of what's right and wrong, without a clue how to communicate effectively, how to do due diligence, how to think for themselves, how to weigh all sides because no one taught them.

And here we are today. *Fathers, for the sake of generations to come, be present for your children.*

ON PRONOUNS & GENDER

Science confirms that gender is not either/or, male or female, it's a spectrum. I was introduced to the phrase "**theydies and gentlethems**" and think that about covers it all.

Enjoy our offering this month. Hari Om.

Andrea





Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 19

Swara yoga is the science of polarized breathing and the study of its effect on the body and consciousness. For centuries, yogis have described the alternating flow of the nostrils. They believe that the alternate rhythm changes

every hour from one side of the nasal passages to the other. **Prana** circulates through the **nadis** of the subtle body. The **ida nadi** originates in the left nostril and the **pingala nadi** in the right nostril. The **shushumna** is between them in a position corresponding to the hypothetical axis of the body. **Ida** and **pingala** run downward crossing each other several times on either side of **shushumna**. Through **swara yoga**, one may activate **ida** and **pingala**, which in turn may awaken the kundalini energy. (We have published an e-book by Ma Yoga Shakti called *Panic Breathing: Practice and Power an Introduction to Swara Yoga* available on Amazon.)

Breathing is a physiological function automatically controlled by a neural center in the medulla. In **Pranayama**, the voluntary function of the cerebral cortex overrides the medulla and takes deliberate control of breathing. **The right cerebral hemisphere controls the left side of the body.** Its activity is calming, intuitive, subjective, and controls spatial and nonverbal activities. Right brain activity predominates in the relaxation response and correlates with the parasympathetic nervous system. It functions on the same principle as the ida nadi.

The left cerebral hemisphere controls the right side of the body. Its activity is logical, analytical, objective, and controls mathematical and verbal abilities. It correlates with the activity of the sympathetic system, and controls the region of the pingala nadi. We study these techniques to enhance our understanding of the Self and to maintain optimum health of body and mind.

POLARIZED PRANAYAMA OR YOGIC BREATHING EXERCISES

The masters of yoga have described various techniques of polarized **Pranayama** or alternate nostril breathing, from which great benefits to the body and the psyche are derived. For best results, it is recommended to purify the body prior to the practice of any **Pranayama**. According to the **Gherand Samhita**, the **shat karmas**, or purification techniques especially **neti**, **lauliki** and **kapalbhati** are very important.

Nadi shuddhi. Nadi shuddhi or nadi purification is one of the most revered techniques of alternate nostril **Pranayama**. First, with the right hand in vishnu mudra, close the right nostril with the thumb and take a full inhalation through the left nostril. Retain the breath and after a pause, exhale completely through the right nostril while closing the left nostril with the ring finger. Now inhale through the right nostril and continue with the same respiratory process in reverse. It is of the utmost importance to maintain a ratio of 1:4:2 as to allow for better contact of air with the respiratory apparatus, and to allow sufficient time for gas exchange in the lungs. **Nadi shuddhi** promotes deeper levels of concentration. Both cerebral hemispheres are encouraged to work synergistically.

One can start with simple alternate nostril breathing in rhythm without **kumbhak** or **holding the breath** and add **kumbhak** after mastery of the technique. This may be practiced by all. Seniors and children are not taught breathing exercises that hold the breath for a long time.

Surya Bedhana. The air is inhaled through the right nostril or pingala; after a phase of inspiratory retention, the air is exhaled through the left nostril or ida. Surya bedhana means “sun-piercing breath.” It refers to the stimulating effect of the exercise since the path that is activated is the sun nadi or pingala, and the transfer of energy from right to left stimulates the dominant left cerebral hemisphere. This is a good exercise prior to initiation of any kind of mental or physical activity.

Chandra Bedhana. The word chandra means moon. Chandra bedhana is the “moon-piercing breath.” This exercise is exactly the opposite of surya bedhana; it consists of inhalation through the left nostril and exhalation through the right nostril. This exercise has a more calming effect because it activates the path of the moon nadi or ida. The energy is willfully transferred from left to right and therefore it stimulates the intuitive and relaxing right cerebral hemisphere. It is appropriate to practice chandra bedhana prior to relaxation and meditation.

Viloma Pranayama. This polarized breathing exercise is characterized by breath interruptions at varying stages of the breathing cycle. This technique is somewhat difficult to practice and requires intense concentration. **Anuloma Pranayama.** Inhalation is done through both nostrils at the same time, and exhalation is performed through either nostril in an alternate fashion.

Pratiloma Pranayama. All inhalations alternate through either nostril while exhalation is done through both nostrils. The physiological effects of anuloma and pratiloma **Pranayamas** are approximately the same.



SETH SPEAKS

...continued from page 16...

QUESTION TO SETH from Mary Ellen: "Is my automatic writing legitimate?"

SETH: You are opening up channels to the inner self and, hence, hopefully beyond. Consider then what you are doing quite legitimate as a means, but not an end. Do not take everything you get as the holy word of God

You are working through the subconscious, and you must work through the subconscious in order to clear the channels. To know this does not mean that you should not trust what you are getting. It simply means you should look to it subjectively as well as intuitively.

You are on a pathway and you have a good beginning. There is debris in your way. This is not the fault of the pathway and the debris is perfectly legitimate for what it is so do not be discouraged but go your own way, slower, more calmly, and with inner confidence.

Do not question so severely, for underneath you have been wondering whether or not you are reaching only the subconsciousness. To reach the subconsciousness itself is quite an endeavor and worthwhile. You must work through this in order to make communication with other layers. And you have received some legitimate information in regard to your family. Information that helps you relate to them more clearly. Now, whether or not it is couched in reincarnational terms, it offers clear, precise and excellent insights as to how those within your family operate and what stimuli is important to them. Be thankful for it."

SETH ON CONTRACEPTION:

Question: "What about planned parenthood? The use of contraception to deliberately prohibit a new life?"

SETH: It is not one of my problems.

Question: "You are blessed, Seth. What about us who have the problem. Deliberately not allowing a life to begin?"

SETH: Then you are doing your physical life a service.

Question: "A service?"

SETH: A service. Now this is too complicated to handle in an evening. However, since I have nowhere made any statement on such a weighty problem, I shall here do so for the statements are needed regardless of humor. Simply on a physical level the animals have sometimes more sense than you do. They listen to the inner voice, and they do not overproduce. They set up safeguards that are automatic and instinctive.

Any true evolution of your species as such is dependent on evolution of consciousness and spirituality. If your world is overpopulated, you can reduce yourselves to a state of consciousness that existed, in your terms, eons ago from which you would then again have to learn to emerge. Only certain persons are tempted to return when the world is overpopulated. They are not stable. They are persons who returned too soon. They are then already erratic.

Now this situation did not simply arise. You brought it upon yourselves to teach yourselves a lesson. You brought it upon yourselves to bring yourselves to a new step of spiritual and psychic evolution. You had to realize that a certain amount of spirituality was necessary if the inner psychic self would grow. You brought it upon yourselves so you would realize that you were blessed with a planet upon which your species could grow. You brought it upon yourselves so that you could realize despite all your stories that you have not been given domination.

You are not to dominate the planet. You are not to dominate the species upon the planet. You are not to use the earth for your own purposes. You were not set in domination over the animals. You are to cooperate with all life and all life is part of All That Is and every animal has consciousness and you will realize this or you will destroy your planet.

PHYSICAL OBJECTS TRANSMIT MEANING JUST LIKE TEXT

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

...continued on page 37...



SETH SPEAKS

...continued from page 36...

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

Now in the same way, I am telling you that objects are also symbols that stand for a reality whose meaning the objects, like the letters, transmit. The true information is not in the objects any more than the thought is in the letters or in words. Words are methods of expression. So are physical objects in a different kind of medium.

You are used to the idea that you express yourselves directly through words. You can hear yourself speak them. You can feel the muscles in your throat move, and if you are aware, you can perceive multitudinous reactions within your own body - actions that all accompany your speech.

Physical objects are the result of another kind of expression. You create them as surely as you create words. I do not mean that you create them with your hands alone, or through manufacture. I mean that objects are natural by-products of the evolution of your species, even as words are.

Examine for a moment your knowledge of your own speech, however. Though you hear the words and recognize their appropriateness, and though they may more or less approximate an expression of your feeling, they are not your feeling, and there must be a gap between your thought and your expression of it.

The familiarity of speech begins to vanish when you realize that you, yourself, when you begin a sentence do not know precisely how you will end it, or even how you form the words. You do not consciously know how you manipulate a staggering pyramid of symbols,

picking from them precisely those you need to express a given thought. For that matter, you do not know how you think.

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

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

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

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

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Mitch Ditkoff

THE MANY FACES OF LOVE

...continued from page 14...

"He's the **Avatar of the Age** -- here to usher in the age of love."

"Well, whatever he's doing," I thought to myself, "sure seems to be working," blasted as I was by the simple act of looking at his face.

Noticing I was, shall we say, "open" to the man whose photos graced the walls of their store, **Skip and Susie**, the next day, brought me a three-volume set of his books -- **Discourses** -- the covers of which were sky blue. I devoured them in a few days.

Everything he said made perfect sense to me. And even though some of his writing seemed complex, at first blush, especially his description of the different varieties of enlightened souls on **Earth** -- something in me understood what he was getting at in a heartbeat.

One particular passage jumped off the page for me -- his reference to the phenomenon of a "**Perfect Master**" -- and his strong suggestion that, if one should ever have the good fortune to hear about a such a being, to seek him out as soon as possible and ask for his knowledge.

The next day I posted a photo of **Meher Baba** on my meditation room door and, with that posting, I felt I had the complete set of big time beings on my walls -- enlightened souls who, somehow, I believed, could help me on my way: **Krishna** was in the living room, **Shiva** in the hallway, **Jesus** in the kitchen, and **Buddha** in the bedroom.

Covered. I felt covered.

One of my **God**-seeking practices at the time included the periodic ingestion of psychedelics -- the fast track, it seemed, to new and improved dimensions of reality. And so, one fine **Spring** day, "under the influence," I found myself laying on my back, alone, in the middle of a meadow, when I looked up and was amazed to see that the entire sky had become **Meher Baba's** face.

As the clouds moved, only the expression on his face changed -- and his age. One minute he was the "**Don't Worry, Be Happy**" guy, the next minute he was a young **Persian** mystic, eyes on fire. I don't know how long I laid there, transfixed, but it was becoming increasingly obvious to me that this man, born in **Poona, India**, in **1894**, someone who chose to remain silent for the last 44 years of his life, was having a huge impact on me. I couldn't explain it. Nor did I want to.

And then, a few days later, came the letter from **Ed**, my best friend -- a man who was a kind of spiritual big brother to me -- five years older and probably several lifetimes, too. **Ed** was the real deal -- deep, authentic, grounded, wise, and very solitary -- a gent with a huge BS detector and never a "joiner" of things. In his letter, **Ed** explained that he had recently met some devotees of a 13-year old "**Perfect Master**" from **India** -- a young boy named **Maharaji** (now known as **Prem Rawat**.)

Whoa! Dude! Really? **A Perfect Master!** Like the one I read about last week in **Meher Baba's Discourses?**

Ed, God bless him, went on to explain that he'd received **Knowledge** from the **young Master** and wanted to tell me more about it -- and would -- if only I would make the trek from **Martha's Vineyard** to **Cambridge**. And so I did.

The first thing I noticed, upon arriving, was a framed, black and white photo of the **young Master** on **Ed's** kitchen table. It was xeroxed, off center, and looked nothing like what I imagined a **Guru** was supposed to look like, always having pictured, in my mind, an elderly man with sallow cheeks, long hair, beard, and penetrating eyes.

I was not impressed. And yet, there was **Ed** -- a man accustomed to chewing his rice 100 times before swallowing -- absolutely radiant, attributing his off-the-grid well-being to the **Knowledge** he'd received just weeks ago from this young boy. I could barely keep up with him as we walked the streets of **Cambridge**. He was a man on fire with love and I could feel the warmth.

I had a lot to think about on my long trek back to **The Vineyard**. And as I did, it became increasingly clear to me that thinking was only going to take me so far.

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Mitch Ditkoff

THE MANY FACES OF LOVE

...continued from page 38...

Thinking had its place, of course, but it wasn't the only game in town. Like a menu, in a 5-Star restaurant, it indicates that something's cooking in the kitchen, but the menu isn't the food.

Something else was needed, something beyond my mind and my love affair with seeking and I found out exactly what that something was, just a few weeks later when I had the great good fortune to receive the **Knowledge** this young **Perfect Master** was revealing -- an experience far beyond what I had the capacity to imagine.

Indeed, if I had to die on that day, I would have died a happy man, the reason I came here, fulfilled. Every prayer I had ever prayed was answered and many I had no words for.

Mind blown, heart open, promised land now beneath my feet, I found the friends I had traveled with, got back into our car, and headed to **Harvard Square** for a celebratory dinner before we hit the road. Parking space located, engine off, I opened the door, exited, and stood. And as I did, the first thing I saw was the face of **Meher Baba**, smiling at me from a large button on the jacket of a woman walking by. It was the same photo as the one on my meditation room door.

Fast forward three years...

While I was very much enjoying the practice of **Knowledge** and the blossoming life of being a young devotee, my marriage was falling apart. On the inside, I was happy. On the outside, I was not. Still holding onto the possibility that our marriage could be healed, my wife and I decided to go on a month-long pilgrimage -- one that would take us to **Florida** where **Prem** would be hosting a festival in honor of his long-gone father, **Shri Maharaji. Hans Jyanti** it was called -- a celebration of the **Guru's Guru**.

The pilgrimage. Oy. Don't ask. About as painful as they come. Lots of long silences in the car. Lots of tension. Lots of failed attempts to find something mutual

to talk about. Yes, we had taken a vow a few years earlier to love each other until death do us part, but I couldn't recall a single vow we'd taken that referred to the unglamorous moment we now found ourselves in -- the unraveling of earthly love... the social distancing before it was fashionable ... the emotional pain. And while our bodies were both in the front seat of our **1974 Fiat**, our souls were very far away.

On the second day of our journey, four hundred miles closer to our destination, the sun setting in **South Carolina**, out of the blue I remembered there was a **Meher Baba** retreat somewhere in that state.

"How cool would it be if we could stay there for a while?" I thought to myself. And so I called.

An elderly woman answered. I made my request and she followed with a series of questions, wanting to know what my relationship was with **Meher Baba**, what I knew about his life, what books of his I had read, and why I wanted to stay at the retreat. I don't remember what I said, but whatever it was inspired her enough to drive to meet us where we had pulled off the road.

Thirty minutes later, her car pulls up, she exits, and walks towards me. There in the middle of nowhere -- literally at a crossroads somewhere in the boonies of **South Carolina** -- the two of us continue our conversation, she asking me more questions about **Meher Baba** -- who I thought he was... what did I know about him... what I remembered from his books and so forth and so on. She asked. I answered. She asked again. I answered again.

And then, seemingly satisfied with our exchange, she paused, smiled, and took one step closer to me.

"**Mitch**... I understand your request... but as fate would have it, we're full up at **the Center**. There are no rooms available. But... um... er... there is one room left and that is **Meher Baba's** bedroom. We don't usually let anyone stay there, but I'm going to make an exception for you and your wife. Just get back in your car and follow me. I'll lead the way."

Toto, we're not in **Kansas**, anymore, I believe the expression goes.

...continued on page 40...



Mitch Ditkoff

THE MANY FACES OF LOVE

...continued from page 39...

Meher Baba's bedroom was an absolute oasis for me. A haven. A heaven. A womb. The warm spot on the lost pillow of my life. For the next three days, **Toni** and I were received with great love and graciousness into the **Meher Baba** community. Effortlessly, we became a part of it. We cooked together. We ate together. We shared from the heart together. Pure sweetness, it was. An eternal **Sunday**. Nothing to do, but be.

On the fourth day of our unplugging from the drama of our life, having lunch with some of our new found friends, I let everyone know we were leaving after lunch.

"Where are you going?" one of them asked.

Not wanting to ruffle feathers or speak about a Master different than theirs, I tried to be as vague as possible.

"To a festival in **Florida**," I said.

"What kind of festival?" came the reply.

"A festival of love," I said.

"What kind of festival of love?"

"Um... a festival in honor of our **Master's father, Shri Hans Ji Maharaj**."

Pin drop silence. And a side of pin drop silence after that.

I don't know if there's a word for the curious moment we now found ourselves in, the moment when a group of spiritual practitioners, all with the same Master, simultaneously realize that their collective assumption about something or someone was completely unfounded, but that was the moment we were in.

Maybe in **German** there's a name for it... or maybe in **Hindu** or **Sanskrit**, but here, in **Myrtle Beach, South Carolina**, sitting in the dining room of **Meher Baba's** retreat, half-eaten plates of organic cheese cake before us, there was none.

And then, much to my surprise -- perhaps in honor of a wrathful **Tibetan** deity I still had karma with, one very agitated woman stood and started screaming at me.

"**I COME HERE TO GET AWAY FROM PEOPLE LIKE YOU!**" she bellowed, then turned and stormed away. And as she did, everyone else at the table turned to us, eyes full of love, and asked if we would join them for a short walk to the lake house so we could tell them more about that **young Master** of ours -- someone they had heard about before, but didn't know much.

And so we did, **Toni** and I, sitting with them by the still waters of a beautiful lake, enjoying their company for a hour or so and the common ground of love. It was then, at that precise moment in time, I felt a surge from deep within me of immense gratitude for all the great beings in my life who had helped me on my way -- each of whom had paved the way for me find my own Master, **Prem Rawat**:

For starters, there was **Meher Baba... Yogananda... the Dalai Lama... Baba Ram Dass... Neem Karoli Baba... Chogyam Rinpoche... Buddha... Krishna... Jesus... Suzuki Roshi... Kirpal Singh... Swami Satchitananda...** and so many others. I thanked them all and still do.

It is now 50 years after the moment I first saw **Meher Baba's** photo in that health food store on **Martha's Vineyard**. It is now 49 years after the moment I received the great gift of Knowledge from **Prem Rawat**. I am 74, not 24. My hair, what little I have left, is no longer long. But the love in my heart continues to grow. It is sometimes uncontainable. I sing. I laugh. I cry. And I am very grateful for all three.

If I may, before I take my leave from my brief virtual time with you, my friend, I would like to offer a big shout out to the two beings in my life who have been of enormous service to me in ways I barely understand.

First, to **Meher Baba** for waking me up to love and the possibility that someone like **Prem Rawat** might exist. And then, of course, to **Prem Rawat**, himself, a man who continues to be an unending source of inspiration, love, comfort, guidance, laughter, wisdom, and gratitude.

...continued on page 41...



Mitch Ditkoff

THE MANY FACES OF LOVE

...continued from page 40...

I have learned more from him in a single glance, gesture, or word than all of the holy books I have ever read. Not only has he awakened the deepest thirst for the divine within me, he has quenched that thirst.

And then, just as that thirst was quenched, he deepened it even more... and then quenched it once again. I have no words to describe this man, even though I've written hundreds of pages about him and what his impact on my life has been.

We play the hands we're dealt, my friends. I've been given words and the gift of gab. And even though I know I am only clearing my throat backstage in an empty theater, I will continue making the effort to express my heart's desire until my very last breath.



Meher Baba



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HOROSCOPES NOVEMBER 2023



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR NOVEMBER 2023

In November, some people are likely to encounter obstacles and difficulties in communicating with others. This is a tendency that can be circumvented by remaining open to dialogue or, if this goal seems out of reach, by temporarily withdrawing from the game. Others rely on an exalted creativity to get out of the beaten track, out of the established codes and to realize themselves fully, in accordance with the evolution accomplished over time.

Mood

ARIES: MOOD FOR NOVEMBER 2023

You do not let go of anything or much, you want to obtain advantages on the financial, material level. If you start the month in an offensive mood, you approach your interlocutors and charm them.

Love

ARIES: LOVE FOR NOVEMBER 2023

You are more concerned with the defense of your financial interests than with a love life relegated to the background of your concerns. But count on Venus to encourage sympathetic, even affectionate, exchanges with your partner and those around you.

In couple: even if you have the head elsewhere, you take the time to listen to the one of your heart who appreciates that you consult him.

Single: if Venus favors closeness and pleasant encounters, do you have time to seduce whoever you please, focused on optimizing your potential and income?

Money

ARIES: MONEY FOR NOVEMBER 2023

This is where you are most present. Not willing to back down an inch, you then opt for a more nuanced approach and engage in productive dialogue.

Work

ARIES: WORK FOR NOVEMBER 2023

You start the month in full negotiation. Do not be too greedy. Until the 10th, Mars favors the use of force, a method to be used with moderation, keeping a sense of nuance so as not to antagonize those who help you to exploit and develop your potential.

Leisure

ARIES: LEISURE FOR NOVEMBER 2023

You share parties, family outings, in groups. To burn calories, opt for group sports rather than working out alone on your exercise bike.

Key dates

ARIES: KEY DATES FOR NOVEMBER 2023

-The 6th: you do not count your efforts. A dedication to the common cause is noticed and appreciated, your good will helps you to improve your situation.

-On the 11th: do not force the issue, do not demand too much from others, especially if you are talking to someone who can help you develop your potential.

-The 17th: your initiatives deployed in the shadows, without making noise, allow you to make a mark. Favour discreet strategies rather than overly ostentatious actions.

-On the 22nd: you are making progress and no one will slow you down, temper your ardor or stop your progress. An offensive energy put at the service of a winning game.

-The 25th: take time to learn from the past before asserting your ambitions. You could reproduce counter-productive behaviors and run the risk of hitting a wall.

Advice

HOROSCOPES NOVEMBER 2023



ARIES: ADVICE FOR NOVEMBER 2023

You will manage this month without too much difficulty. Above all, remember to balance between a strong of-fensive and availability to others.

TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR NOV 2023

Keep the dialogue going to broaden your perspective. Whether it's your current affairs or your love affairs, you're more successful in moving things forward by taking a step toward the other person than by imposing your plans, no matter how exciting they may be.

Mood

TAURUS: MOOD FOR NOVEMBER 2023

On all fronts, you will shine and seduce. Take advantage of Jupiter to store up a good dose of energy and confidence, to go the distance until the giant of the zodiac returns to the charge in late February 2024.

Love

TAURUS: LOVE FOR NOVEMBER 2023

Until the 6th, Jupiter continues to galvanize you. Count on him to strengthen your personal radiance and open a new chapter in your history. Let others have their say. The risk is to think only of yourself.

In couple: you do not pass unnoticed, but do not abuse your radiance to hide that of the partner who does not appreciate.

Single: rely on your magnetic aura to attract the attention of someone sensitive to your charms. But, if instead of dazzling him, you blind him, you have less chance to please him.

Money

TAURUS: MONEY FOR NOVEMBER 2023

If you need to find funds to launch a new expansion cycle, know how to convince your partners to finance you without constraining them.

Work

TAURUS: WORK FOR NOVEMBER 2023

Your contacts expect you to demonstrate your talents and listen to them. You can count on Venus to participate in the smooth running of the company without being noticed.

Leisure

TAURUS: LEISURE FOR NOVEMBER 2023

We want to have a good time with you. Take advantage of your popularity to play the leader of the tribe and to propose collective adventures to others.

Advice

TAURUS: ADVICE FOR NOVEMBER 2023

-The 6th: charismatic, radiant, you bet on your power of seduction to mark the spirits. An ideal day to realize all your ambitions.

-On the 11th: you aspire to free yourself from the shackles that have long held you back. However, you must pass on your messages gently so that your desire for independence is not misinterpreted or even rejected.

-The 17th: you convince your interlocutors to believe in you and to follow you in an adventure that inspires you. Rely on your magnetism to rally others to your cause, or even to an ideal that you defend.

-On the 22nd: you lack neither arguments nor willpower to assert your ambitions, push back the boundaries of what is possible and convince others to let you act as you wish.

-On the 25th: do not exaggerate so that your initiatives are not blocked, at the risk of finding yourself in a dead end and putting your interlocutors off guard.

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HOROSCOPES NOVEMBER 2023



GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR NOV 2023

You work mainly to manage the stewardship and daily life that require your full attention. Do not neglect important details, do not shirk your responsibilities in the smooth running of your business. If some people deal with obstacles in their way, others rely on their determination to change things.

Mood

GEMINI: MOOD FOR NOVEMBER 2023

If nothing goes fast enough for you, if you feel compelled to follow the movement, you will quickly forget these small inconveniences thanks to the presence of Venus which endows you with an irresistible aura. This is an opportunity for you to seduce and to smile again.

Love

GEMINI: LOVE FOR NOVEMBER 2023

Temper a growing impatience. You are burning to implement a life project that is slow to blossom. However, agree to go along with the flow. Venus assures you of an undeniable radiance and favors tender impulses, love affairs and other pleasures.

In couple: Venus will adorn you with all the graces.

Take advantage of your charisma to rekindle the flame, to embark with the one you love, to conceive a child.

Single: rely on your personal radiance to try your luck in love. You attract the eyes, it is the occasion to start a romance or simply to test your power of seduction.

Money

GEMINI: MONEY FOR NOVEMBER 2023

You do not want to deprive yourself, Venus increases your thirst for enjoyment and pleasure and pushes you to spend, but do not lose control completely.

Work

GEMINI: WORK FOR NOVEMBER 2023

If you're stalling on a project that's taking forever to design, agree to take it one step at a time. An application to the task is more effective and profitable than an obstinacy to go too fast. Rely on an exalted creativity to perfect your plans.

Leisure

GEMINI: LEISURE FOR NOVEMBER 2023

Venus enhances your creativity and your desire to have a good time. This is the time to plan family parties or romantic getaways or to work on a masterpiece.

Key dates

GEMINI: KEY DATES FOR NOVEMBER 2023

-On the 6th: you change things in your family without offending the sensibilities of those around you who are sensitive to your thoughtfulness.

-The 11th: do not awaken dormant conflicts by intervening abruptly, the best is to not provoke anyone. In short, keep your voice down rather than annoying everyone.

-The 17th: A good spirit of collaboration is coupled with a real personal determination to achieve a goal, an ideal. Whether it is a mission to fulfill or a cause to serve, you participate.

-The 22nd: to make a situation evolve, you accelerate the movement and precipitate the change, even if it means showing authority.

-The 25th: do not raise your voice, do not antagonize your interlocutors. Some external obstacles block your progress and irritate you. Do not force your way through.

Advice

GEMINI: ADVICE FOR NOVEMBER 2023

This is a month for rejoicing if you accept certain unavoidable delays in the realization of your projects. They will only come to fruition next year. So, let go of the ballast.

HOROSCOPES NOVEMBER 2023



CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR NOV 2023

If some people have the opportunity to make plans, others will see their ambitions thwarted by the slowness and timidity of those around them who will impose severe exams on them. Whatever your situation, you can count on your increased influence to move your projects forward and on your loved ones to listen attentively to you in order to have peace at home.

Mood

CANCER: MOOD FOR NOVEMBER 2023

Calm down your joy, an excess of confidence in you and your potentials incites you to exceed the limits. Endowed with charm, you seduce those whom you do not succeed in convincing of the interest to believe you and to follow you.

Love

CANCER: LOVE FOR NOVEMBER 2023

Exciting projects, but a tendency to overestimate your powers. You sin by overconfidence, but count on the benevolence, the support of your close relations to feel supported. You yourself are attentive to everyone.

In couple: you tend to see life in pink, your family environment gives you reason, because Venus assures you to be pampered by yours and attentive yourself to their well-being.

Single: you are embellishing a project, certainly exciting, but keep it anchored in reality. Otherwise, count on the love of your loved ones to help you blossom in a friendly atmosphere.

Money

CANCER: MONEY FOR NOVEMBER 2023

Don't ask for too much, you are found to be ambitious and greedy. Plead your case by showing your talents rather than relying on your lucky star.

Work

CANCER: WORK FOR NOVEMBER 2023

Jupiter encourages your initiatives to open up the future in a big way. But don't dream out loud, you tend to believe you are all powerful. Rely on your exalted creativity and personal radiance to fuel your projects and make an impression on those around you.

Leisure

CANCER: LEISURE FOR NOVEMBER 2023

Whether it's your family, your friends, or even your colleagues, everyone is looking for your presence, you are warmly surrounded, it's time to organize a party at home.

Key dates

CANCER: KEY DATES FOR NOVEMBER 2023

-On the 6th: You will gently convey your messages to those around you who will listen attentively. This will help your relationships to evolve.

-The 11th: if your projects are out of the ordinary, make sure, before imposing them on the one you love, that they correspond to his expectations as much as to yours. Otherwise, beware of possible disagreements.

-The 17th: you will mobilize to carry your ambitions and give yourself the means to implement them. This strength of purpose allows you to score points.

-The 22nd: your power of conviction and your magnetism influence your professional or private environment, people listen to you and hear you.

-The 25th: If obstacles stand in your way, do not force your way through, at the risk of attracting enmity and running into a wall. Let go and bide your time.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR NOVEMBER 2023

While your primary focus seems to be on family matters, some of you are doing well while others are running into obstacles, with difficulties in managing financial affairs. Whatever your situation, you are working hard to get things done. Don't be arrogant, or you'll be reinforcing blockages.

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HOROSCOPES NOVEMBER 2023



Mood

LEO: MOOD FOR NOVEMBER 2023

You are enthusiastic and determined to maximize your chances of success in your endeavors. On the emotional level, you cajole close relations who return it to you well. Maintain a balance between your private and public life in order to stay in shape, in good spirits and with a smile on your face in all circumstances.

Love

LEO: LOVE FOR NOVEMBER 2023

If you have opportunities to shine in society, don't neglect your own. Count on Venus to maintain affectionate ties with those around you, to declare your love for the one you love or to seduce. An increased sense of communication will serve your tender purposes.

In couple: count on the influence of Venus to show your loved ones that you are not forgetting them. Redouble your efforts with tender words and statements that touch the other person's heart.

Single: if your social situation evolves favorably, count on your sense of communication to envelop those you love with tenderness and attract someone you like.

Money

LEO: MONEY FOR NOVEMBER 2023

Jupiter promises a promotion with a raise. Benefits to be negotiated before November 6 and renegotiated in 2024.

Work

LEO: WORK FOR NOVEMBER 2023

Jupiter will help your social ascension and return to the charge in February 2024. This is an opportunity to seize the opportunity to climb the ladder, to change for a more representative job. Some of you will have to confirm your flight in 2024.

Leisure

LEO: LEISURE FOR NOVEMBER 2023

You shine in society, you feel in harmony with your loved ones. Take advantage of this to accomplish feats. Whether you are creative or athletic, you are in search of challenges to take up.

Key dates

LEO: KEY DATES FOR NOVEMBER 2023

-On the 6th: a great ability to manage the material plane and to make your dividends bear fruit, to openly express your potential. This is an opportunity to progress, to discover a new field of possibilities.

-The 11th: if you aspire to change your life, do not impose your new version of things on others without any discussion.

-The 17th: You are following a path that will guide your family life in a different way, in an ideal trajectory and you are investing yourself in this quest. Involve your loved ones in your initiatives.

-The 22nd: You will take concrete action on a daily basis to change a situation that has already passed. You mobilize to accelerate change, even metamorphosis.

-The 25th: Do not abuse your magnetism to get more than you are willing to give. This warning applies to both material and sentimental matters.

Advice

LEO: ADVICE FOR NOVEMBER 2023

In November, you maintain your level of excellence on the private and professional fronts to show your loved ones your loyalty and dedication to them.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR NOV 2023

Some people communicate within the family without hitting a wall, while others use their powers of conviction wisely and successfully. If it is a question of tackling sensitive subjects, place the interest of the group before your own, but do not for all that abandon your determination to mark the spirits. A compromise must be made between the desire to convince and the risk of coercion.

HOROSCOPES NOVEMBER 2023



Mood

VIRGO: MOOD FOR NOVEMBER 2023

Enthusiastic, ready to expand your horizons, to push back the borders of the possible. A taste for challenge incites you to go too far. On the other hand, if you use your magnetism to bewitch your interlocutors, your popularity reaches summits.

Love

VIRGO: LOVE FOR NOVEMBER 2023

If you aspire to live life to the fullest, reduce your pretensions to make others want to believe and follow you. Venus exalts your desires, your desire to devour life. Take advantage of this influence to indulge yourself and spoil those you love.

In couple: you do not want to deprive yourself, but to enjoy the present moment, to take good time, surrounded by those you love, but do not exceed your budget.

Single: you want to do everything and satisfy your desires. A sensuality on the verge of skin and the desire to taste the pleasures of life if you remain reasonable.

Money

VIRGO: MONEY FOR NOVEMBER 2023

If you ask for help or financial support, do not try to impress your interlocutors. Do not bluff and rely on your talents to convince.

Work

VIRGO: WORK FOR NOVEMBER 2023

If you have every reason to believe in yourself and your success, don't overdo it, people will think you are presumptuous. On the other hand, exploit your talents which open doors for you.

Leisure

VIRGO: LEISURE FOR NOVEMBER 2023

You are brimming with creativity and are not afraid of anything. Take advantage of this positive energy to set yourself challenges that match your ambitions. Whether it's climbing Everest or more modestly painting a picture.

Key dates

VIRGO: KEY DATES FOR NOVEMBER 2023

-The 6th: charismatic, you bewitch whoever you please. Moments of fusion and passionate impulses.

-The 11th: if you aspire to broaden your horizons, to escape from routine, communicate your ambitions, do not put pressure on those around you who do not appreciate the method.

-The 17th: you will make an impression. With a good power of conviction, you find the right words and deploy the necessary energy to make others want to believe you and follow you.

-The 22nd: Determined to get what you want, you infuse your love life with an intensity that will excite you. Love affairs, encounters and other opportunities are enhanced by your desire to live life to the fullest.

-The 25th: Differences of opinion fracture the family and provoke heated debates that could end in deadlock. Keep the dialogue as open as possible.

Advice

VIRGO: ADVICE FOR NOVEMBER 2023

In November, reserve, humility and modesty do not seem to be part of the program. Channel your overflowing energies and ardent desires to satisfy them.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR NOVEMBER 2023

If you have to defend your interests, rely on your personal radiance and unwavering determination to get your way. Don't get caught up in debates that end in deadlock, negotiate, and try to convince rather than antagonize those around you. It will be easier for you to get what you want if you put in the effort rather than forcing your way through.

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HOROSCOPES NOVEMBER 2023



Mood

LIBRA: MOOD FOR NOVEMBER 2023

You are not willing to let yourself be taken advantage of, you defend your interests. Count on your determination to win your case and on Venus to guide the exchanges to your advantage.

Love

LIBRA: LOVE FOR NOVEMBER 2023

Too greedy, eager to enjoy the present moment to the fullest, restrain your greed so that your impulses are not curbed. Rely on your charm to shine and seduce, but without demanding that your desires be met.

In couple: you have no intention of depriving yourself of anything and you are redoubling your efforts to quench your thirst for pleasure. Don't demand more of the other person than he or she can give you.

Single: if you have a hold on the other person, don't abuse it to get more than they want to give you, whether it's material or sensual, control yourself.

Money

LIBRA: MONEY FOR NOVEMBER 2023

This is where you evolve and fight to change things, but don't take everything for granted. And if money is slow in coming in, be patient.

Work

LIBRA: WORK FOR NOVEMBER 2023

You're going to the mat to get what you want. If Jupiter continues to favor certain receipts, don't put pressure on those who can release those funds.

Leisure

LIBRA: LEISURE FOR NOVEMBER 2023

Venus exalts your desire to please, to shine. This is the ideal time to take care of yourself, to offer yourself a weekend of thalassotherapy for two or a course of pottery, dance or yoga.

Key dates

LIBRA: KEY DATES FOR NOVEMBER 2023

-The 6th: Use discreet strategies to change things in the family and solve recurring problems. This is the best way to resolve possible tensions in the home.

-The 11th: you will not persuade those who have the money to give it to you by putting pressure on them. You will only put your debtors in a bind and they may not respond to your requests.

-The 17th: be efficient, roll up your sleeves, collaborate, participate in the collective effort to make those who observe you want to support you.

-On the 22nd: You redouble your energy and determination to save a sensitive family situation, to make ambiguous relationships evolve or to finance work intended to improve your living conditions.

-On the 25th: it is not by raising your voice at home that you will keep the dialogue open. On the contrary, you risk blocking exchanges, even making them worse.

Advice

LIBRA: ADVICE FOR NOVEMBER 2023

If you can channel your desire to get everything, you have many opportunities to enjoy yourself and have a good time.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR NOV 2023

A new cycle of evolution begins. If you aspire to impose your will on the world, you are less expansive on the sentimental level, reflection is necessary. You need to step back to find out where you stand and what you want to do from now on.

Mood

SCORPIO: MOOD FOR NOVEMBER 2023

Jupiter guarantees that you will form pleasant relationships with those around you, while the Sun invites you to shine with all your might. You will be able to spend the month in full possession of your means and happy with yourself.

HOROSCOPES NOVEMBER 2023



Love

SCORPIO: LOVE FOR NOVEMBER 2023

Radiant, charismatic, you will dazzle whoever you want, but do not overdo it. Until the 6th, Jupiter favors unions and promising meetings. Then take the time to probe your heart, your emotions to be sure that your choices correspond to your desires and needs.

In couple: a period favorable to the tender closings. This is an opportunity to strengthen your complicity with your partner and to seduce him or her. Venus invites you to live the link out of sight and to question the depth of your feelings.

Single: this is the time to take a step towards the other, to try your luck. You aspire to unite, to take a step towards more commitment. Take the plunge before the 6th. Then, the period is more favorable to reflection than to spontaneous impulses.

Money

SCORPIO: MONEY FOR NOVEMBER 2023

Under the tutelage of Jupiter and the Sun, you attract generous partners. You do not lack determination to encourage them to reward your efforts.

Work

SCORPIO: WORK FOR NOVEMBER 2023

If you have just been hired by a company, you will benefit from optimal conditions to evolve and show what you are capable of. Until the 6th, Jupiter favors fruitful associations and Mars gives you the ability to convince and act.

Leisure

SCORPIO: LEISURE FOR NOVEMBER 2023

Any kind of activity that you enjoy in good company, you want to participate, whether it is a marathon or a ballroom dance class.

Key dates

SCORPIO: KEY DATES FOR NOVEMBER 2023

-The 6th: A tender project is in the air. You are passionately discussing the subject with the one you love or with those close to you who are closely involved in your prospects.

-On the 11th: don't generate tension, don't provoke conflicts by feeding debates that turn sour if you impose your points of view without letting the other person free of his opinions.

-The 17th: you will persuade those around you, your loved ones, your children that your ideals are worth encouraging and following. Rely on your fighting energy and determination to influence, inspire and convince.

-The 22nd: there is nothing lukewarm or neutral in the exchanges you have with those close to you whom you support in your vision of the world. Do not force their hand.

-The 25th: You will hit a wall if you force the other person to adhere to points of view that they do not share. These attempts are not well received.

SAGITTARIUS (Nov 21– Dec 20)

SAG: ASTRAL CLIMATE FOR NOV 2023

Don't rush anything, take the time to look back and learn valuable lessons, you are opening a new cycle of expansion. Approach it with full knowledge of the facts. Think before you act to complete personal projects that will hit a wall if you dodge the preparatory box

Mood

SAGITTARIUS: MOOD FOR NOVEMBER 2023

Until the 6th, Jupiter will shake up your routine while Mars recommends you to move forward by taking precautions to engage in a new cycle of expansion in full possession of your means. Count on Venus to enchant your daily life and ensure that you are well and happily surrounded.

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HOROSCOPES NOVEMBER 2023



Love

SAGITTARIUS: LOVE FOR NOVEMBER 2023

Opportunities to get out of the daily routine, but the need to think about the consequences of your actions. Take time to consider what you want to build for the future. Venus inspires you to make attractive plans that will put some joy in your heart and fuel your zest for life.

In couple: if the situation invites you to measure well the consequences of what was proposed to you recently, nothing prevents you from making projects in family. A child to come, a move.

Single: after a time of reflection that helps you deal with everyday life and prospects that lift you off the ground, you don't have time to be bored.

Money

SAGITTARIUS: MONEY FOR NOVEMBER 2023

If you need to revise your strategies, refine an ambition, don't shirk the exercise. The Sun invites you to take a step back, not to go for it, so that you will soon be better armed.

Work

SAGITTARIUS: WORK FOR NOVEMBER 2023

Don't rush into anything, evaluate the offers you receive wisely. From your birthday onwards, you will make informed choices. A break does not prevent you from projecting yourself into an exciting future.

Leisure

SAGITTARIUS: LEISURE FOR NOVEMBER 2023

Take advantage of a slowdown in your activities to have a good time, meet with your circle of friends and organize recreational getaways, practice a sport activity together. But don't take unnecessary risks.

Key dates

SAGITTARIUS: KEY DATES FOR NOVEMBER 2023

-On the 6th: you will use your charm to get what you want. Whether it's a promotion or a raise, you'll make an impression.

-On the 11th: do not react impulsively so as not to awaken an ambush adversity or get into trouble by getting angry without justification.

-The 17th: You deploy your strategies to make a confusing family situation evolve. Rely on your intuition and determination to pull out the threads and untangle them.

-On the 22nd: call on discreet but effective support to straighten out a financial situation that is obsessing you. Count on your bold but discreet initiatives to achieve your goals.

-The 25th: do not impose your codes, methods and priorities on a family circle that is hermetic to your orders. If you force your way through, you will come up against a wall.

Advice

SAGITTARIUS: ADVICE FOR NOVEMBER 2023

November brings a future that makes you smile. Take advantage of the time spent preparing for the future to fine-tune your plans and recover physically.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR NOV 2023

Your head is full of projects and you want to accelerate the movement, to break with a routine that weighs you down. Don't go too fast and take time to think before you act so as not to block the exchanges. Others count on their determination to convince those around them to believe them and follow them.

Mood

CAPRICORN: MOOD FOR NOVEMBER 2023

Charismatic, creative, inspired, you charm everyone. Don't overdo it, your entourage expects as many guarantees of your long-term reliability as proof of your genius.

HOROSCOPES NOVEMBER 2023



Love

CAPRICORN: LOVE FOR NOVEMBER 2023

Exciting projects, but a tendency to overestimate your possibilities. After a euphoric period where your radiance has sublimated your emotional life, exercise your power of seduction in society to extend your zone of influence.

In couple: you see the life in pink. Don't blindly embark on crazy adventures with the one you love. Venus assures you of success in society.

Single: you want to bring whoever you like into your world as long as your dreams do not stray from the possible. Count on Venus to strengthen your popularity at work.

Money

CAPRICORN: MONEY FOR NOVEMBER 2023

You ask for help to finance your initiatives, your works or works and emphasize your talents and merits. To be sure that they agree with you, keep a sense of moderation.

Work

CAPRICORN: WORK FOR NOVEMBER 2023

You are not lacking in creativity, ideas or crazy projects that you will present to your interlocutors, whom you will reassure by not showing yourself to be too overexcited. Count on your charm to influence those around you.

Leisure

CAPRICORN: LEISURE FOR NOVEMBER 2023

Everyone loves you and wants to hang out with you. Count on your personal influence to have a good time. Why not organize a weekend with friends or lovers, or sign up for an art or cooking course?

Key dates

CAPRICORN: KEY DATES FOR NOVEMBER 2023

-The 6th: You have the hope of broadening your horizons, of experiencing love at the height of your expectations. Rely on your resources to achieve your goals.

-The 11th: If you aspire to spice up your love affairs, to strengthen your creativity and to meet with success, do not impose your ambitious projects.

-The 17th: you inspire those around you who are sensitive to your universe.

-The 22nd: no one will stop you. You are moving towards your goals and counting on your growing influence to make a mark.

-The 25th: do not manipulate those around you who do not appreciate you forcing their hand. To unite, play fair and don't push anyone into a corner, at the risk of meeting with disapproval.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR NOV 2023

You are spending a lot of energy to reach your professional goals, to find ways to finance a project, to provide for your loved ones. Don't ask for too much, at the risk of suffering a few setbacks, investing more than you should or drawing too much from your vital energy reserve.

Mood

AQUARIUS: MOOD FOR NOVEMBER 2023

Offensive and not reluctant to let you do it, you fortunately compensate for your rebellious side by a very delicate approach to the vision of the world that you present. A cocktail between soft and hard methods that bears fruit.

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HOROSCOPES NOVEMBER 2023



Love

AQUARIUS: LOVE FOR NOVEMBER 2023

You are not satisfied with little. Whether it's expanding your family, investing in real estate or starting a home, you don't want to scale back your plans. Do not overestimate your possibilities, at the risk of putting pressure on yourself.

In couple: Jupiter pushes you to overestimate your means and to put yourself in difficulty. To achieve your family aspirations, lower your expectations.

Single: if you have ambitions to blossom on a private level, take into account the means at your disposal to achieve your goals and pass the month without risk.

Money

AQUARIUS: MONEY FOR NOVEMBER 2023

If you are arguing for the funds you need to complete a family project, talk about the merits of supporting your ambitions and growth rather than asking for money.

Work

AQUARIUS: WORK FOR NOVEMBER 2023

Count on an offensive Mars to defend your positions and interests. Exchanges and discussions concern current or future projects. You will not lack charm or arguments to plead your case if you keep a sense of moderation.

Leisure

AQUARIUS: LEISURE FOR NOVEMBER 2023

Focus on activities that you develop as a family and that provide you with a lot of fun. If you are moving or doing some work, recruit goodwill to help you.

Key dates

AQUARIUS: KEY DATES FOR NOVEMBER 2023

-The 6th: Intense emotions push you to evolve in order to fully enjoy the present moment, have a good time by pushing away any form of guilt.

-On the 11th: offensive on the professional front, you spend a lot of energy to improve your status and free yourself from the limits that hold you back on the private or family level.

-The 17th: You work hard to develop your potential with the goal of increasing your income. You demand recognition for your talents and merits.

-The 22nd: you will achieve your goals by soliciting those who defend your interests.

-The 25th: Don't demand more of those who hold the funds than they seem willing to give you. If they feel you are going over budget, they may block you from getting

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR NOV 2023

Your ambitions are on the rise and you want to expand your horizons, or even realize a dream. If some of you have to deal with obstacles that hinder your expansion, others will take advantage of a benevolent entourage to evolve and enjoy a radiance that allows them to score points. Your determination pushes the boundaries of what is possible.

Mood

PISCES: MOOD FOR NOVEMBER 2023

You want to free yourself from all authorization and your enthusiasm is not unanimous, especially if the others are ready to grant you their confidence. Rely on your seduction rather than your arrogance to push back the frontiers of possibility.

Love

PISCES: LOVE FOR NOVEMBER 2023

If you can count on your popularity to relay your ambitions, do not give the impression that you can do without the approval of your loved ones. Rely on Venus to rekindle the flame, to bewitch whoever you please with your magnetism.

In couple: an irritating tendency to think that everything is possible and to exaggerate your importance. This impression will be quickly forgotten as your power of seduction is working.

Single: Don't overestimate your powers, at the risk of being found presumptuous. On the other hand, use your charm to seduce.

HOROSCOPES NOVEMBER 2023



Money

PISCES: MONEY FOR NOVEMBER 2023

To keep your contacts as supporters, respect the rules, otherwise you risk being dropped.

Work

PISCES: WORK FOR NOVEMBER 2023

If Jupiter guarantees that you will be listened to by an enthusiastic entourage, do not abuse its favors to serve your cause without regard or recognition to those who appreciate you and prove it to you. Rely on your active supporters to rise to power, not to step on everyone's toes.

Leisure

PISCES: LEISURE FOR NOVEMBER 2023

You yearn to break free from the bonds that keep you grounded. To compensate for some of the authorizations that are slow in coming, challenge yourself.

Key dates

PISCES: KEY DATES FOR NOVEMBER 2023

-The 6th: a life project is unanimously agreed upon. Count on your partner to evolve.

-The 11th: do not disturb your exchanges by vehemently asserting your opinions. You may irritate some people who are attracted by your original ideas, but not so much by your methods.

-The 17th: ready to realize an ideal, you mobilize yourself to reach your goals and access another dimension of your life.

-The 22nd: intense exchanges on a project that gives a radically different turn to your life. You will not let go of anything to make your aspirations come true.

-The 25th: do not arouse the anger of those who hold the reins, lower your tone so as not to upset anyone, especially if it is your hierarchy.

Advice

PISCES: ADVICE FOR NOVEMBER 2023

The road is opening up and you're pushing yourself to the limit, but don't go too fast. To keep your support, start by listening and respecting their opinion.



HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



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