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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar 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 for the **God of our understanding**.

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

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover

AI

Contributing Writers:

Dawn Lacska-Tommerdahl

Bernadette Carter King

Seth thru Jane Roberts

Michelle Whitedove

Mokshapriya Shakti

Cecelia Avitable

David A. Cronin

Abraham-Hicks

David Quigley

Karen Williams

Debra Strasser

Sharron Britton

Mike Dooley

Mitch Ditkoff

Tom Sannar

Jim Palmer

Jeff Brown

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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."*

Hello and welcome to the November 2024 Horizons. As of this writing, election day is 5 days away so I don't yet know who's going to be in office the next 4 years.

But no matter who it is, it doesn't matter what's going on in the rest of the world, we can choose to focus our thoughts in a way that attracts to us exactly what we want in our lives.

We can change our thoughts and discipline our behaviors so much that we can have an excellent and prosperous life no matter who is in office, no matter what the official state of the economy, no matter what the scientists or environmentalists say is happening around us. This isn't an economic crisis, it's a psychological crisis. Take control of your mind and thoughts and find the way through.

HAPPY PEOPLE BUILD THEIR INNER WORLD. UNHAPPY PEOPLE BLAME THE OUTER WORLD.

This is such a HUGELY MAJOR truth, it's a theme all its own. It's up to you to create the world you want to live in. You don't hafta move or quit your job or marry the guy or divorce the guy, you usually just need a SHIFT IN PERCEPTION. Change how you perceive your life and your life will morph to fit your perception.

Keep Telling That Story, You'll Keep Living That Life: Program Your Inner Dialogue To Propel You Forward

I listened to the latest **Abraham-Hicks** vid. As usual, there was a lot of helpful info and reminders. One favorite line was *"The only way unhappy people can stay in your life is if you focus on their unhappiness."* I thought how true that was. We all have friends that go through rough times now and again and then there are those that have one string of problems after another. Despite being adults, they just can't

seem to get their sh*t together and they want to tell you all about it on a regular basis. You know, of course, that listening to them tell their story over and over again is not doing either of you any good. But they don't know that. All they know is they think they feel better when they drag someone else into their chain of pain to commiserate with. "But I'm just letting you know," they will say, or "I'm just telling you the facts." They really don't get it that whether their story is true or not, telling it over and over is not helping them.

Is your story that you are out of a job and the economy is bad and everyone is worried about money? Or is your story that you are between jobs, eager for a new one and that miracles happen every day?

Is your story that your husband of 40 years ran off with some bimette, divorced you, emptied the bank account and left you to fend for yourself? Or is your story that you're starting over, testing untried waters, and excited about the possibilities?

The story you tell yourself - your internal dialogue, your self talk - is what determines your future outcome. If there is no one around you cheering you on, encouraging you toward a goal, you have to be your own cheerleader and do it via your own self talk.

Your self talk is that voice you hear rattling around every day. You are the one in charge of this voice and you are the one that can program it to talk in ways that encourage you and inspire you. When you are encouraged and inspired, you become more than you were before. You can become more than you've ever been, when someone sees the potential in you. You have to become someone who sees the potential in you, if there is no one else around to do it.

I am a professional astrologer and the part of astrology I most enjoy are doing the future prediction reports called the transits. As the planets in the sky move through time and space, they impact or aspect your natal or birth planets in particular ways. What is going on in the sky is invariably mirroring what is playing out on some level in your life and in your astrology chart.

When my friend **Domino** is having a run of what she calls "bad luck" and feels there is no end in sight, I like to check her planets and see what is happening in her chart. Typically it's obvious what's happening by the configuration of her planets. The good news is that I can know the approximate date it began and, since it's all cyclical, I can surmise the approximate date it

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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.

ABRAHAM ON ILLNESS:

All illness, without exception, exists because of the allowance, usually over quite a long period of time, of negative emotion, or a very strong belief in illness, which is also accompanied by negative emotion. We do not know any of you who choose illness over health.

The feeling of vulnerability that is fostered in your society came before the idea of cancer. In other words, when you emerge are there not more standing to guard you against the pitfalls? They say, "Watch out for this, watch out for this, watch out for this, watch out for this."

Your television is filled with warnings, and before your television, you were doing it to one another face to face, all of you doing it for the most part out of your wanting to clear a path for somebody else.

In other words, you're not believing that you're causing detriment when you offer somebody a warning, but every time you offer somebody a warning, what you're saying to them really, the block of thought that they're receiving is, "You are not a being that is capable of having the perfect life."

Therefore, because I see you as incapable of having it the right way, I'm going to help you by virtue of this warning, or by virtue of this physical relationship that we have, to protect you because you are weak and vulnerable and unable to take care of yourself."

The medical field perpetuates that thought, the parents perpetuate that thought, spouses perpetuate that thought between one another, and it is that underlying feeling of vulnerability that causes a sense within you that you must protect.

In the moment that you say, "I must protect," that you really feel that, now you're watching out. Watching out for what? Things that might get you. So what is your attention upon? Things that might get you.

And when you're watching out for things that might get you, you're attracting more of that data, you're hearing more about it, the commercials become more pervasive and they become more penetrating to your being because now you are alerted to it.

You begin attracting around you, by Law of Attraction, those who are experiencing the very thing that you're wanting to guard yourself against, so that the evidence seems quite strong. And then you reach the point where you are one of those that says to **Abraham**, "**Abraham**, you are not real, you are not a realist. You are a dreamer because the facts are these."

And we say it is not easy for us to watch you let others create evidence by virtue of their thought process, and then you use their evidence as something to scare yourself.

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NON - RELIGIOUS SPIRITUALITY

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

WHERE DO I FIND HAPPINESS?

Jim, I can't seem to find much these days that makes me happy.

This is because there is nothing that can make you happy. More importantly, you don't need to be made happy.

Wait. What? How do you know? I already said I don't have happiness in my life, and nothing seems to cause me happiness?

Happiness is not something you have or don't have, and it cannot be caused.

So I should just give up trying to attain happiness or finding things to make me happy or cause me happiness?

Yes, you should give this up.

Wow, this is getting more depressing by the minute. Now what?

It's true that pleasure and pain have causes. But the happiness you desire is not made, caused, given, or attained. The happiness you seek is totally uncaused, independent, and unassailable.

Where do I locate or find this happiness?

You have been looking in the wrong direction for happiness. You look outward into the world to find happiness, but happiness is the one who is looking. The happiness you seek is what you are. It is uncaused because happiness is your true and innate nature. Why would you need to be made happy when happiness is an inherent quality of your being? It is an uncaused happiness because it is a this-is-what-you-are happiness.

Why did I not know this?

*

Because from the earliest age you learned something false about what you are, what the world is, and what happiness is.

LET ME TELL YOU A STORY.

Thousands of years ago in **Ancient India**, a man made a profound discovery. It is said that he came to know the true nature of reality, and how that related to the lived human experience.

On his journey, he first discovered that life is suffering. What he meant by "suffering" is a chronic unhappiness, dissatisfaction, disharmony, insecurity, anxiety and instability within ourselves that never goes away. We may have temporary bouts, experiences and times when we feel pleasure, but the chronic dissatisfaction and unhappiness always returns.

The second realization he made was that the cause of suffering is ignorance, which fuels a doomed strategy to attain peace and happiness through attachment and aversion.

This man learned that we have a misknowledge of the world based upon the belief that the world consists of absolute, unchanging, stable, and reliable objects, patterns and experiences.

We think this because it appears this way on the surface. We look out into a world that seems to consist of a bunch of things that we should be able to count on, reliable, consistent, dependable, predictable.

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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 #59

DON'T GET MAD, GET GLAD

When I feel angry, I can react in various ways: I can "stuff it," pretending my anger doesn't exist and pasting on a smile; I can vent my animosity on others, although they would probably choose otherwise; or I might go into my bedroom and punch a pillow, although the feathers may fly.

The ultimate approach to anger is to begin to release it from my life. It doesn't serve me well, and there are far better ways to motivate myself.

Anger begets more anger within me. Through a universal Law of Attraction, anger attracts to me more of the same - more situations to evoke more anger. Vicious cycle time.

By the same principle, my anger stirs up anger in others. Everything from locking horns to worse things can result.

When I am angry, I am focused on what's wrong in my experience. I am, for that time, reducing the natural flow of good into my life. I am raising my blood pressure, taxing my heart, and turning my face an ugly shade of purple. It just isn't worth it.

I can be honest with people. I can speak up. I can solve problems - all without getting or going mad. I practice that today.

AD RATES ON PAGE 4

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SOULSONG #181

AS THE WORLD CHURNS

There may be countless aspects of life, both personal and global, that I don't like and don't want: injustice, rancor, poverty, repression, and war, for openers. But dwelling on them with unhappiness and anger will never diminish them. For unhappiness and anger gave rise to these conditions in the first place.

Although it may seem the height of selfishness, the most powerful contribution I can make to world (and personal) stability is to choose to live in as much peace, joy, and optimism as I can muster.

This may seem downright irresponsible, as I turn my attention away from awful events on the news. But since every thought that's ever thought continues to exist, I actually contribute harmony to the planet as I choose to live in a good-feeling way.

Yet this does not imply non-involvement or hermit-hood. If I long to take action to help the world, I can approach it from an angle of increasing the good rather than fighting the bad. And I continue to make my inner equilibrium tip-top priority, for I can never give what I do not have.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO NOVEMBER 2024

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

Different faith groups use the light/dark metaphor differently. In traditional **Chinese** belief, the path to peace is to accept what befalls you: the yin and the yang, dark things as well as bright, the bad with the good. In **Zoroastrianism** (a **Persian** religion that predates **Christianity**), our lives are caught up in the dualistic conflict between spiritual forces: light versus dark, heat versus cold, good versus evil.

October 31 - November 1st: Diwali, Festival of Lights - India. Predominantly a Hindu festival, it is celebrated by multiple faiths in India. Each religion marks it different historical events and stories.

November 1st: New Moon in Scorpio

November 2nd-3rd : Twin Holy Birthdays - Bahá'í. Celebrates the births of two central figures of the Bahá'í faith.

November 2nd: Anniversary of the Crowning of Haile Selassie, Rastafarian

November 3 The Birth of Bahá u'lláh is one of nine holy days in the Bahá'í calendar that is celebrated by adherents of the Bahá'í Faith and during which work is suspended. The holy day celebrates the birth of Bahá'u'lláh, the founder of the Bahá'í Faith.

November 3rd: Daylight savings Time ends. On the first Sunday of November at 2 a.m., the clocks turn back an hour. A good way to remember it? The time shifts match the seasons: Clocks “spring” forward an hour the 2nd Sunday in March and “fall” back in November.

November 3: The 2024 Leonid meteor shower is expected to be active from November 3-December 2, with the peak on the morning of November 18. The shower will be best viewed from midnight until dawn, and the radiant will be highest in the sky at dawn

November 5th: Election Day, United States

November 11th: Veterans Day, USA.

Friday, November 15: Beaver moon, supermoon at 3:28 p.m. 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
- Dark moon
- Deer Rutting Moon
- Scratching Moon
- Corn moon
- Flower Moon
- Hare Moon

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

November 28th - Thanksgiving, United States.

HERB CORNER

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

DEALING WITH FIBROIDS

Your periods are suddenly a bit heavier, you see these huge clots, you notice a bit more cramping, and you wonder what's going on.

Before you do anything with herbs, foods, supplements, or any other alternative treatment PLEASE get checked by your doctor to rule out uterine cancer, it could save your life.

Fibroids are dependent on estrogen for their development. Estrogen dominance or too much estrogen can cause other problems for women like ovarian cysts, uterine or breast cancer, fertility problems and unexplained weight gain in the abdomen, thighs, and hips.

Usually when estrogen levels decrease, the growth of the fibroid slows down causing it to shrink, ultimately after menopause when the ovaries no longer produce estrogen the fibroids go away. Increasing natural progesterone can also help shrink the fibroid. **Plant based progesterones like Wild Yam and Vitex block the absorption of xeno-estrogen without the side effects of synthetic progesterone.**

Another way to slow down the progression of fibroids is with plant estrogens; they are not stored in the body, and they can block the absorption of xeno-estrogens.

Estriol is one of these plant-based estrogens, studies have been done showing that women with higher levels of **Estriol** have less incidence of breast cancer. This is probably because it blocks the more toxic forms of estrogen that can cause cancers, working much like the medication **tamoxifen**. **Estriol** can be gotten from foods like **lentils, broccoli, cauliflower, and cabbage** and from herbs like **red clover, vitex, licorice, dandelion and sage**.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

OBSIDIAN NEEDLES

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. See her [Facebook page at SharronRocks](#)

As we move into November the darkness grows deeper. One of my favorite poems by Theodore Roethke opens with these lines - "In a dark time, the mind begins to see. I meet my shadow in the deepening shade."

The enormous changes that we have anticipating are here and we are called to go deep into our own darkness to create ways to navigate through them with all the grace we can muster. We are hardwired to fear and resist change. We don't like it when what we hold dear and familiar is swept away, but these transformations are necessary for the growth of the soul on both the personal and collective levels.

This month I want to share with you a very unusual stone. Although I have written about **obsidian** before in a previous column, this is a unique kind of **obsidian** called **obsidian needles**. **Obsidian needles** form when lava is cooled quickly below the temperature necessary for crystallization. Water or snow causes it to contract and fracture as it cools, creating rodlike needles. The needles are up to several inches long and are often very sharp. They make a lovely musical sound when they strike each other so they are often used for wind chimes although they are relatively fragile and need to be handled gently.

Needle obsidian is an excellent tool for seeing through deception and repelling lies and negativity. It is a powerful grounding stone that can help keep you rooted in the earth which helps augment a sense of security. It is particularly useful for recognizing and eliminating psychic manipulation so it can permeate group think and cultish behavior to allow peoples' heart truth to emerge. I envision using it to pierce through the veils of illusion to stitch together a new reality. A reality that allows us to open our eyes and see the divine spark of light in all creation is within our reach once the fears that have been stoked up to such a fever pitch have been scattered to the winds.



Obsidian needles, Davis Peak, California

If you like to make crystal grids to align with the energy of the times, **needle obsidian** is an excellent choice right now. It is always good to have a grid that enhances protection and points the way to mental clarity as you seek to understand the divine plan in the midst of chaos. It is not always easy to find **needle obsidian** in most rock shops, but it is possible to order it online. It is not very expensive so you can buy several for your grids. The ones I have are **mahogany obsidian** which is brown and red, but you can also find it in **rainbow** and **black**.

Many blessings to you all. May your vision be clear and strong.

Gillian MacBeth (TheQuantumAwakening.com) & 2 Special Guests Present

11:11 2024 'The Lifting'



As above so below the '11:11 Lifting'

Hold your Light high, elevate your Humanness.

This is a Gathering of One Heart and One Light. Open the Star-gate of self and see the real you.

11:11 is the Gateway to all that is within a hair of instant manifestation.

A portal of Awakening comes to All on 11:11:2024, both the landscape, virtual and natural, has shifted and altered. Doorways never before seen open to show all possibilities that dwell within time itself. We as a Planet stand in the gap, we stand at a cross-road, and we stand at an intersection of time & self. Both of these workshops ask us to *Ceremonially* move thru Time, Lifting the Heart of Earth and her people to a place of Higher Healing Light and clear Insight.

Through the use of Peruvian whistling vessels, powerful Holy & Sacred Ceremony & Observances, Crystal bowls and our own Light, we will enter into this high level Doorway of Light. 11:11 is a number activation, a sacred sequence. Each time you see 11:11 the Universe has just taken a snapshot of your thoughts, which are manifesting in record-speed. This master number teaches us every problem comes as a divine opportunity; it asks us to use our sonar and locate the Light within all things and circumstances.

Workshop # 1

Sunday, November 10, 2024

10:00 am to 2:00 pm

Cost \$49.00 includes a special Gift or 2♥

Dr. Duncan Bowen

Ancient Healing Arts

1680 Highway A1A, Suite 4, Satellite Beach, FL

AncientHealingConference@gmail.com 321-543-8882

Workshop # 2

Monday, November 11, 2024

10:00 am to 2:00 pm

Cost \$49.00 includes a special Gift or 2♥

Heaven Sent Wellness/ Jane and Angie-Owners

4455 Pinewood Rd. Melbourne Florida

Breezettee@gmail.com 321-271-1920

Space is unlimited however these workshops are not...

Please Reserve your place, time, date, workshop and location of your choice



A MAN OF FEW WORDS

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)

Last year I wrote a 360-page book that attracted the attention of one of the world's most celebrated literary agents. He was so moved by my writing that he immediately took me on as a client and, one week later, sold my book to one of New York's leading publishing houses.

My editor there absolutely loved the book, but felt that I had "gone on too long" in several places and requested that I tighten up the writing before publication, which, I am pleased to say, I did without much complaint, leaving me with a much leaner and meaner 272-page manuscript.

The publisher's focus group, however, a vital part of the editorial process, noted that one of the chapters -- the longest one -- seemed better suited for the sequel -- an observation, I thought, that was actually quite astute and also inspiring, as I had not, until that time, thought my book was good enough to merit a sequel.

So I got to work, excised the too-long chapter, tweaked a few segues and, in just a matter of days, was the proud papa of a still-very-commanding 189-page tome, "destined", my publisher declared, for the **New York Times Best Seller List**.

My publicist, an industry heavyweight since 1973 and an upstanding member of the **American Academy of Arts and Sciences**, was delighted to be representing me, but suggested, with all due respect, that I should more carefully consider my demographic -- a slice of the global population, her research indicated, that was increasingly struggling with ADD and, if I was still committed to my book becoming a commercial success, I needed to seriously consider trimming it down to 120 pages, which, she explained, was the ideal length for my particular market.

While I found it a bit disconcerting to re-enter the editorial process once again, what my publicist said made perfect sense and, since one of the reasons I had written the book in the first place was to make the extra money I needed to pay for my daughter's college education, I battened down whatever hatches I had left and got busy.

It took me three weeks to make the changes, but with the unflagging encouragement of my best friend and some top shelf tequila, I nailed it, leaving me with 120 pages of what my editor was now referring to as my "modern day **Rilkean** prose".

Not only had I gotten my book down to fighting weight, I finally understood what **Michelangelo** meant when he explained, centuries ago, his process for sculpting his iconic **David**. "I simply took away everything that wasn't." Though outwardly my book was now smaller than before, inwardly I had been transported back to the **Renaissance** and the emerging essence of my opus grande. Life was good.

When I showed the manuscript to my wife, a highly intuitive visionary with a knack for seeing what was invisible to me, she was miffed. One hundred and twenty pages, my dear wife explained, was more like a "booklet" than a book and did I really want to be known as a writer of booklets?

She was right, of course. What writer wants to be associated with the word "booklet?" Certainly not me. So I dropped my 120-page paradigm and decided to cut my manuscript in half until I had the perfect 60-page story that could easily be serialized for **Esquire** -- one 15-page story per month for four consecutive months, the first one appearing in **September**, the same month my daughter would be heading off to college.

The idea to have my writing serialized in **Esquire** was an unexpected stroke of genius, I must say, since many a serialized story in that highly regarded publication, I came to realize, had caught the attention of **Hollywood's** biggest studios, many of whom paid big bucks to buy the movie rights and, by the way, I would be getting not only a screen credit and a hefty paycheck, but be invited to **the Oscars** should the movie make it big.

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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 MICHELLE,

What happens to a soul when they are in a coma either by accident or by a doctor inducing it with drugs? My Mum had surgery and has been on a ventilator for a week as I sat talking to her I started wondering this - can she hear me, will she wake?

- Mum in Manchester

Dear Mum,

The soul is our true essence. When the body is in a coma, the soul travels just like when we are asleep.

Also when under the effects of anesthesia the soul disconnects from the body and is free. In fact, there are many stories of people in surgery recounting the events and watching the doctor as the soul was hovering above.

Many times after surgery people remember these conversations, and on a soul level they know who is present when they are in a coma even if they don't remember when they awaken.

It's important as you watch over a coma patient to stay positive in your conversations and actions because we have the power to coax a soul to come back to us.

Many times the soul goes to **The Elders** to weigh their options; whether to go home to **Heaven** or return to the body and finish their mission.

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YOGA SHAKTI MISSION



Ma Yoga Shakti

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Sundays 9 - 10am

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.

Mon. 7 pm Anna Classical Asana Yoga

Tues 10 AM Maryann and Jim Loafman Classical Asana Yoga

Tues. 7 pm Natalia - Intermediate Vinyas Flow

Wed 7 pm. Kate or Lisa Yin Yoga

Thurs 7 pm Marguerite or Dillon Vinyas Fkwo

Schedule subject to change.

321-725-4024

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Suggested Donation \$15 each— small children free

YOGA SHAKTI MISSION
3895 HIELD ROAD, NW
PALM BAY, FL 32907
321-725-4024

www.yogashakti.org/
yogashaktipalmbay@gmail.com



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 WHAT WE EXPERIENCE:

Each thought has a result, in your terms. The same kind of thought, habitually repeated, will seem to have a more or less permanent effect. If you like the effect then you seldom examine the thought. If you find yourself assailed by physical difficulties, however, you begin to wonder what is wrong.

Sometimes you blame others, your own background, or a previous life - if you accept reincarnation. You may hold God or the devil responsible, or you may simply say, 'That is life,' and accept the negative experience as a necessary portion of your lot.

You may finally come to a half-understanding of the nature of reality and wail, 'I believe that I have caused these ill effects, but I find myself unable to reverse them.'

If this is the case, then regardless of what you have told yourself thus far, you still do not believe that you are the creator of your own experience. As soon as you recognize this fact you can begin at once to alter those conditions that cause you dismay or dissatisfaction."

SETH ON HEALTH & BEING IN THE PRESENT:

The way toward health is simplicity itself. It is the natural, easiest way to behave, yet this natural mental behavior is often quite difficult for the intellect to understand, since the intellect is apt to enjoy playing with complications and solving problems. Therefore, to the intellect it often seems ludicrous to imagine that the answer to a question lies within the question itself.

It is perfectly fine to make plans for the future, yet each individual should live day by day, without worrying about the outcome of those plans. The physical body can only react in present moment. Worrying about future events, or dwelling upon past unfavorable situations, only confuses the body's mechanisms, and undermines their precise activity in the present moment.

YOU ARE SURROUNDED BY MIRACLES. WHY, THEN, DOES THE WORLD SO OFTEN SEEM DOUR AND CRUEL?

Why do your fellow beings sometimes seem like unfeeling monsters - (loudly:) Frankenstein is not of body but of mind, spiritual idiots, ignorant of any heritage of love or truth or even graceful beasthood? Why does it seem to many of you that the race, the species, is doomed? (Whispering:) Why do some of you feel, in your quiet moments, such a sentence just?

You make your own reality.

(Loudly:) Generally speaking (underlined), most of you live in your own world, with others of your kind. Those of you who do not believe in war have not experienced it. It may have surrounded you, but you did not experience it. Those of you who do not believe in greed have not suffered its "consequences." If you still see it, it is because it is a part of your reality. If you are honestly not greedy, yet you see greed, then perhaps you are serving as an example to others - but you form your own reality."

SETH ON AFFIRMATION & SELF-ACCEPTANCE:

"Affirmation means acceptance of your own miraculous complexity. It means saying "yes" to your own being. It means acquiescing to your reality as a spirit in flesh. Within the framework of your own complexity, you have the right to say "no" to certain situations, to express your desires, to communicate your feelings. If you do so, then in the great flow and sweep of your eternal reality there will be an overall current of love and creativity that carries you.

Affirmation is the acceptance of yourself in your present as the person that you are."

ON THE CONSCIOUS MIND & PSYCHOTHERAPY

"Often psychoanalysis is simply a game of hide-and-seek, in which you continue to relinquish responsibility for your actions and reality and assign the basic cause to some area of the psyche, hidden in a dark forest of the past. Then you give yourself the task of finding this secret.

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SPIRITUAL GRAFFITI

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

When you go through the kind of excruciatingly difficult journey that is almost beyond words, you find out who cares about you. But, even more importantly, you have to decide how much you care about you. You have to decide it again and again, particularly when you are in a situation where the game is to belittle, gaslight, defame and frighten you. Self-love becomes the ultimate test. You either think you're worth it, or you don't. It helps to remember your soul in moments like those. It holds no illusions about your perfection, but it loves you without fail. And if its been around long enough, its built for crucibles of epic proportions.

The way you break toxic ancestral patterns is not by running away from them. It's by walking back in their direction. Not because you want to keep repeating them, but because you recognize that the only way to truly shift them is to see them up close and heal them at their roots. It's okay to run from them for a time, but not for all time. Because the flight from what lives inside of you, merely delays your arrival. You think you are on the way to somewhere else, but the plane keeps circling your childhood home. It can't navigate a new flight path, until you return back to where you came from, and heal its broken wings.

It can be so helpful to express our unsaid words, anger and grief to those who have hurt us. There is no good reason to carry someone else's baggage up the mountain. It weighs us down on a journey that is already challenging enough. Better to shed it so that we can move into life with greater freedom. At the same time, we have to be sure not to make our healing dependent on how others receive our expression. Many of those we share with will be too unconscious, stubborn or defensive to take in our experience, even if we express it in the gentlest of ways. It may be too shocking to their ways of organizing reality. It may be too painful to face. Not everyone is ready or able to do the deep work that self-reflection demands. This is not to say that we hold back - we must express our truth one way or the other - but it is to say that we are best served by sharing it without expectation. The liberation lies in the expression itself.



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>

WHAT IF I TOLD YOU that your every conflict, disappointment, struggle, or challenge with others, and self, was merely a manifestation of what's going on within your own thinking.

Would you go there first to fix, mend, and allay?

Yeah, you might miss the drama -

The Universe

DAWN'S ENCHANTED GARDEN

Health Optimization & Herbalism consults. Online natural healing classes and products.

**Visit DawnsEnchantedGarden.com
DawnsEnchantedGarden@yahoo.com**

Dawn Lacska-Tommerdahl is an RN with 30 years of natural healing experience. She is a Master Herbalist, aromatherapist & natural healer. Dawn teaches the basics of herbalism & aromatherapy.

Be a part of this energizing weekend. Free lectures, door prizes & wonderful people all gathering under one roof (a/c!) to share their talents and wares

The purpose and mission of our "Mystic Faires" is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors, retailers, light workers, alternative health practitioners, vendors and others in one place, allowing them to come together for the health and wellness of body, mind, and spirit

Be a part of this energizing weekend. Free lectures, door prizes and wonderful people all gathering under one roof (air conditioned) to share their talents and wares

**Many PSYCHICS and HEALERS
and VENDORS to choose from!**

Saturday November 23, 2024

10am-6:00pm

\$5 at the door

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- Massage • Tarot • Mediums • Angel Portraits
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- Beads • Spiritual Art • Jewelry • Mandalas
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Email canbria@aol.com www.mysticfares.com

For info, call Candyce 239-949-3387

Free gifts for the first 50 through the door and one door prize ticket per person upon entree

A special day filled with beautiful people happy to share their talents with you, over 40 exhibitors with more than 25 psychics offering mini readings in mediumship, tarot, palmistry, astrology. Many are local, some come from other states to do this faire. There will be vendors selling unique crystals, jewelry, Goddess clothing, candles, flower essences, Angel art, body products, healing tools and much more. A talented group of healers will be offering reiki, massage, energy work and other interesting and unique healing methods. Free lectures will take place throughout the day.

Food & beverages will be available from a wonderful food truck with vegetarian & vegan options.

We're having a food drive for a local food bank, please donate non-perishable foods. Our food banks need your help.

\$5 gets entry. 12 and under free. We support local charities with donations from the proceeds.

If you're interested in exhibiting, download your application at the website www.mysticfares.com

VENDORS/READERS

We keep a balance of vendors in all categories: Alternative Practitioners, Massage & Energy work, Aromatherapy, Astrology, Aura Photography, Gifts, Crystals, Jewelry, Health & Nutrition, and Psychics. I look forward to seeing you at our next event! Blessings & Light! Candyce Strafford

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>

OUR MIND

This is a systematic series of the study of Our Mind. We will be giving you the most important Yoga Sutras of Sage Patanjali each month. The **Sutras** reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.

Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

THE NATURE OF OUR MIND WAVE OR THOUGHTS

We have learned that the purpose of yoga according to **sage Patanjali** is to quiet or control the mind waves or vrittis. “**Yoga chitta vritti nirodahah**” conveys the ultimate purpose is to become aware of who we truly are. We have discussed that most of our thoughts are following pre-programmed neuropathways of which we are not aware. Now we will study how they are formed. As we grow in understanding of how the mind acquires knowledge and thought, we gain more ability to control our minds.

Patanjali states that: Vritti or thought acquires the form of the sense objects and identifies itself with the object. We have lost our original identity and identify ourselves with this body and mind. How do we know what is a vritti or what are the mind waves? They are very subtle, abstract and astral. We can only know the vritti by our sight, sound, hearing, taste, smell, or touch, for it identifies itself with the object of our senses.

The senses see, the mind perceives what is seen; and immediately identifies itself with that object naturally. We identify ourselves with the body and with our thoughts: we are a man or women, rich or poor etc. When we look and see another person or animal and

think they are inferior to us, this in turn creates attachments. Once we are attached to negative judgements, we have limited control over our thought waves. Many of our thoughts imprison us and limit our powers.

We are nothing but energy vibrations. The source of those vibrations is only one universal consciousness. When we understand this, we have a more fulfilling life and are able to love and care for everyone and everything.

It takes vigilance of the intellect for this natural identification not to happen. Intellect is trained through our day-to-day activities, our environment, social norms, parental guidance and mass consciousness with others.

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meditation for inner peace
with Ma Mokshapriya

November 16, 2024
Day Retreat - Saturday
9 a.m. to 5 p.m.
meditation
yoga
philosophy
breath work
deep relaxation
vegetarian lunch
\$101 per person

November 17, 2024
Workshop - Sunday
2 p.m. to 5 p.m.
various techniques
and stages
of meditation
and relaxation
\$50 per person

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WHAT LIFE WANTS OF US

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering, and hiking in nearby woods. You can follow him on Facebook: www.facebook.com/david.cronin.79/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles.

Sometimes I think life wants us to be like a parent. Nurturing, supportive, strong, hugging it close to our heart. Lifting it up over our heads as it squeals with delight and wonder. Riding on our shoulders so that it sees farther than it ever has before.

Sometimes I think life wants us to be like a friend. To tell it our secrets so our burdens are not so heavy. To laugh together. To remember together. To reach out our hand, without hesitation, to help it along. And to receive its hand when we need it. To have someone we can just sit in silence with, comfortably, knowingly.

Sometimes I think life wants us to be like a lover. Embracing all of it, passionately, with our whole being, holding nothing back. Touching all the parts with sweetness. Not just the parts we want to but, touching everything. Letting life know we love it, completely, totally, just as it is.

Sometimes I think life wants us to be like a mentor. To inspire action. To be creative in shaping and molding it. To encourage it into new meaning and fuller expression. To guide it towards new experiences and new understandings of itself.

Sometimes I think life wants to mentor us. To teach us to listen with openness. To allow the pleasures, challenges, and pains of living to change us in ways that move us forward to new experiences and understandings of ourselves. To call us to stand up, fiercely, for what we feel is important.

Sometimes I think life wants us to approach as if we were approaching the Divine. How would we touch the Divine if it were right in front of us? Reverently? With awe? Perhaps that is how life wishes to be touched.

Perhaps when we can touch all of life, not only the joys but also the hurts, wounds, and tears like we would touch the Divine all of life would unfold before and within us. We might then understand how truly sacred life is.





PORTALS INTO SECRET WORLDS; CONNECTING WITH NATURE AROUND YOU

Dawn Lacska-Tommerdahl is a Professional Herbalist, aromatherapist, and Registered Nurse that has been using herbs and aromatherapy to heal people since 1990. Dawn helps clients on their healing journey and teaches online with classes. She has published a book called "A Magical Herbal Compendium" available at your local bookstore. She can be reached at DawnsenchantedGarden@yahoo.com; her website is DawnsEnchantedGarden.com.

I live on a small piece of land next to the Ocala National Forest and I love the peace and solitude it gives me. I have a yard full of blooming plants and flowers who are visited by tons of Swallowtails and Gulf Fritillary butterflies and many types of bees. In the forest grow these giant grapevines, the base of these vines are as thick as a tree and while the small native grapes are wonderful for the wildlife the vines have been taking over my yard.

This summer I decided to create an outdoor healing space and use the cut down grapevines as arches and sculptures in my yard. So as I was hacking through the mass of grapevines in the forest I unknowingly created what looks like a portal to another world. I say another world because on the edge of the forest it's sunny and bright, with lots of beautyberry and native wildflowers everywhere. On the other side of this door is a dark forest that has a totally different feel to it.

As I walked through the portal, I realized that I had entered the land of the plant spirits and that I should be respectful as I walked through it. As I walked down what seemed to be a deer trodden path, I saw a crow in a tree looking at me and asking what I was doing back there. I nodded to him and walked on.

Up about a half mile I saw the edge of a lake that I had seen on **Google Earth** but had never visited before; I walked to the edge of the lake and looked to see if I saw any **American Lotus flowers**, but I did not. I did see egrets, turtles and an alligator.

I turned to go back thinking I had discovered a secret spiritual place where I could honor the sacred forces of nature and hold healing ceremonies but as I walked back, I noticed beer cans, cigarette butts and empty shell casings so I stopped to pick up what I could and vowed to return to clean the rest of it up. I also noticed odd things on the way back, an oak tree with one side being struck by lightning but the other side still alive, a feather from a sandhill crane and a large limestone rock.

When I went back through the part of the forest near my house, the forest canopy was so thick that it suddenly got dark again. I walked back into my yard through the "portal" that I had created and went inside to get more water. I looked at the clock to see what time it was and only a half an hour had passed since I went outside, I looked at another clock to make sure that the first one wasn't slow, and I realized that the world I had stepped into was in another dimension and that I had been shown a special place. This journey reminds me that we are surrounded by the magic of nature even if we are not aware that it is there. I encourage you to stop and look at the nature that surrounds you, connect with it, and let it guide you on your journey.

Herbal Blessings,
Dawn

DAWN'S ENCHANTED GARDEN

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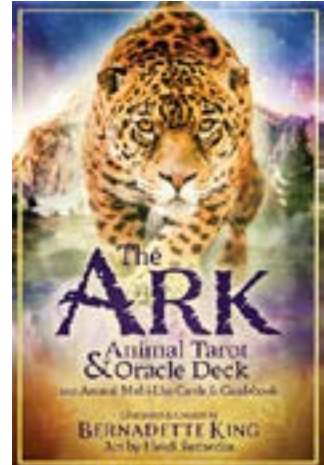
Visit DawnsEnchantedGarden.com
DawnsEnchantedGarden@yahoo.com

Dawn Lacska-Tommerdahl is an RN with 30 years of natural healing experience. She is a Master Herbalist, aromatherapist & natural healer. Dawn teaches the basics of herbalism & aromatherapy.



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



There are any number of ways to find your spirit animal. Pay attention to what animal or animals keep showing up in songs, pictures, movies, books, conversations, etc. Trust that if Red Cardinals, Horses, Crickets, etc, keep appearing to you, they are trying to help you in some way.

Meditation & journeying involves attaining an altered state of consciousness and the use of deep imagery or visualization with the specific intention of meeting your spirit animal guide(s.) These methods can be guided (spoken, drumming, music with vocals) or it can be non-guided (silence, nature sounds, instrumental-only music.) Dreams about animals. Humans often do not believe they are receiving messages from their spirit animal guides so they will come to

us in the dreamstate. Often, it is much easier for folks to trust their dreams rather than their own intuition during waking times or meditations.

FOX SYMBOLISM & MEANING

Do you need help with choosing which path to take? Have you lost your sense of humor, or are your perceptions clouded in illusion? **Fox, as a Spirit, Totem, and Power Animal, can help!** Fox teaches you how to remain playful, all while keeping your eye on the goal. Delve deeply in **Fox** symbolism and meaning to find out how this **Animal Spirit Guide** can support, assist, and inspire you.

FOX SPIRIT ANIMAL

Fox as a Spirit Animal, comes to you during times of challenging or unpredictable times of change. Many people are slow to move out of their comfort zones, even when situations call for immediate responsiveness and flexibility. **Fox** says, "You must act, but do so with wisdom and do so now."

Fox appears as a **Spirit Animal** when it's time to reestablish harmony between work and play. Often, people get caught up in taking care of everyday tasks, career pursuits, or working on relationships. Part of **Fox Medicine** is liberating your mind and freeing yourself from the weight of responsibility,





WHAT IS MY SPIRIT ANIMAL

... from page 20



at least from time-to-time and for a little while. It gives you time to recoup your vital energy and support your greater well-being on all levels. **Fox** also teaches you that humor goes a long way toward lifting your spirit and filling your heart with joy.

FOX TOTEM ANIMAL

If you were born with a **Fox Totem Animal**, you often present a level of awareness that others find uncanny. Little gets by you, especially any form of trickery. As you respond to your environment and current circumstances, your action is swift and smooth. You have little trouble adapting to new situations or overcoming obstacles on a moment-by-moment basis.

Fox People have a natural sense of humor they may find hard to keep in check. It's tempting to pull pranks, but not if the results harm the innocent. Discretion is a hard-but-necessary lesson for those guided by the **Fox**.

People born with the **Fox Birth Totem** seem to know which way to go or the next step to take, even when others find conditions unclear. They are agile thinkers and doers. They refuse to allow circumstances to hold them back from achieving their aim.

FOX POWER ANIMAL

Turn to **Fox** as a **Power Animal** when you need greater discernment, particularly in personal or business relationships. The creature can grant you wisdom for working in those areas of your life where you may have a blind spot. The **Animal** also teaches you the power of play and laughter and how it can help you work through emotionally hard conditions.

As a **Power Animal**, Fox is also an excellent teacher for those who dislike confrontation. The creature supports you in finding a way around obstacles. **Fox**

remains playful as it moves toward its goal, edging ever near for a closer look at conditions. The creature supports your natural curiosity and wonder, so it's the perfect **Animal Ally** to invoke when you're looking to expand your mind or consciousness.

FOX DREAMS

Fox is an excellent helpmate in the dreamscape. When the creature trots into your nighttime visions, it's a sign to proceed with care in relationships or work-related situations. **Fox dreams** are warnings not to rush headlong into anything without knowing what you're up against. Instead, question the "vibes" you feel. Stop and take a moment to do an energetic sweep of the surrounding environment.

If the **Fox** hides in the shadows or the dream imagery involves **Fox's** eyes, there is more here than meets the eye in a relationship or situation in your waking life. When **Fox's** ears are the focus of the dream, it foretells of clairaudient experiences, or the dream tells you to observe and listen to what's going on around you; taking on the role of silent observer allows you to detect the most subtle of changes in a person's tonality, voice, expressions, and auric vibrations.

Learn more about **Fox Spirit** by reading [Fox in Dreams – It's Meaning and Symbolism Might Surprise You](https://whatismyspiritanimal.com/fox-in-dreams-meaning-and-symbolism-might-surprise-you) on [WhatIsMySpiritAnimal.com](https://whatismyspiritanimal.com)

More on Fox at <https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/mammals/fox-symbolism-meaning/>



Jim Palmer

NON--RELIGIOUS SPIRITUALITY

... from page 8

But that's not the way it really is. The world and everything in it and everything that IS it, exists as a relative, changing, impermanent, dynamic, fluctuating, interdependent, dynamic, contingent, undulating movement and change.

Name me one thing that isn't that. Your body changes and doesn't stay the same, your thoughts and feelings change and don't stay the same - everything about you shifts and changes, arises and dissolves, comes and goes. This is true of everything. People, relationships, possessions, personal finances, job, health, conditions, circumstances, experiences... are all in a constant state of flux and change. Nothing in the world and our lived experience is a reliable, dependable, absolute, self-existing and steady entity that can be a dependable source of happiness, peace, and contentment. That doesn't mean that there's something wrong with all of that. It only causes you and I suffering because of the fundamental delusion that it is something that it's not.

Our strategy or formula to cling, grasp and attach ourselves to anything in the world only leads to suffering, because it is not capable of delivering what we want from it.

We have imbued the lived human experience with a power it does not have.

This man realized that our ignorance or misknowledge about the nature of the world's reality sets us up for a lifetime of suffering. Becoming attached to things we think will make us happy, and trying to prevent, resist or avoid the things we think will prevent our happiness... never works.

The man's third discovery was that the solution to suffering is to replace ignorance with wisdom, and to give up seeking happiness through desires, attachment, and aversion.

It is fairly straightforward and self-evident: the problem is ignorance and attachment; the solution is wisdom and non-attachment. The man discovered that "non-attachment" is not the absence of desire or being a detached zombie or being unaffected by the experiences of life.

What is meant by "attachment" is the expectation we place upon our lived human experience to "make" us happy.

The implication of these truths is that our perpetual searching for happiness—which can, by definition, never be fulfilled because the very search itself denies the happiness that is present in our own being now—condemns us to an endless and futile quest that only perpetuates more unhappiness. You're trying to find happiness but happiness is just another name for what you are. What sense is there in looking for happiness when happiness is the one looking?

All people desire happiness. Anything we seek in life is ultimately to acquire happiness. We imagine that a particular thing will make us happy - a possession, a person or relationship, success and achievement, status and recognition, health and fitness, financial security and abundance, etc. We seek after these things for happiness and once we attain or acquire them, or it seems or appears we do, we have an experience of happiness.

We wrongly attribute our happiness to the object or thing obtained or acquired. But what actually causes that experience of happiness is the fact the searching, seeking and striving stops and is over.

Unfortunately, because your seeking mind wrongly thinks it was the object, it starts seeking for something else, which means that because we always want to be happy we spend our entire lives seeking something else in exchange for a few moments of happiness.

The reason why you feel happiness after your attain or acquire the object or thing you were seeking is because of the cessation of seeking, which is an experience of your true, fundamental, primordial nature or self. That self is complete, whole, undisturbed, untroubled, infinite, timeless, equanimous, serene, not lacking and while. It is never seeking because it is complete unto itself. It's very nature and being is peace and happiness. The moment of happiness after the cessation of your seeking is your true self and nature shining through. That You, that Nature, that Self, that Happiness is present in every moment of your life.

...continued on page 47

HERB CORNER

... from page 11...

Another way to relieve fibroids is to support the liver because the liver is important in converting the foods that you eat into hormones. Plus, the liver helps to cleanse the body of excess hormones. **Yellow dock, dandelion, wild yam, milk thistle and licorice** have this ability.

If there is a great deal of blood being lost with the fibroids, herbs help prevent anemia and the loss of iron and other nutrients can help. **Burdock, nettle, kelp, red raspberry, and yellow dock** contain calcium, magnesium, iron, potassium, boron, bio-flavonoids, vitamin A and C which are the necessary nutrients needed at this time. Plus, they help support the female's body aiding in such conditions as osteoporosis, heavy bleeding, anemia, cramping, hot flashes, and irregular periods.

You can also get these nutrients from foods like broccoli, nuts, cherries, raisins, cabbage, and from other herbs like spirulina, rose hips, rose buds, flax, and kelp.

Finally using **ginger** helps because of its anti-estrogenic properties blocking the uptake of unnecessary estrogen, **sage, marshmallow, yarrow, ginkgo, rosemary, or dong quai** also have this ability.

Beyond herbs diet-wise cutting back on sugar, coffee, processed foods, fatty foods, and proteins (unless organic) this is because they deplete the body of nutrients. Instead try adding more foods that supply the body with nutrients to **prevent further growth of the fibroid, foods like nuts, seeds, whole grains, dark green leafy vegetables, broccoli, cauliflower, and Brussels sprouts.** Keeping in mind that eating more organic helps eliminate as many xeno estrogens as you can.

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HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



Esther Hicks

ABRAHAM HICKS

... from page 7...

MANAGING VARIOUS DESIRES

QUESTION: What I'm hoping for more clarity from you on is I feel that when I get focused on one desire, let's say modeling or acting, or wanting to just be a light to people in a big way, I feel that being a performer will help me to do that for lots of people in a way that feels good to me.

ABRAHAM: The thing about that is - this is a really good conversation because the thing about that is you want to be an uplifter and you've chosen an avenue which puts you in the public eye, which is just wonderful, but in doing so, now you are aware of their response to you, which is where it goes wonky.

You have to leave their response to you out of it and only do it for your response to your own desire. So you have to continue to activate and keep active your knowing that you are an uplifter, and you have to give no attention to whether you are uplifting anyone or not because that's on them.

Do you know there are those who will not be uplifted? If you have your eye on whether they're being uplifted or not, then you lose your connection and then you feel bad. So this has to be a singular intent only: "I do it why? Why do I do it?"

QUESTION: To be in alignment, to feel good, to feel great, to feel joy, to be.

ABRAHAM: And is there another ulterior motive?

QUESTION: There shouldn't be, no.

ABRAHAM: But is there? "I want to feel good and I want to be in alignment so that I can uplift them." (Abraham making a buzzer sound.)

QUESTION: Yeah. It's good when that makes me feel good. Yeah.

ABRAHAM: Because now their response to you is part of the equation, and that's where it always gets muddled. It was muddled just now - you were after us and we were after you, but there was a whole lot of other stuff going on around it. And it's sort of like that.

QUESTION: And I draw people like that to me, I feel like, because I do want to help everyone, I do bring people into my life that are suckers of Energy, I guess, like drainers of Energy. And I care so much and I want to help everybody that I give them my attention.

ABRAHAM: So, stop for just a moment. Imagine your Inner Being or imagine a cluster of Inner Beings which you want to call Source - try to get a visual on Source aware of all of you - and do you think Source is ever saying look at all those suckers of Energy? (Fun)

QUESTION: No, absolutely not. No.

ABRAHAM: And do you know why Source would never feel that way or think that way? Because Source remains in the Replenishing Mode, and so there's never any drag, there's never any drain. And it's not so with you, either. So that wasn't our intent to point out to you that there is a drain, we just want you to feel the never ending replenishment that is always yours.

QUESTION: I can always tell when I'm out of alignment because I feel exhausted, when I've given too much out of...

ABRAHAM: Exhausted is the opposite of replenishment, isn't it?

QUESTION: Yes. Yes. And so I think more specifically my question to you is when I focus too specifically on a desire, I get all in my head about planning it out.

ABRAHAM: Wait just a bit because we really want you to hear this: You cannot focus too specifically when you are tuned-in, tapped-in, turned-on, but you can focus too specifically when you're not.

QUESTION: And that's what I'm trying to do - I believe I'm trying to focus too specifically to get me to realize what I want more where to go.

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ABRAHAM HICKS

... from page 30...

Esther Hicks

ABRAHAM: How can you tell? So you're tuned in, ideas start to come, you're flowing with them, and it's good until it isn't. So when it stops feeling good, does that mean that the work that you did before is irrelevant, or does it just mean leave it there for now? That's what we call don't try so hard, don't try to make it happen, don't try to push the noodle. So?

QUESTION: So I guess...because there are moments when I feel I'm so flying high and it's amazing, and I might not even be focusing specifically on anything - playing with my daughter or my dog, you know, that is so adorable.

ABRAHAM: Usually not focused specifically because with everything you focus on you're working hard.

QUESTION: Yeah, and I think that's what I want clarity on, is like when I get too wound up and I'm too focused, like it's too in my face, and that's when I lose...

ABRAHAM: And what does that feel like? Give us emotional words that describe that.

QUESTION: Anxious all over the place.

ABRAHAM: Yeah. Here's the thing: If you've let it get to anxiety, then there's nothing for you to do in the moment because everything you try to do to get rid of anxiety will cause more anxiety.

That's why we say let's get out ahead of it - don't fall in the hole and then try to climb out, stay away from the hole. That's what we mean by getting out ahead of it - be nicer to yourself, give yourself more time, do the things that soothe you most.

Don't get depleted and then try to fix it, do the things that encourage the opposite of depletion, which is renewal and replenishment.

Find a time to meditate and do more basking, and get off to yourself and let yourself daydream.

Segment intend - segment intending is getting out ahead of it: "I just got in my vehicle, it's a new segment - what do I intend for this segment? I intend to have a wonderful transfer from one place to another."

Because if you're out of ahead of it, more momentum can happen, but if you caught yourself in resistance and you try to fix it, the momentum follows the resistance rather than the allowing. Does that make sense to you? Whatever is most active within you, that's the direction that it's going to go.

ABRAHAM ON BEING THERE NOW:

You say: "I've got a picture of what my life will be like". And we say the thing is, 'what will be' is NOT the attraction point. You've got to have the clear picture of where you are NOW. It's not about creating what's coming that you're working on, it's adjusting the vibration of where you're at that you're working on that matters. Do you hear the distinction?

So many people are visualizing, but that's off in the future. Visualizing feels like LATER. It's got to feel like NOW. What you're broadcasting to the Universe is who you are right NOW. Say to yourself: I Am Prosperity Personified. I am Love Personified. I am Eager, I am Fun, I am Thriving.

Sounds like nit-picking, but it isn't. It's a huge difference.

I am organized. I Feel Orderly. Things are occurring in an orderly way, instead of saying, "I need to get on top of things"....say "I am on top of things".

We are just trying to help you find ways of soothing the gap, so that your perception of what you want is happening NOW, not in the FUTURE because as long as it's still coming, it will never get there. You keep moving forward, as does it. It's the closing of the gap that you've got to do. And the way you close the gap is by adjusting the frequency NOW so that it flows to you NOW. Feel the difference?



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

We call this our character. Because of our identification with this character, it is very difficult for us to use the intellect objectively.

A very vigilant mind is needed to screen out the constantly active lower thought forms which create attachments and desires. Through focused concentration and the practice of yoga, the mind functions as the observer, the seer, not allowing our senses to steal our mind and create mind waves of low vibrations. When our intellect takes this control over our thoughts we return to our natural pure state or **Christ Consciousness**.

Patanjali states there are five levels of awareness, that may either be painful or not painful. Everything we experience we interpret as having duality. Firstly, there is **Praamaan - Direct Experience**. If we see something with our own eyes we have a direct experience. As we cannot have direct experience of everything we also need reliable sources of information.

In the olden days scriptures preserved knowledge. Today we have many ways to get knowledge. Something may have happened long ago, but historians have reported it to us. Books, TV and newspapers also report things to us. On the other hand, we may infer or guess when we don't have direct experience. For example, If I see your shoes outside, I think you are here. This is deductive knowledge. Direct knowledge of truths may also come through meditation, beyond our senses, and this must be perfectly unselfish.

Viparyaya is the opposite of knowledge. This is wrong knowledge interpreted by the mind in the place of truth. If we knew it was wrong we would not record it, but the mind does not know it is wrong. All knowledge of the world is acquired through the delusion of the senses, or maya. We see things with 'colored glasses' of past impressions and think that they are true. For example, we see a rope on the patio and think it is a snake.

Vikalp or verbal delusion is the stage of the mind when the object is not there, but the mind is weaving thoughts around it. These deluded thoughts form when words are not based on reality, and we come immediately to the conclusion it is truth. This is a form of mental weakness due to our mind's attachments that cloud our reasoning. It is especially true when we feel afraid; we may get angry or feel the need to escape or freeze up. This is referred to as 'fight, flight or freeze response.' The mind then self protects and forms many waves or vrittis which disturb us and do not allow us to keep control. Another example is worry. Here we weave thoughts around a perceived situation which does or does not exist, without knowing the truth.

Nidra or sleep is a wave of the mind that feeds the self without external support. Sleep is a kind of awareness. We dream that we are seeing, tasting, and walking. But in dreams we see without our eyes, we taste without eating, and we walk without a ground.

In meditation we also have no support of the senses. It is essential we realize we are not talking of a blank mind. A yogi meditating is consciously intentionally withdrawing their senses to actively work or learn on a higher dimension or plane. A blank mind is passive; this may be dangerous as one can be open to hallucinations and delusions.

Smriti or memory If the mind does not forget the experience of the senses and retains it and is able to reproduce it at will, it is called **smriti**. We experience so many things and the sum of our experiences make our personalities. If I have a memory, then I know who I am. Memory comes from experiences and desires. Memory comes from learning through study and reading or from past incarnations.

We identify with our **vrittis or thoughts**. They define who we are so we need to carefully discern what and how we think. This raises questions:

Direct experience we take to be the truth, but is it really? What state of mind were we in when that experience occurred? How did we experience it? Was it from an objective point of view, or did we impose an emotion?

The things we see as truth are formed through our experiences. They are not necessarily the universal truth. We know questioning siblings about an occurrence that both experienced, both will have a different perception. In school learning we see through the eyes of the teacher, by their perception.

The oscillating mind has a tendency to weave fantasy into reality. When our mind is in this dual state it is very difficult to handle. We experience confusion and tension because we do not know which perception is truth.

In sleep we have dream awareness, and process issues on our mind and our desires from the subconscious mind. In examining sleep as it relates to memory, we learn more about how memories surfacing in the mind evoke new emotions that become stored with our related memories.

The thoughts that define us are in a constant state of fluctuation. These fluctuations are dependent on so many things, including: our state of mind during the experience, our triggered conscious and unconscious emotions, our likes and dislikes, our culture and heritage, and the influence of others.

We need to ask questions: Are the thought forms real or not? Who is the real person behind these thought forms that we create? Is each one of us an individual with a different view of reality? Who is creating this reality? Who is doing the thinking? What is really in our memory? To answer, we need to recognize and identify these mental modifications in order to take control over our mind waves. "Yoga chitta vritti nirodahah"

Meditation For inner peace

with Ma Mokshapriya



November 16, 2024
Day Retreat - Saturday
9 a.m. to 5 p.m.

meditation
yoga
philosophy
breath work
deep relaxation
vegetarian lunch
\$101 per person

November 17, 2024
Workshop - Sunday
2 p.m. to 5 p.m.

various techniques
and stages
of meditation
and relaxation
\$30 per person



Yogashakti Mission
3895 Hield Rd. NW

Palm Bay, Florida - 321.725.4024



ASK MICHELLE WHITEDOVE

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During this time we can help to sway them, by playing their favorite love song that's connected with a powerful emotion; telling stories and recounting good times and then assuring them that you will make more memories together. But ultimately the decision is in **God's** hands.

DEAR WHITEDOVE,

This is the first time that I've ever dreamed about my **Grandfather**. In my dream he showed me a box and guided me through his old farm house and pointed to the stair case and the steps. When I woke, it seemed that he was telling me to go find it. Our family still owns the property although I live in **South East Asia**. Should I plan a trip back to the states or is this my colorful imagination working over time? **Farm Girl in Thailand**

Dear Farm Girl,

Dreams are very interesting. They can be messages to our self from our superconscious mind. They can also have symbolic meanings that need interpretation or dreams can be visitations from loved ones on the other side.

In your case this was a very vivid visitation with a direct message and it's important that you act upon it.

Your **Grandfather** loves you very much and he is guiding you to some important family mementos, documents and I do see a special gold coin that he saved in case of an unseen family emergency. So yes, act upon the dream because you are being led by a love that transcends time and space.



SETH SPEAKS

...continued from page 16

"In so doing you never think of looking for it in the conscious mind, since you are convinced that all deep answers lie far beneath-and, moreover, that your consciousness is not only unable to help you but will often send up camouflages instead. So you play that game. [...]"

"The basic beliefs however were always in your conscious mind, and the reasons for your behavior. You simply had not examined its contents with the realization that your beliefs were not necessarily reality, but often your conceptions of it."

And later he adds: "The main point I wanted to make in this chapter was that your conscious beliefs are extremely important, and that you are not at the mercy of events or causes that dwell far beneath your awareness."

SETH ON ASKING FOR HELP:

"...you must be willing to be kindly to yourself. You must believe that when you send out pleas, they are indeed answered, no matter how impersonal the universe may seem at times.

"You must realize that your personal self grows as naturally out of that universe as, in other terms, any star does, or any flower, or any oak leaf. You are a part of that system. **AND WHEN YOU SEND OUT A PLEA, YOU DO INDEED SET THE UNIVERSE IN MOTION, SO THAT THE PLEA IS ANSWERED!** And so do you also send help to others, often even when you are not aware of it, as a flower sends out help to someone simply because it is beautiful..."

SETH ON EXPECTATIONS:

"If a man wants to change his fate, desire is not enough, but expectation IS.

Expectation is the force, then, that triggers psychic realities into physical construction.

Emotional power behind your expectations powers your expectations into physical reality



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."

... from page 6

will end. Knowing there is an end in sight, helps keep **Domino** focused on that end and allows her to plan beyond it. As soon as she can see beyond it, and plan beyond it, she more quickly moves beyond it. It's as simple as that.

Domino used to think that if someone had bad luck once, then they were cursed forever and would always have bad luck. She thought that if she lost her job, she'd never have another one. She worried that if her husband ditched her, she'd be alone the rest of her life. And likely starve. Well, her luck has apparently changed, since she finds a series of jobs that keeps her pantry stocked, and she's always juggling a couple of boyfriends.

And all that changed, really, was that she stopped telling herself that old story. The story about the sad person who could never catch a break and was going to die alone and tragic.

She began telling herself the story of what she would do as soon as she was on firmer ground, she began setting goals and moving toward them.

She began reading stories of encouragement from other people and she began asking her friends to encourage her in her goals. She had specific goals and so I created a special self-hypnosis audio file for her to play as she fell asleep, to help reprogram her consciousness. She knew that as soon as she experienced even the slightest shift in consciousness, the momentum would be there to move her forward, closer to her dreams.

You can program yourself in the same way, by being mindful of your self talk. Script out a new set of phrases to repeat in your mind, anytime old thoughts come to mind. Keep the script in front of you. Soon enough you'll have memorized it and it will run like a ticker tape in the back of your mind throughout your day. And when that happens, your shift in perception is just around the corner, so expect it and anticipate it.

I love that a simple thing like listening to a self hypnosis cd can be used to change someone's attitude and expectation so much that they begin living a different kind of life. That listening to simple phrases over and over, even if we've just got the cd or mp3 playing as we fall asleep, can help it click within us that we have access to more life and more good than we ever thought possible. And once we realize that - really realize that - a new world opens up to us.

We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. The cells of our body process information and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code.

We can retrain our consciousness to create healthy beliefs and thus create a profoundly positive effect on our bodies and in our lives. We can identify where our glitches are and not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram ourselves and reformat our lives for more joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective amoebic consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology.

Some suggestions I like most include: "I no longer worry over events of the past. Every day begins my life anew and every day is a new beginning. I feel optimistic about my future possibilities. I find greater satisfaction in my everyday life. I find fun and interesting ways to spend my time and I have an increasing sense of mission and purpose."

Simple words, huh? Easy to say them, but profound to believe them.

And when you believe them, really believe them, your world will change.

It's exciting to know you can program your own upgrade.

Enjoy our offering this month.
Hari Om.



Andrea

HOROSCOPES NOV 2024



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR NOVEMBER 2024

While some mobilize to achieve their professional ambitions and can rely on reinforced self-confidence to succeed, others strive to learn from the past mistakes and evolve in the right direction. Still, others rely on their intuition to navigate through challenges.

Mood

ARIES: MOOD FOR NOVEMBER 2024

It is wiser to act covertly, to sharpen your plans rather than openly reveal yourself. You do not give free rein to your impulses, you advance discreetly, as a skilled strategist. This does not prevent you from using your charms to achieve your goals.

Love

ARIES: LOVE FOR NOVEMBER 2024

If Jupiter positively influences your communication, you are mainly concerned with the evolution of your social situation and only use your charms to attract attention.

In a relationship: no great impulses or tender declarations to hope for. You are too busy professionally to have time for your partner, who must wait.

Single: you are neither available nor interested in the subject. You seek to advance your career plan by drawing lessons from the past.

Money

ARIES: MONEY FOR NOVEMBER 2024

If you are negotiating, you work more in the shadows than in the spotlight. You will succeed if you rely on what you have learned and retained.

Work

ARIES: WORK FOR NOVEMBER 2024

It's time to mature to avoid repeating the same mistakes. You have learned the lesson well and are now transforming what needs to be transformed. However, avoid openly displaying your ambitions.

Leisure

ARIES: LEISURE FOR NOVEMBER 2024

Unless you are attracted to gambling, you prefer to focus on your affairs rather than entertain yourself.

Key dates

ARIES: KEY DATES FOR NOVEMBER 2024

The 1st: you use your intuition to evolve your destiny. The new moon favors the implementation of your strategy to progress.

The 9th: you advance in the fog and have some difficulty understanding your emotions and the options to prioritize; wait for the clouds to clear before acting.

The 12th: avoid letting yourself be overwhelmed by doubts, complexes, and possible failures related to the past, risking paralysis.

The 19th: rely on your inspiration to make necessary transformations for your fulfillment. Connect with your inner world to guide your steps.

The 27th: nothing prevents you from expanding your horizons, surpassing yourself; your determination is expressed. Confident in yourself, your talents, and skills, do not hesitate to assert yourself.

Advice

ARIES: ADVICE FOR NOVEMBER 2024

Keep your eyes fixed on what you need to apply to progress. If the desire to emerge from the shadows takes hold of you, give it up, as you could say too much and hinder the pursuit of your goals.

TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR NOVEMBER 2024

For some, there are romantic ambitions and a desire to innovate within the family. Others want to convince their surroundings to pursue a project that requires time to materialize, while some are not short of arguments or determination to bring others on board with their dream.

Mood

TAURUS: MOOD FOR NOVEMBER 2024

Make sure of each other's support, don't play solo, but collaborate, keep the debates open, especially since your future could well be linked to a collective perspective.

Love

TAURUS: LOVE FOR NOVEMBER 2024

You are discussing with your partner a long-term project that requires solidarity while waiting for it to materialize. If the dialogue is constructive and your vision of the future is appealing, minor frictions may disrupt the harmony.

HOROSCOPES NOV 2024



In a relationship: you agree with your partner regarding your prospects, except for the financial means to invest.

Single: If you have a project in mind, you discuss it with those who support your plans. However, you are not in a sentimental mood.

Money

TAURUS: MONEY FOR NOVEMBER 2024

This is the sensitive point, especially if you are trying to obtain more than is reasonable. Your maneuvers could harm your credibility.

Work

TAURUS: WORK FOR NOVEMBER 2024

Avoid manipulating your interlocutors to maintain a creative dialogue with your surroundings. If financial obstacles arise, discuss them openly with your partners.

Leisure

TAURUS: LEISURE FOR NOVEMBER 2024

To momentarily escape the need to be serious in your endeavors, treat yourself to a romantic getaway or a trip with friends.

Key dates

TAURUS: KEY DATES FOR NOVEMBER 2024

The 2nd: It is through assertive communication that you can open a constructive dialogue and assert your ambitions. Nothing prevents you from speaking up and making an impression.

The 4th: Master a tendency to act like the head of the family. This attitude does not garner unanimous approval.

The 17th: Your need to break free from the past is legitimate, but let the other speak about what can be changed, improved, and ensure that everyone benefits.

The 21st: Well-conducted negotiations allow you to influence discussions regarding your professional or financial advancement. It's your move!

The 26th: Exchanges are sluggish and will only pick up in December, so be patient without giving up.

Advice

TAURUS: ADVICE FOR NOVEMBER 2024

Respect the rules, consult your surroundings to pursue your long-term goals, well surrounded and supported.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR NOVEMBER 2024

You defend your ambitions with determination and explore new experiences. Others redouble their efforts to meet the demands of the hierarchy or to serve collective goals.

Mood

GEMINI: MOOD FOR NOVEMBER 2024

Prove that you can be relied upon to support the common cause; do your best to participate and cooperate. Choose a gentle approach so that your merits are recognized, and finish what you started this summer.

Love

GEMINI: LOVE FOR NOVEMBER 2024

You are more concerned with asserting your social position than with love. You use your power of seduction to steer events in your professional life.

In a relationship: Don't expect grand displays of affection. You maneuver to face the obstacles that arise in your career.

Single: This isn't the best month of the year to break out of your solitude. You have too much to do to convince your superiors that you are up to the task; you don't have time to seek a soulmate.

Money

GEMINI: MONEY FOR NOVEMBER 2024

While the sky reinforces your self-confidence, don't take advantage to ask for more than what is offered to you. Saturn limits your expansion.

Work

GEMINI: WORK FOR NOVEMBER 2024

Saturn throws challenges your way that you can overcome by relying on your sense of strategy rather than overly direct exchanges. Opt for a discreet approach to persuade others.

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Leisure

GEMINI: LEISURE FOR NOVEMBER 2024

With Jupiter inviting you to shine and Saturn keeping you under pressure, you may feel a bit unsteady. Choose an activity that showcases your talents without exposing yourself too much.

Key dates

GEMINI: KEY DATES FOR NOVEMBER 2024

The 3rd: Avoid asking for too much to avoid facing rejection. Moderate your appetites.

The 9th: Don't overuse your strengths.

The 12th: There's a disconnect between you and your superiors, authority. Stay tuned in rather than saying too much.

The 18th: If your personal influence seems undeniable to sway others, keep dialogue open with interlocutors who aren't easily convinced.

Advice

GEMINI: ADVICE FOR NOVEMBER 2024

You're improving, take on your social responsibility and navigate around the obstacles that slow down progress.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR NOV 2024

Some rely on discreet strategies, while others seek to evolve their destiny, their love life, and to fully express their potential with creativity and charisma.

Mood

CANCER: MOOD FOR NOVEMBER 2024

You use your talents and charm to evolve. Count on these assets to progress, but take on your duties and responsibilities to the end so as not to compromise these advances.

Love

CANCER: LOVE FOR NOVEMBER 2024

The sky strengthens your power of seduction and encourages exchanges to make contacts, get closer to the other, and pay attention to your surroundings. Excellent dispositions likely to give meaning to your relationships.

In a relationship: the sky warms up the atmosphere within your couple and your relationships in general. More open to others, more attentive, and more seductive, you can evolve your relationships.

Single: rely on your magnetism which softens your current demands a bit. If you hope to find the rare gem, it's time to come out of your shell.

Money

CANCER: MONEY FOR NOVEMBER 2024

You seek to realize your ambitions by exploiting your potentials. If your initiatives are rewarded, so much the better, but your main goal remains to surpass yourself.

Work

CANCER: WORK FOR NOVEMBER 2024

You express your talents and your ability to transcend the limitations that slow down your evolution. You show what you are capable of and innovate to your advantage.

Leisure

CANCER: LEISURE FOR NOVEMBER 2024

The sun encourages the expression of your gifts, it is an invitation to break free from the current rigor that drives you towards excellence, but also to indulge yourself.

Key dates

CANCER: KEY DATES FOR NOVEMBER 2024

The 1st: rely on your talents to get closer to an ideal version of life. The new moon invites you to express your feelings.

The 4th: rely on your creativity to progress and convince that you are up to the task and your ambitions.

The 12th: you struggle to convince, wait for it to pass. Otherwise, you risk making mistakes and ending the day stressed and frustrated.

The 15th: the full moon invites you to get involved in collective projects. It's time to put your talents and influence at the service of all.

The 19th: you have every chance to bring whoever you want into your world. Take a step towards the other.

The 22nd: By deploying appropriate strategies and acting with tact, you have the best chance of changing and softening your superior to improve your situation.

HOROSCOPES NOV 2024



Advice

CANCER: ADVICE FOR NOVEMBER 2024

You have the opportunity to escape the rigidity imposed on you. Take advantage of it to give yourself some breathing room

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR NOVEMBER 2024

Some are dedicating themselves to the common good and enjoying a beautiful popularity. Others are breaking free from a harsh atmosphere that hinders their growth. You aspire to steer your private and family life freely, but consult with your loved ones before making decisions.

Mood

Leo: Mood for November 2024

The atmosphere isn't light, even though you're effectively managing difficulties, you're struggling a bit to flourish. However, you congratulate yourself for having opened a breach in the walls that imprison you.

Love

LEO: LOVE FOR NOVEMBER 2024

If you're facing recurring obstacles that prevent you from acting as you wish, you'll soon have the opportunity to change things to ease tensions and lighten the mood.

In a relationship: Focus on certain family measures to resolve difficulties that disrupt the smooth flow of daily life.

Single: You're seeking to resolve family issues and aren't ready to invest in finding a soulmate.

Money

LEO: MONEY FOR NOVEMBER 2024

If it's financial constraints holding you back, you'll find valuable support within your family.

Work

LEO: WORK FOR NOVEMBER 2024

A project put on hold is back on the table. Whether it directly concerns your work or your family life, obstacles litter your path, and you're mobilizing to find a solution.

Leisure

LEO: LEISURE FOR NOVEMBER 2024

You spend the most time with your family. If your budget is tight, consider escaping from a burdensome daily routine by treating yourself to a nice walk in the forest.

Key dates

LEO: KEY DATES FOR NOVEMBER 2024

The 2nd: You manage household matters successfully, you rely on your intuition, and gather information to steer your family life in the right direction.

The 3rd: By respecting everyone's rights, you gain the approval of all.

The 9th: While your charm is undeniable, don't use it to manipulate your loved ones. Stay clear in your actions so that people continue to follow you.

The 17th: Consult your loved ones before making a decision about your destiny. Your choices deserve to be discussed within the family to avoid chaos.

The 27th: Count on your talents to strengthen your authority over those around you.

Advice

LEO: ADVICE FOR NOVEMBER 2024

If you can handle what's blocking you more flexibly, take the opportunity to recharge with your family and find solutions.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR NOV 2024

Some work in the shadows, albeit just as effectively, to positively evolve their daily lives. Others use more open communication to enhance their relational life. Yet others evolve in harmony with their partners and interlocutors, but must temper their desire to influence everyone to their advantage.

Mood

VIRGO: MOOD FOR NOVEMBER 2024

If you're not inclined to seek company, you communicate with increased charisma and revive difficult-to-manage exchanges.

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Love

VIRGO: LOVE FOR NOVEMBER 2024

Count on communication and your sensuality to facilitate exchanges. You're testing your ability to unite or maintain the connection, leaning towards reconsidering your relationships.

In a relationship: Rely on smooth exchanges to open dialogue with your partner and warm up the atmosphere between you.

Single: If you struggle to connect with the outside world, take advantage of facilitated communication to reengage in constructive exchanges.

Money

VIRGO: MONEY FOR NOVEMBER 2024

Don't rely too much on the support of your partners; currently, you must rely on yourself.

Work

VIRGO: WORK FOR NOVEMBER 2024

Some developments glimpsed this summer may resume. Take advantage of facilitated communication to convey your messages, with creativity to score points.

Leisure

VIRGO: LEISURE FOR NOVEMBER 2024

Although you can positively connect with the world, you'll probably prefer reading to group activities.

Key dates

VIRGO: KEY DATES FOR NOVEMBER 2024

The 1st: The rapport between you and others is good. Take advantage of this positive atmosphere to get closer to others. The new moon favors a friendly communication.

The 4th: Some act in the shadows, deploying their strategy while respecting the boundaries of their surroundings.

The 17th: If you have no shortage of arguments to express your desires, temper your desire to stand out.

The 21st: You actively participate in changes that could improve your family life. Your daily life is on the right track.

The 26th: Family discussions drag on. Be patient, as debates won't resume until mid-December.

Advice

VIRGO: ADVICE FOR NOVEMBER 2024

Make the most of this month, which facilitates exchanges, to reconnect with constructive exchanges and clarify the reasons cooling the current atmosphere

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR NOVEMBER 2024

Some ensure the well-being of their loved ones, protecting their family life, while others seek to lighten a heavy daily routine. You rely on your talents to enrich your daily life while respecting your financial limits, avoiding disturbing your relationship with those around you.

Mood

LIBRA: MOOD FOR NOVEMBER 2024

Rather enduring, count on your talents to overcome difficult hurdles, the obstacles that hinder your daily progress. Listening to your loved ones, you benefit from their affectionate support to regain your energy.

Love

LIBRA: LOVE FOR NOVEMBER 2024

You are concerned about your finances to ensure the security of your loved ones, keeping them safe from need, as you are sensitive to the happiness of your family.

In a relationship: you do your best to develop your potential and to be rewarded for your efforts. You use your financial bonuses to please those you love.

Single: you work hard to obtain the means to settle down, to beautify your living environment, to establish a home, or to support your family for a more secure personal life.

Money

LIBRA: MONEY FOR NOVEMBER 2024

If you have felt a bit restrained or frustrated, you now have the opportunity to replenish yourself by developing your talents.

Work

LIBRA: WORK FOR NOVEMBER 2024

Jupiter influences you until 2025, giving you time to achieve your ambitions, to broaden your horizons. Focus primarily on developing your talents, expressing them more fully to overcome the daily challenges that are currently resisting.

HOROSCOPES NOV 2024



Leisure

LIBRA: LEISURE FOR NOVEMBER 2024

If you work hard to secure your own and your loved ones' foundations, your generosity is appreciated. Take advantage of a relaxed atmosphere to organize a family meal, a weekend, or any other festive event.

Key dates

LIBRA: KEY DATES FOR NOVEMBER 2024

The 2nd: you assert your merits and negotiate a raise, contributing to improving your living conditions and those of your loved ones.

The 9th: your messages are not well received and understood, misunderstandings are to be feared. Lock down your communication to avoid misunderstandings.

The 12th: some of your interventions contribute to tense exchanges, even leading them to a dead end. Perhaps it's better to keep quiet.

The 18th: you legitimately aspire to broaden your horizons and achieve your ambitions. Communicate in this direction without worrying your surroundings who might think you're exaggerating.

The 26th: some ongoing exchanges, discussions drag on. There's no need to get upset, to try to speed up the process. Take advantage of this period of relative standstill to refine your arguments.

Advice

LIBRA: ADVICE FOR NOVEMBER 2024

If you avoid clumsy remarks, you can reassure your little world and soften the obstacles that constantly stand in your daily path.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR NOVEMBER 2024

Some may evolve a longstanding family or personal situation, while others restore a more creative communication with their surroundings, partner, or children. Some, finally, aspire to inspiring loves. A new cycle of fulfillment can be hoped for if they continue to consider the desires of others as much as their own.

Mood

SCORPIO: MOOD FOR NOVEMBER 2024

Count on Venus to warm up the somewhat gloomy atmosphere. Venus helps you express your feelings more warmly, which is an appreciable opening in an austere emotional context.

Love

SCORPIO: LOVE FOR NOVEMBER 2024

Take advantage of a new cycle to take a step back on your love life, which may be a bit frustrating at the moment. Observe what keeps you away from your partner or what prompts you to take a critical look at your relationships.

In a relationship: Approach the relationship with the desire to understand what keeps you at a distance from your partner. Take this time to strengthen the bonds with your partner or children.

Single: You may feel a bit disillusioned, with the impression that everyone is avoiding you. You need to observe what recurrently hinders your emotional fulfillment.

Money

SCORPIO: MONEY FOR NOVEMBER 2024

Do not expect significant income at the moment. You are expected to cooperate without expecting immediate reward. Your turn will come, but for now, be content with what you have.

Work

SCORPIO: WORK FOR NOVEMBER 2024

Approach your activity with seriousness and understand that it's not the time to freely express your creativity or your wildest ideas. You are expected to follow the current method and respect the codes, even if it means tempering your Lion's flamboyance.

Leisure

SCORPIO: LEISURE FOR NOVEMBER 2024

To escape from a somewhat unfestive atmosphere, put constraints into perspective by diverting them. Adopt an exemplary lifestyle or engage in an activity that allows you to release stress safely.

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Key dates

SCORPIO: KEY DATES FOR NOVEMBER 2024

The 1st: The new moon in your sign invites you to open a new cycle of expansion. Take advantage of your personal radiance to enhance your loves, attract attention, and seduce.

The 12th: You struggle between a reserved tendency and a desire to express yourself. Two opposing currents that could generate discomfort.

The 17th: It's difficult to balance between your need to assert yourself and the necessity to listen to what the other says. If your duo is currently experiencing tensions, stay attentive.

The 22nd: You find the words that warm up the atmosphere with your partner, children, or close ones; take advantage of your good disposition to convey your messages.

The 27th: Rely on your talents to assert your merits and claim their rightful reward. Even if you have to fight, you will be satisfied.

Advice

SCORPIO: ADVICE FOR NOVEMBER 2024

A likely productive month, but one that may restrain your impulses. Transform the pressure exerted by Saturn on your emotional life and creativity into a challenge to overcome.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE FOR NOV 2024

Your appetites are sharpened, and your ambitions are heightened. You can rely on your intuition to untangle recurring family issues. Count on the lessons learned from the past to guide your personal life according to your desires and to achieve an ideal or relocate to a region or country that inspires you.

Mood

SAGITTARIUS: MOOD FOR NOVEMBER 2024

You're not seeking to shine; you're taking a strategic retreat position to understand what's happening in the family and deploy strategies to overcome the deadlock.

SAGITTARIUS: LOVE FOR NOVEMBER 2024

Don't rush into anything; you can evolve family matters by taking a step back and analyzing the situation before making a decision. Avoid initiating unnecessary debates that may bog down the situation.

In a relationship: Take the time to learn from the past before making a final decision. Think before acting to resolve a difficult situation.

Single: If you have family issues, take the time to understand what's going on before taking action.

Money

SAGITTARIUS: MONEY FOR NOVEMBER 2024

You're too preoccupied with your personal life to invest in a quest for abundance, which you postpone.

Work

SAGITTARIUS: WORK FOR NOVEMBER 2024

Family matters need to be addressed as a priority. Jupiter facilitates dialogue with your professional partners; take a step towards them, and they will do the same to maintain the connection and make the most of a partnership.

Leisure

SAGITTARIUS: LEISURE FOR NOVEMBER 2024

You're more inclined to introspect than to accomplish feats or indulge in extreme sports. Take advantage of this time to do a check-up or indulge in reading.

Key dates

SAGITTARIUS: KEY DATES FOR NOV 2024

The 2nd: You develop the best strategies to achieve your goals by relying on your intuition and taking into account past experiences.

The 4th: If you encounter recurring problems, step back from your emotions and act as calmly as possible.

The 9th: If you're successful, don't overdo it. You won't win everyone over if you seek to charm rather than convince.

The 18th: Be considerate of your partners; if you make everything about yourself and prioritize your personal interests, collaboration is key to success.

The 21st: You find the words to maintain and elevate discussions, to delve into sensitive topics that you previously struggled to address.

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Advice

SAGITTARIUS: ADVICE FOR NOVEMBER 2024

Act calmly to untangle a burdensome family situation. Don't speak without having carefully considered the impact of your interventions.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR NOV 2024

Some demonstrate a strong determination to discreetly defend their interests. Others contemplate how to shape the future according to their plans and communicate better with those around them, while still others involve their loved ones in projects that garner unanimous support.

Mood

CAPRICORN: MOOD FOR NOVEMBER 2024

Not very talkative, rather reserved, and desiring to communicate only the essentials, you're reconnecting with a bit more lightness and warmth. Venus softens your demeanor by enhancing your charisma.

Love

CAPRICORN: LOVE FOR NOVEMBER 2024

If you've been reserved in communication, you're stepping out to engage with your loved ones on matters that are important to you. Avoid keeping anything hidden from them and rely on Venus, which enhances your personal charisma, to garner support.

In a relationship: Expect more flexibility and openness in exchanges. You're using your charm to soften hearts and persuade them to support your plans.

Single: More open to dialogue and less rigid in your approach to others, you're convincing and rallying others to your cause.

Money

CAPRICORN: MONEY FOR NOVEMBER 2024

To ensure your words hit their mark, avoid manipulating anyone. Stay clear in your intentions and speech to advance your cause.

Work

CAPRICORN: WORK FOR NOVEMBER 2024

No room for fantasizing, dreaming too much, or drifting away. You're considering everything very seriously, even if it makes you appear austere to those who trust you.

Don't hesitate to use your charm to lighten the atmosphere.

Leisure

CAPRICORN: LEISURE FOR NOVEMBER 2024

Venus strengthens your desire to be noticed. This contrasts with your current reserve and encourages you to break out of any imposed or self-imposed isolation. So, don't hesitate to go out and be seen.

Key dates

CAPRICORN: KEY DATES FOR NOVEMBER 2024

The 1st: You're discussing a project that inspires you.

The new moon favors the realization of your plans, so take this opportunity to act cautiously.

The 3rd: Even if you're certain your aspirations are legitimate, avoid pressuring anyone so that exchanges remain open.

The 9th: Despite your willingness to serve common interests, your messages may be unclear and misinterpreted. Reflect on the impact of your words before intervening.

The 17th: To spice up a more creative emotional life, ensure your requests align with both your desires and those of the other person.

The 22nd: You can expect a warming of the emotional climate. Rely on your seductive power to add a bit of whimsy to your love life.

Advice

CAPRICORN: ADVICE FOR NOVEMBER 2024

You navigate more easily in a circle that you've kept at a distance. Count on warmer exchanges to gather around perspectives that need to be shared rather than imposed.

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AQUARIUS – (Jan 20 – Feb 17)

Aquarius: Astral Climate for November 2024

Some are undergoing a metamorphosis and envisioning a future that aligns with their expectations. Others are pushing their limits to prove themselves on social and professional fronts. Finally, some are leveraging their talents to advance their careers without overestimating their abilities if they wish to gain unanimous approval.

Mood

AQUARIUS: MOOD FOR NOVEMBER 2024

You tend to isolate yourself to reassess, sift through the essential and discard the superfluous, pondering on the emotional, friendly, and sentimental fronts. You're asking yourself the right questions to make the right choices and eliminate relationships that have become obsolete.

Love

AQUARIUS: LOVE FOR NOVEMBER 2024

The heavens stimulate your thoughts on love and sensuality. Dispense your generosity and kindness more judiciously, cast a more clear-eyed view on the relationships you maintain; some require reevaluation.

In a relationship: Don't expect to indulge in grand romantic gestures; you're questioning what you give and receive from others. This introspection leads you to manage your relationships more conscientiously.

Single: You don't feel the urge to dive into adventure. You're drawing lessons from the past to better understand and redefine your essential needs.

Money

AQUARIUS: MONEY FOR NOVEMBER 2024

You're deploying your talents at work, but your efforts aren't directly rewarded. It's better to tighten your belt.

Work

AQUARIUS: WORK FOR NOVEMBER 2024

You rely on your consistency, dedication, and measured but profound expression of your potentials to progress steadily. Your superiors appreciate your efforts and know they can rely on you, even if it means working 24/7.

Leisure

AQUARIUS: LEISURE FOR NOVEMBER 2024

You're delving into your potentials rather than seeking amusement; the atmosphere is more studious than light and festive. There's a time for everything.

Key dates

AQUARIUS: KEY DATES FOR NOVEMBER 2024

The 2nd: Convincing arguments and a strong authority that you'll wield successfully over partners and interlocutors ready to believe and follow you.

The 4th: You're in control of your means and abilities, and your confidence bolsters your position. You're slowly but surely laying the groundwork for your future successes.

The 12th: Don't promise too much; do what you can, but no more. Otherwise, you risk being overtaken by a sense of lack and frustration.

The 18th: You're not lacking in creativity or the desire to shine, but use your powers wisely, to persuade rather than just seduce.

The 21st: Undergoing significant changes, you're making plans that could open you up to another dimension. You want to change the course of your existence.

Advice

AQUARIUS: ADVICE FOR NOVEMBER 2024

Aware of your duties and responsibilities, you respond to the call, and in these times, you're right to do so.

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PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR NOV 2024

With tender plans in mind, you strive to defend community interests and seek to broaden your horizons; you're more aware than before. You aspire to achieve an ideal, to fulfill a dream, but temper your enthusiasm a bit if you want to see it through.

Mood

PISCES: MOOD FOR NOVEMBER 2024

You're more confident in yourself and your abilities. Jupiter improves your family life, warming the atmosphere, fostering tender plans, and reactivating your social ties.

Love

PISCES: LOVE FOR NOVEMBER 2024

You're less expansive, pondering the life you now desire. You find it easier to broaden your horizons, stepping out of your shell, rekindling the desire to love and be loved.

For couples: You rediscover a taste for adventure while remaining focused on the essentials. Take advantage of this openness to suggest your partner to take a breath of fresh air with you.

Single: Not very communicative and rather withdrawn lately, seize an invitation to travel to embark on the quest for your soulmate or organize a beautiful escapade with friends.

Money

PISCES: MONEY FOR NOVEMBER 2024

Even if you're content with what you have, you desire more. If you have a project in mind, rely on your relationships and friends for financial or moral support.

Work

PISCES: WORK FOR NOVEMBER 2024

You're reconnecting with ambitions supported by your superiors, but don't be stubborn when discussing the terms of change. Keep an open mind for negotiations to succeed. Some of your projects may charm.

Leisure

PISCES: LEISURE FOR NOVEMBER 2024

No question of staying in your own bubble. Your friends seek your company, and you'd like to break away from a loneliness that helps you understand your new priorities but eventually weighs you down.

Key dates

PISCES: KEY DATES FOR NOVEMBER 2024

The 1st: The new moon encourages you to broaden your horizons, to aim higher, farther, and bigger. You initiate various efforts to realize a dream, to move closer to an ideal life.

The 9th: You annoy those who eventually find you too dreamy, too seductive. They might even doubt your genuine disinterest.

The 12th: Avoid displaying a too closed-off attitude, risking that authority freezes communication. Stay open to exchanges.

The 19th: Whether you aspire to move to the other side of the world or climb the career ladder, nothing stops you.

The 27th: Rely on your willingness to defend community interests to engage in action. You demonstrate dedication to the cause and unwavering energy to move forward.

Advice

PISCES: ADVICE FOR NOVEMBER 2024

Step out of your shell to explore other horizons and make appealing plans. It's a great time to reconnect with the world around you, which will do you a world of good.



Mitch Ditkoff

A MAN OF FEW WORDS

... from page 14

What I didn't see coming was the mistress of my **Esquire** editor, a stunning, red-headed, erudite woman who, though she adored my writing, believed strongly that **Chapter 2** was far superior to my other three chapters and, since she was angry at her editor/boyfriend for spending **Valentine's Day** with his wife and kids, threatened not to have sex with him for six months unless he agreed to only publish **Chapter 2**.

This was, shall we say, somewhat deflating for me, but I had to agree that of the four chapters, **Chapter 2** was, by far, the strongest. As I reflected on this unexpected turn of events while walking the three blocks back to my hotel, it dawned on me that buried within the 15-page chapter my editor's mistress preferred, abided the perfect poem -- an epic poem -- a classic genre of writing, I believed, that could easily be revived for the modern day reader, a genre that would deeply honor my early roots as a poet.

Wow! How great would it be to have my epic poem published in **Esquire** and reach an audience of millions! My editor loved the idea, but when he pitched it to his protegee, a 22-year old wunderkind from **Hong Kong** recently hired to help **Esquire** tap into the **Far East millennial market**, he discovered that while **Asian millennials** DO read poetry, they do not read epic poetry. **Haiku** is their preferred medium, it being so ultimately pristine and, in today's **Twitter**-dominated marketplace, the perfect length to deliver a powerful message to as many people as possible in the shortest amount of time.

Was I reluctant to translate my epic poem into Haiku form? Yes I was, although, upon further reflection, there was something about the challenge that intrigued me, having always been a big fan of the form and, in fact, when I was 22, owned a first edition of **Basho's haikus**, a beautifully crafted tome complete with tissue paper overlays of the most elegant calligraphy I had ever seen. So, **Haiku** it was -- a form, I soon came to realize, that was easy to imitate, but hard to master -- kind of like the difference, as Mark Twain once wrote, between lightning and a lightning bug.

So I drank a lot of sake, downloaded some **Koto** music, and got to work.

In less than a week, I had myself a stellar haiku, one that my editor, his mistress, and protégé were so taken with that they took me out to dinner, that night, to the most expensive sushi restaurant in all of **Manhattan**. Finally, after months of endless editing I had the perfect piece of writing for publication! Hallelujah!

What I didn't understand at that precise moment was that the sales staff of **Esquire's** advertising department, newly back from an intensive **Tony Robbins** seminar on the Left Coast, was so unbelievably empowered that they had just broken all previous sales records and sold out every single inch of space in the magazine for the next four months. Translation? There was no room left in the magazine for my haiku. All contracts had been signed and unless **Esquire** wanted to pay their advertisers hefty rebate fees, my haiku wouldn't be appearing for at least five months, which meant, of course, that I would not see a paycheck until **February 2016**, which was several months after the tuition for my daughter's Freshmen year was due.

Though I admit to being understandably depressed at that particular moment in time, my spirits soon lifted upon hearing the latest news from my editor. **The September issue**, he explained, was going to feature a two-page spread by one of the world's most up-and-coming graphic designers from **Amsterdam** -- a creative genius with well over five million **Twitter** followers and, if I could just reduce my **Haiku** to a single word, the designer would find a way to feature my word in his spread -- the centerpiece of **the September issue**, I was told -- an issue that was going to be majorly promoted by the sales staff and, as a result, would likely bring a global, tidal wave of attention to my word.

My deadline is approaching, but... um... uh... I'm having some trouble with the final phase of the editing process. I wouldn't say I was "stuck", just needing a bit of feedback. What do you think the word should be? Please understand that I'm not asking you to write the piece for me, just suggest some possibilities and I, in conjunction with my wife, editor, editor's mistress, protegee, publicist, and advertising team, will select one.

If I end up using the word you suggest, be assured, I will generously acknowledge you in my acceptance speech.



Jim Palmer

NON-RELIGIOUS SPIRITUALITY

... from page 24

The desire for happiness is actually a desire to return to its source, your true Self and Nature.

I FOUND THIS MAN'S REALIZATIONS TO BE TRUE FOR MYSELF, AND ONE DAY I SCRIBBLED OUT A NEW UNDERSTANDING OF HAPPINESS THAT WAS LIFE-ALTERING:

REALIZATION 1: The mission of this life between birth and death is to discover happiness

REALIZATION 2: Suffering is the seeking of happiness.

REALIZATION 3: True happiness is causeless, it flows from our true nature.

REALIZATION 4: Happiness is not outcome or circumstance dependent.

REALIZATION 5: Nothing can be added to or removed from the complete happiness that you are.

Practically speaking, I discovered that my lived human experience was constant anxiety and turmoil because of how I insisted that things "make me happy".

I learned that when I place the responsibility for my happiness on anything other than the true source of happiness, I cause my own suffering and corrupt my relationship to the thing I was depending upon and expecting or demanding to make us happy.

So I did a sweeping inventory of my attachments and made a conscious decision to liberate them from your expectation or demand that it "make you happy".

I liberated the weather from my demand that it make me happy.

I liberated my hobbies from my demand that they make me happy.

I liberated my possessions from my demand that they make me happy.

I liberated food from my demand that it make me happy.

I liberated my bank account from my demand that it make me happy.

I liberated my work from your demand that it make me happy.

I liberated my social media activity from my demand that it make me happy.

I liberate Netflix from my demand that it make me happy.

I liberated my relationships from my demand that they make me happy.

I liberated my endurance sports results from my demand that it make me happy.

I liberated my philosophical and theological conceptualizations from my demand that it make me happy.

What if you stopped demanding that the world make you happy, and strengthened your knowing of your innate being AS happiness.

What if you broke your misplaced dependencies for happiness, and become more connected to and stabilized within your true nature that IS happiness?



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