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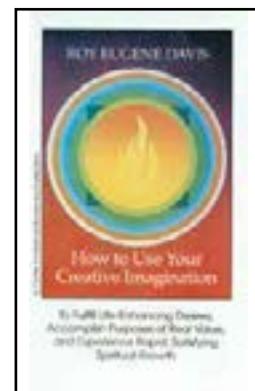
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

- 1. Recognition - God** Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
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- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure and my talent to my spiritual source.



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HORIZONS

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover

Photo by Daniel Sampaio

Contributing Writers:

Seth thru Jane Roberts

Michelle Whitedove

Mokshapriya Shakti

Cecelia Aitable

Dr. Joe Dispenza

Abraham-Hicks

Frank DeMarco

Karen Williams

Debra Strasser

Sharron Britton

Betsy Chasse

Mike Dooley

Mitch Ditkoff

Apollo Love

Tom Sannar

Jeff Brown

Jim Egan

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

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



Horizons thanks everyone willing to take the risk

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

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Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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

HELLO AND WELCOME TO THE DECEMBER 2021 HORIZONS MAGAZINE. What a trippy last couple of years it's been. Veils are lifting and truths are coming to light. We've seen lifelong friends, narcotized by lies, fall prey to gaslighters who've manipulated them for votes, views and likes to further dangerous causes. We must be careful whom we take on as teachers. **Apollo Love** addresses this very well on page 22 in **The Trouble with J.P. Sears And Other Toxic Influencers**. Apollo had a Facebook post with the meme: "*You're not ascending, you're just ungrounded.*" The thread is full of interesting and insightful comments from many who've become disenchanted by the whole **New Age** scene.

I've found **fad metaphysics** and **New Age** fanaticism to be a step on the path for many spiritual seekers. In my 20's I spent time in several popular cults, was glad to be in, glad to be out. Learned a lot about why people do what they do, what they settle for (because the **In-Crowd Tribe** does) altho they aspire higher.

For many, only after they immerse themselves completely in what the guru/teacher *du jour* tells them will bring happiness, only after they spend years, decades and tens of thousands of dollars on retreats and coaching, cards, crystals, "psychic" readings and "spiritual counseling," do they learn that *no one else has the answer anymore than they do. That realization is the flower that blooms from all the breaking up and breaking down, all the manure piled high. And some just like playing in the mud.*

I'm not surprised that some New Agers have been seduced by conspiracy theories including Q-Anon, influenced by those whom they consider In The Know. Three personal friends who were very vocal anti-maskers had partners die of **Covid**. They "*don't claim it,*" they deny it, "*it was pneumonia.*" These were intelligent, practical people I knew for 20+ years, the last ones I'd expect to fall for so many blatantly and provably untrue conspiracy theories.

I see Facebook memes from some of the "Lightworker" set saying "all their conspiracy theories turned out to be facts." I don't know which of the conspiracy theories they're talking about that turned out to be facts, I'm ignored and comments deleted when I ask for a link.

My friend **Richard Hendry** hit the nail on the head: "Here is the truth of these lies. They are a form of terrorism. The goal is to make you react and change. That's it. Think of a child hiding behind a wall, they jump out and get the desired effect - you're scared and they laugh. In most cases, like the moronic online stuff from **Q-Anon, Info Wars** etc these people are looking for your reaction.

"They are small minded and trying to control others, to make them scared and to make them worry and change how they live. And much like all forms of terrorism, the end goal is to alter the way of life of others. So then, what are we to do? Give them nothing.

"Ignore them. They want us to be like them: scared, looking for a fight, a villain and hero to save us. They love it when normal and sane people think the end is near. They want you to talk about them. They are Trolls. Whether online or in person, they are not genuine or committed to anything but disruption and fostering ill will.

"Protect yourself by giving them no quarter in your life or mind or actions. Seek real info from trusted sources and be part of our human experience, do not let these people form your actions or path in life. If you do, THEY WIN.

"No child controls me. No small minded, closed minded, the "sky is falling" alarmist will make me over react. There is no worldwide conspiracy to control anything. There is only jerks in their mother's basement trying to make you crazy so they can laugh at you!

"What they hate is calm, centered, well thought out actions of clear minded adults. They hate being ignored. "I say, give them no more of your time or your mind." ### End of **Richard Hendry** entry. More of Richard at <http://www.richardhendrymedia.com>

I'M FINALLY CATCHING UP ON DOING READINGS

I did a voice rest the past year and learned I can do many more readings by email than I can by phone. I'm not scheduling by phone until next year but if you're on the Wait List, I'm making my way thru it. If you have questions you'd like to email, visit <http://horizonsmagazine.com/blog/readings/>

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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 DREAM REALITY

GUEST: I lost the biggest love of my life when I was 6, and the feeling of losing her was like an empty space in my chest. It never got better, but I just learned to cope with it. But my question is: Why do I still have dreams about her as if she would be alive?

ABRAHAM: Because they are alive. The nice thing about dreams, and something really worth understanding, is that when you are asleep, your momentum of thought ceases... We cannot talk about **Law of Attraction** without talking about **momentum**... because, when you hold a thought, other thoughts of the same vibrational frequency join it. And so, in a little while... in a very short while, in fact, you get momentum going. When you slumber, that momentum stops.

Now, it isn't fair to say that all of your thought as humans is negative and, therefore, when you sleep, all of your negative momentum stops... because, it's not just your negative momentum, all momentum stops when you sleep. Your point of attraction is on break while you are asleep.

But the advantage of understanding that is: When you awaken the next morning, you have the best opportunity to find a different vibrational frequency and foster it, until it becomes a more dominant belief.

The reason that we tell you this is because, when you are asleep, resistance is out of the way, and you translate through the dream reality what you're really feeling. And so, if you're having a dream that is pleasant, that means that the vibration that you've got going on about that is in a good place. If you have recurring dreams that aren't pleasant, that means that the vibration that you've got going on about that is in a resistant place.

So maybe, after today, you will use different terminology because you can feel how you're setting yourself up for a continuation of a void by saying, "*When I was 6 years old - we're guessing that was a while ago [... laughter...]* - when I was 6 years old, I lost the love of my life." And that is such a loaded statement. "Lost" isn't even true. "**The Love of my life**" implies that it was something irreplaceable and it's gone.

And, if you really believe that... if you continue to think that, so that you fashion it into a dominant belief, then that belief can hold you away from all kinds of wonderful alignment, which is why you use a word like "loss."

Friends, the only thing that you can "lose" is your connection to Who-You-Are. And you use the strangest excuses to disallow your alignment with Source. It's why you use words like "loss" and "shortage," and it's why you feel negative emotions.

ON NEW YEAR'S RESOLUTIONS

QUESTION: Abraham, How do you feel about **New Year's Resolutions**? And how would you approach a **New Year's Resolution** if you were in our physical shoes.

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PRACTICING WITH OPEN EYES

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

At some point, we've all thought to ourselves, the process of change is not working for me; it's just taking too long; I'm not cut out for meditation; or I'm doing something wrong.

Many of us contemplate quitting the practice and some think they have already failed. We might not say it out loud because we are still trying to keep up the appearance that we are creating a new self, but sometimes we feel worse than ever. In the meantime, the old self is always happy to return. While it takes an enormous amount of energy and awareness to stay conscious of our unconscious thoughts, behaviors, and emotions, it also requires a great amount of self-compassion as we wait for our future to manifest.

I often talk about the common experiences and characteristics of people who succeed in transforming themselves, but there is another experience that every one of us can relate to, and which we rarely discuss. All of us have experienced the frustratingly long lag between cause and effect, between the thought of wanting something to the experience of having it. We can express this as the space, and thus the time, between the separation of one point of consciousness and the other.

When we are in the middle of the river of change, sometimes it feels so good to default to our senses to prove to ourselves that change hasn't occurred. We look around our all too familiar environment to see if anything has transformed, but our senses can't perceive any difference. The fact that our senses don't perceive a shift in our reality makes us feel that lack even more acutely, and we default to those old feelings of impatience, frustration, resentment, and failure even more.

Keep in mind though, that you are learning a skill, which requires a lot of time and practice. Master musicians and athletes spend more than 10,000 hours to develop their skills. In this case, you're mastering yourself. You're learning to practice with your eyes open in the game of life, and it takes diligence to be conscious of all the thoughts and actions that are driven by those aroused emotional states.

If you normally get out of bed close to noon but you want to start waking up at 6:00 a.m., it's going to feel very uncomfortable for a while as your body adjusts to a new circadian rhythm. You think, So what? The alternative is not to change.

However, the next morning you look with your senses at your same life through the lens of the same body and its familiar emotional states, hoping you won't feel the same. Lo and behold, your senses are still dead asleep—and after doing this for “a while” you don't experience any change. Getting up early seems more impossible than before because your body feels literally stuck in the past every morning. All your body wants is the familiar chemical state associated with sleeping in, and since it's been conditioned to be the mind, it wants what it wants.

This is the trap for most people. When we come back to our senses from meditation, we literally come back to our senses. When we don't see an immediate result in our environment, the emotions of lack and separation kick back in. Then we fall for the belief that it hasn't manifested.

When our environment doesn't match what we created in our meditation, we are experiencing that lag—that long period between cause and effect, between the thought and the experience, between one point of consciousness (I want this) and the other point of consciousness (getting it). When we experience that lag, and that interval is a long time, most want to give up on becoming the new self.

Since we are being catered to with on-demand services most of the time, the interval between the thought of what we want and the experience of it has been shortened with technology. As a result, we subconsciously feel entitled to get what we want without waiting too long.

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TIPPING SACRED COWS

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

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



HOW TO GET COLDCOCKED BY AN EPIPHANY

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

A moment for my (4 year old) daughter made me think of my own moments, those I can point to and say, “Wow. That changed me hugely.” There are little moments too, like when you decided that the color green just wasn’t as much your color as blue, or when you decided on a preference for lilies over roses. When you decided that the right side of the bed rocked and the left side felt strange. When you decided your eyebrows were too close together and your nose was too pointy.

This concept fascinates me. It makes me want to hunt down where and when all of my choices, reactions, and beliefs, big and small, came from. It makes me want to pull a **Sherlock Holmes** on everyone else too. Why do you like socks so much? Elementary, dear boy. When you were very little you wore a pair that had **Santa** on them. It was the same year you got your favorite present ever, and you’ve liked socks ever since.

My fascination with the how, why, and what of our thinking has not been a transitory thing for me. I have, in my search to figure out myself and understand others, explored a great deal. What I have found has helped me, greatly and in surprising ways. In order to start from the beginning of my current understanding of **The Way Things Work** (capitalized for me, because this is a belief—a sacred cow—that I have now chosen to hold as true), we have to really start from the beginning, as in birth.

We are made of moments, starting at the moment we pop out of the uterus and begin our lives here on **Earth**. We unconsciously attach meanings to everything as a normal function of our brains. Everything has to mean something, right? Both simple and complex: red lights mean stop, green lights mean go, and apples mean sin, smart, food, **America** (via pie), teaching, and learning. Simple and complex.

Our brains are marvelous things. Hell, we are marvelous things, in our sponge-ish ways, when it comes to the info gathering. From our mother’s first snuggle, to the first time we feel fear, to our first love, and on and on, we take it all in. It’s what we do. It’s how the human system works, and that’s pretty much it. Or is it? Cue dramatic music.

Like I said, our brains are amazing because, like **Ginsu** knives, they can do all of that and more. We can also interrupt that process with conscious input. We can even interrupt the brain’s process long enough to decide whether or not we want to believe something (*What?! Why didn’t I think of that before I decided to believe I was a hippo? Foiled!*). This is a big assertion, no doubt about it. Mostly because we are complex and have layers. We are semantics rich. This makes it hard to pin things down.

But we do have choices about how we decide to label and accept a moment. Knowing this, I have discovered, is the difference between spending our lives making choices based on old beliefs and meanings we have unconsciously attached to things— meanings that have become so ingrained they stop us from actually having any new ideas, interpretations, or experiences that could lead us in a new direction—and taking a moment to choose whether we want that belief or not. If we don’t assess our beliefs, our future is almost certainly predictable. All we have to do is look backward.

And who wants a future that’s simply based on the past? Apparently I did, because every time I looked in a mirror, all I saw was a six-year-old hippo—short legs with big hips and sometimes even a big mouth to go with them. And because I believed with every ounce of my being that I was a hippo, all I saw was a hippo.

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DON'T LET INDIGESTION UPSET YOUR HOLIDAYS

Many of us experience indigestion throughout the year but the number of people who feel twinges of heartburn, gas and bloating goes up beginning with Thanksgiving and ending with the New Year.

If gas, bloating or acid-reflux tends to be a problem for you, you don't need to run for that little purple pill instead try using herbs for relief.

Ginger is commonly know for its stomach healing properties; when eaten at the end of the meal its carminative actions soothe the stomach wall and help prevent indigestion. **Ginger** is a mildly **bitter herb** used for centuries; our ancestors knew that if they used this herb not only would the food taste good it would also help to prevent gas and bloating. And since refrigeration was lacking it was also used to kill off bacterias. My favorite way to use **Ginger** is crystallized or in ice cream; you can also add it to soups, pies, in **Gingerbread** or as **Ginger-ale**.

Another herb I keep on hand is **Fennel**. **Fennel** is cited in "**Back to Eden**" as being useful for gas, an overly acidic stomach, stomach cramps, colic and stomach spasms; just chewing ½ teaspoon of **fennel** seeds after your meal can help to reduce gas.

When you over indulge in sweets, **Anise** helps to reduce stomach acid; our ancestors knew this so they worked it into many cakes and cookies.

Bitter herbs like **Dandelion**, **Yellow Dock**, **Artichoke**, **Ginger**, **Sage** and **Oregon Grape Root** naturally stimulate digestive enzymes so that food can be broken down easier helping to provide better absorption of nutrients. They also help with the production of bile and the ph balance of the stomach.

The volatile oils of **carminative herbs** help to reduce bloating and gas by soothing the digestive tract. They would be herbs like **Peppermint**, **Spearmint**, **Lemon Balm**, **Anise**, **Fennel**, **Cloves**, **Cinnamon**, **Thyme**, **Marjoram** and **Chamomile**.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

THE BUREAU OF IDEAS

From time to time the Man with the Ladder baby sat for the daughter of one of the working women in the neighborhood while she plied her trade. Although he did not entirely understand what she did for a living, he heard that she did it very skillfully, and with much enthusiasm, and he was certain that she did it with considerable dignity. Besides, the little girl was sparkling, sharp and intelligent.

What he liked best about the child was that, although she knew precisely what kind of woman she would ultimately become, she kept that person out of sight and hidden, even from herself, so that she was completely a little girl, and completely transparent. But she dropped hints, and the hints intrigued him.

When the mother had a job and the Man with the Ladder was in the park, she would bring the little girl as close to the ladder as was possible without making what she was doing obvious, and say --as loudly as was necessary to catch anyone's attention who needed telling-- "**now just stay here.**" And pointing vaguely in the direction of nowhere in particular, and edging the little girl slightly closer to the ladder, she would tell her again to stay put, until finally the little girl was firmly planted against the back of the ladder, and everyone had been adequately communicated to.

"I will pick you up in an hour, two hours at the most. Do you understand?" she would ask, and look at the Man with the Ladder, and the little girl would say "yes" quietly, and the Man with the Ladder would look away and nod as inconspicuously as possible-- and wonder who baby sat for the little girl when he himself was working.

...continued on page 30



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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

HOW MUCH LONGER?

How long am I going to hold on to a snub or insult or "back-stabbing" that I received?

How long am I going to stew over someone's action - deliberate or accidental - that affected me adversely?

How long will I dwell on rejection or stupidity or betrayal of trust?

It seems part of the human condition to sometimes elicit shabby treatment or sabotage. And it seems to be human nature to react with painful, inflamed thoughts and emotions, perhaps for a l-o-n-g time.

But what if inflamed thoughts and emotions separate me from full participation in my purpose here, which is joy? What if inflamed thoughts and emotions keep me apart from the flow of good that is naturally mine? What if inflamed thoughts and emotions separate me from my deepest desires?

How long will I hold on? How long? How long?

How long until I'm free?

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SETH SPEAKS

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

SETH DISSECTS A FATAL CAR CRASH AS AN EVENT

In the case of (a particular) newspaper story, the same kinds of events happened several different times in various ways to all of the people involved. At unconscious levels the results were known, and the seeming accident was a planned event—a play ready to happen when all parties involved found the circumstances apt.

The father (a **Mr. Moore**, killed at age 47) had other difficulties. He did not want to die of a long illness. He felt trapped. He wanted to leave his wife (who is 49) and yet could not bring himself to do so. The older woman (an aunt, killed at age 77) also wanted a quick death. The wife, however, also unconsciously aware of the events, would therefore share in them.

The children were also obviously involved, and the accident would give them a new lease on life, for they had sensed an overall pervading sense of despair that lay at the family's center stone, so to speak.

Relatively speaking, they had become spiritually listless. In their own ways they felt that perhaps life had no meaning. Brought so close to death, their youthful strength rose, and while the tragedy will haunt them, still they will wonder why they were spared—and therefore seek for the meaning of their existence.

In a way they will feel special—saved from the 'clutches of death.' In perhaps a manner that appears strange, they will experience a new sense of their own validity, for if they were saved from death, then SOMETHING—if only the fates—must have found them worthy. This does not mean that they will not feel guilty also at their good fortune, but it does mean that their lives will for them have a special brilliance and a contrast, in whose light they will experience all the other events of their years.

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The 'victim car'—or rather its inhabitants, and the driver of the 'killer car' had alike reached out into probabilities, seeking the circumstances that would in fact occur. The children were not to be killed, for example, and in some near encounters in the past, their deaths would have been involved.

The father in many ways wanted to save face, so that his death should indeed appear accidental, and the result of someone else's fault beside his own. He did not want to live into an old age—but more than that, life had lost its flavor for him. He had sired his children, loved as well as he could, done his job—but there was no contemplative life to look forward to, no greater love than the one with his wife—and that love while conventionally sound enough, did not content him.

He [the father] was looking for someone like the young boy, someone whose actions would result in his death without malice, a death that would in its way serve an important purpose. For the 'accident' saved the young man's life, and this was our father's final gift to the world. The boy was inclined toward suicide. He would not have taken anyone with him. He wanted to die, but also in an indirect fashion, in that he could not consciously shoot himself, while he could kill himself in an event that seemed to be accidental.

...continued on page 24

ASK WHITEDOVE



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

Dear Michelle, How do you define God and why were we sent us here?

Well God has many names Yahweh, God, Allah, The Creator, Great Spirit, The Universal Consciousness and All That Is, but no matter the name, no matter the language there is only one God and God is good. *What God is not?* A man with a beard sitting on a cloud playing a harp. God is grander than our minds can grasp, God is everything that is. I define God as love, as light, as energy, as a consciousness, as you and as me. All humans on this planet are sparks of God; sparks of the Divine Creator. God created us, gave us an eternal soul and we are co-creators of our reality. Humans have this wonderful gift to create and it is the gift of free-will.

“What are we going to create?” We came to earth, which is like a big school or college campus and we are learning to use our Free Will. We’re learning to be on our own and to do the right thing for ourselves and hopefully for the people around us too. Sure we have the skills that our parents taught us, society and institutions too. But we also come here with much knowledge of what God taught us throughout all of our experiences and incarnations. We carry that with us and we come here equipped with all this awareness.

But our one true goal is to choose God of your own free-will while in the human body. To choose God, to choose good, to choose love when there is all this Earthly negativity to deal with. It’s a battle of self, with our lower consciousness, our crazy emotions, the subconscious mind and the influences of the world. But if you tune into your higher-self, the part of us that remains connected to God - that knowing and spiritual guidance will always lead you back to the path of unconditional love.

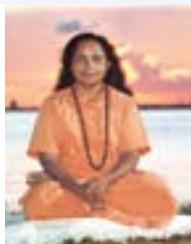
Dear Whitedove, if there is a God and he created all this, then what was there before he created it?

Well certainly there have been many debates. We humans are presumptuous to think that we are God’s only creation and there was nothing before us. Did God only create us? When you look around there’s evidence of all types of life forms here on Earth not only the animal kingdom, microscopic living beings and odd looking ocean dwellers too. Native Americans teach about the living rocks, tree spirits and the spirits that walk between worlds. Thankfully people are now opening up to the fact that mother earth is living breathing being too, she is a living part of God.

It is hard for the intellectual mind to grasp exactly all that God is; because our creator is part of everything that you know: the vastness of the universes, the stars, and the oceans. And again, we are limited to what we know is here unless you have broadened your horizons, expanded your spiritual practices and have gone outside of that.

I believe that God is other places as well. God dwells in the spirit world and the heavens which are multidimensional realms. I often refer to heaven as the seven levels or the seven states of consciousness. And God is all of that! But I digress, what I started to say is that we are presumptuous in thinking that as humans we are the only beings that God created. When if we walk outside right now and look up into the sky and see all those stars and planets; it makes you realize that humans have just begun to explore God’s creations. Even our ocean we’ve only what studied three percent of our ocean; it is another world, it’s a world with in a world. Before humans there was life as God ordained and after us there will be life. Just know that God the creator is always in motion.

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Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGyn0b6QhPw>

BEING CONSCIOUS

When we are aware of ourselves, we shift from the mental doing mode to our intuitive mind “being” mode. When we are in a state of being, whatever we are doing, we are doing at this moment, without comparison. This is often referred to as “being in the flow.” Once we are in a “flow,” then our doing becomes effortless and tensionless, because it comes from an inner knowing.

When we learn things, that is **knowledge**; when we integrate and apply the knowledge it becomes **wisdom**. This wisdom is always with us if we allow our intuition to flow. That is why it becomes effortless.

All knowledge, wisdom and abilities are within us. We have clouded these. Just like the sun is always present, but we do not see it when the clouds are there. When we decided to incarnate this time, we brought with us certain knowledge that we attained in other lives that will help us in this life. This explains **child prodigies**. This knowledge is what then creates our **dharma** or life tendencies. These tendencies usually constitute our purpose in life.

When we follow our dharma, we feel fulfilled. But to do so we need to accept that we are more than this physical body and mind. We have more power than we can comprehend. We are here to experiment with a fraction of divine power.

Religions state that we are made in the image of **God** and **God** is omnipresent. **Ma Yoga Shakti** states: “Truthfully speaking, humans are made in the image of **God**. Every man or woman is a God in miniature or a God in the making. Every individual is a little **Brahma**, a little **Vishnu** and a little **Shiva** in his or her own sphere, whose function is to create, promote or destroy.

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100 REASONS TO GO WITHIN

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

Since the beginning of time, and even last Thursday, there have always been "inner directed" people -- seekers of peace, truth, and knowledge of the self.

Some of these people turned away from the world and ended up in caves, forests, or ashrams. Some sought the guidance of Masters. Others, stayed closer to home and simply checked out their nearest yoga class.

Have you ever wondered why people make this choice -- what moves a person to turn within? Well, I have -- and here they are -- 100 of the most common reasons.

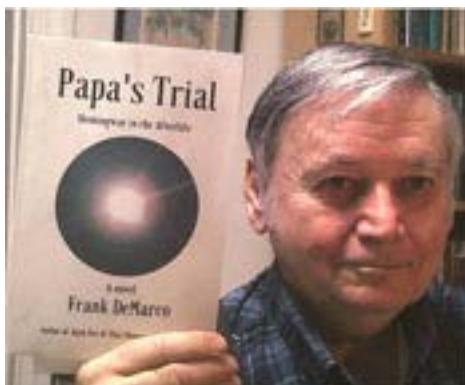
Yours may be on it. If not, just let me know and I will add it to the next edition. Maybe.

100 REASONS TO GO WITHIN

1. The world always seems to let you down.
2. You just lost your job.
3. Oprah told you to.
4. Your 401K is now a 101K.
5. You're not getting any younger.
6. You've always been curious about this "going within" business.
7. Someone you love just died.
8. You think the Dalai Lama is cool.
9. You read it in a book.
10. Your girlfriend ran away with your therapist.
11. Your house burned down.
12. Watching *Dancing With the Stars* no longer does it for you.
13. You're an unhappy atheist.
14. You've recently been diagnosed with a terminal disease.
15. You're about to have a root canal.
16. Your three-year plan has revealed itself to be a total charade.
17. It's free.
18. You have a living Master who keeps reminding you to go within.
19. Your wife, husband, kids, and hair have all left you.
20. You like what Jesus had to say about it.
21. There's no time like the present.
22. You had a near death experience a while ago, but could never figure out how to stay in that blissful place.
23. Your team just lost the Big Game and you realize that everything you give yourself to in this world eventually disappoints.
24. You're stuck in traffic
25. You're on your death bed
26. You're on vacation
27. Inner space is a lot more interesting than outer space.
28. Space is curved. If you looked long enough through a powerful enough telescope, you'd end up seeing your own butt.
29. You've always been fascinated by the lives of sages, saints, and monks.
30. Nothing else seems to be working for you.
31. You want to build your house of bricks.

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



DEFINITIONS OF SPIRIT AND SOUL

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

Tuesday, August 17, 2021

3:25 a.m. To resume: Last time you thought we would continue by looking more closely at the "real situation," you said, of soul and spirit.

TGU: Analysis followed by synthesis, followed again by analysis, and on and on. That is the surest method we know. So we look closely at something, in some detail, then zoom out to look at how it fits with other things, then back in for a close look at some other aspect and its relevance.

So, in this case, spirit and soul. Two different things?

Not really. The same thing seen in different contexts? Again, not really. But you have to describe a thing in a certain way, if you are dealing in words, and then lo and behold, the mind jumps to the certainty that because a word exists, the thing it purports to describe must exist, and usually the mind continues on, automatically, to say that the reality of the thing is X or Y and nothing else.

Only, four-value logic allows the for intermediate possibilities that a thing both is and is not X (whatever X may be in a given argument) and that it may be neither X nor Y.

You are not yet hitting on all cylinders. Attend to your switches?

Frank: Thought I had, but all right. [I set them again.]

- The reality may be argued various ways. Soul and spirit are two aspects of something.
- Spirit is the continuing aspect; in a sense it is the larger being's attention, unchanged and undiminished, sustaining the body and soul.
- Soul is the aspect of spirit that is distinct from the larger being's

Frank: Yes?

TGU: Words. Very difficult. Easy to say something, less easy to say it and not cause misunderstanding.

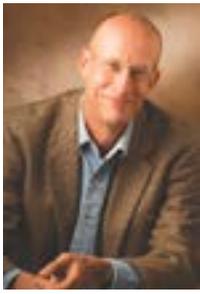
Frank: Breathing isn't always easy, either.

TGU: No, we recognize. In fact, rather than attempting to present an abstract description that will wind up being distorted by people's unpredictable unconscious associations to the words employed, let's set out a picture that your minds can use to spark recognition.

So, you are in 3D in a body with its physical heritage, very stubborn. It leaves you vulnerable to certain things and invulnerable to certain other things, not that you necessarily are aware of those susceptibilities and immunities.

Now remember, the body - in that it is made of "physical matter" - is part of the "not-you" as you experience it. Like the external world in general, it is shaped and molded and affected by the rest of the shared subjectivity:

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NOTES FROM THE UNIVERSE

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

Actually, it's not that you want stuff that you don't have, but that you want stuff that you think you don't have.

And the best way to change this is to begin thinking that you have it.

As in, "Oh, there's my electric, fully-loaded, Habitrion Cloud Maker!!"

**Rain, please -
The Universe**

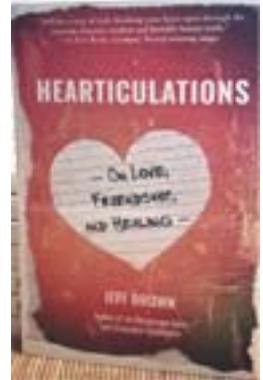


SPIRITUAL GRAFFITI

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

I call it "splintering." It's when you are under so much stress, that some of the emotional issues that you have worked through, rise back into awareness.

It's those moments when an old pattern begins to show its challenging face again, long after you thought it resolved. Sometimes this happens and we can get discouraged, feeling as though we have not made any progress. But we have. It's just the nature of our most stubborn stuff. We can work it through so effectively that we seldom see it under normal circumstances, but certain stresses or pressures can splinter our consciousness, and it rises up through the cracks.



When this happens, do not punish yourself or make the mistake of thinking that you have not grown. Instead, focus on what you can do to step back from the stresses and bring yourself back into integration. Take action steps to bring your consciousness back into a cohesive form. If there is nothing you can do at the time, know that the issue will fade as soon as the strain subsides. This too will pass. And give yourself credit for how far you have come. The measure of transformation is not the complete eradication of our issues and patterns. The measure of transformation is how seldom they appear.



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

This month: **LIGHT OUT OF DARKNESS**

Photo by Karin Wolf



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

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

As the nights grow longer the stars hang bright in the deepening dark during this profoundly sacred time of year. Cultures in the Northern Hemisphere all over the world celebrate this time around the **Winter Solstice** by lighting sacred fires, decorating their homes with bright shining objects and evergreen branches and sharing food and merriment to honor the spark of light that lies hidden as we enter the long cold winter.

When things seem bereft of warmth and peace on earth feels far away, it is good to have a something to help reconnect to that source of hope generating the light we need to guide us as we move along our paths. For many of us, a **clear quartz crystal** is the perfect companion to help us bring the light out of darkness and help clear our way forward.

Many people come into my store and say, "I don't really know much about crystals but I want to learn more. Which crystal is right for me?"

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When a person finds the **quartz crystal** that is right for them, they seem to light up from the inside out. Some

...continued on page 31

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO DECEMBER 2021

With this month come a flurry of celebrations in many religions and cultures, as well as flurries of snow in the world's colder climates. In the northern hemisphere, it is cold, with very little daylight, short days and even longer nights. This season of the year is the time when everyone goes into hibernation. *Find some time in the sometimes chaotic days of the season to reflect on the dark parts of your past year and prepare to release them, as the promise of light returns.*

Through the Victorian era, **Christmas** wasn't terribly different from **Halloween** because many believed it was a time the veil between the natural and spirit worlds was at its thinnest. And because the days were long and cold, it was a time of year for families to gather around the fire and, inevitably, tell stories. **Ghost stories.**

While the time of year (i.e. the abundance darkness and season of death in the natural world) certainly speaks to telling ghost stories, historians also cite the celebrations of **Yule** and the **Winter Solstice** as reasons **English** society, in particular, took on the tradition of telling ghost stories on **Christmas Eve**. It's a tradition celebrated in "**A Christmas Carol**" by **Charles Dickens**.

Many of the most famous fairy tales of **Anderson** and **Grimm** take place in cold, desolate landscapes.

Symbolically, and literally, winter never lasts forever. It's part of an ever changing cycle, and each season plays an important part. Yet even in the midst of the coldest, darkest winter, there is always hope of spring.

November 28th - December 6th: Hanukkah - Judaism. Celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army.

December 4th: New Moon in Sagittarius. Total solar eclipse. This solar eclipse will be visible in Antarctica, South Africa, Australia and South America.

December 8th: Bodhi Day - Buddhism. Commemorates the day when **Buddha, Siddhartha Gautama**, attained enlightenment.

December 13th - 14th: Geminids Meteor Shower.

December 19th: Full Cold Moon.

December 21st: Winter Solstice. Sun enters Capricorn.

December 21st: Yule - NeoPagan/Wicca.

December 25th: Christmas Day - Christianity, Birth of Christ.

December 26th - January 1st: Kwanzaa, 7 days of practice of **Nguzo Saba**, practices that center the upliftment and wellness of the Black community.

Brightest Blessing on all of your Holiday Celebrations!



GARDENING THE MEDICINE WAY

RESEEDING



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

Welcome to December, for South Florida folks it's a busy time of year for gardening!

I am now growing some vegetables that have lain dormant in the garden all summer. It's a very short window to a growing technique called overwintering. Overwintering refers to the process of plants reacting to "winter" conditions such as freezing temperatures, ice, and snow. The particular vegetables I have growing reacted to the recent cold fronts and warm rains that followed, simulating a northern spring. Some of these plants **self seeded**, they **'bolted'** as the weather grew warm, and some continued from root systems. Here are few you can try:

LOOSE LEAF LETTUCE comes in both green and red leaves. They have loose open heads with ruffle tops and crisp stems. **Looseleaf** is a popular variety for home gardens and offers several varieties. The flavor is usually sweet and mild. Once leaves begin to appear and they are about 4 inches long, you can begin harvesting **leaf lettuce**. As nighttime and daytime temperatures increase, the plant will send up a stalk and begin flowering. If you have an established garden bed, that is the time to let the lettuce flower and reseed your bed for next winter.



Broccoli is another vegetable that will grow a stalk, flower and reseed. When you allow vegetables to send out their own seeds, you'll find new plants cropping up in a wide variety of places, because the seeds sprout when they locate the ideal conditions for them. This is a stress-free way to have a large and growing garden.

ASPARAGUS can be difficult to grow even in the best of conditions. I planted **asparagus** crowns (the root system of a young asparagus plant used to start new plants) last winter and allowed them to grow beautiful fern-like foliage through summer. In early fall, they begin to die back. I trimmed the yellowing foliage to the ground. **Asparagus** takes a few seasons to mature but will reap a harvest for 15 to 30 years, so choose a planting location that will go undisturbed for a long time.

GARLIC: After some careful research, I chose to grow **elephant garlic**. The first year harvest was a single bulb that had hard attached seed to the root, also called a 'corm.' Left in the soil until cold and wet conditions, the **garlic** is now starting to sprout.

Seed saving does take a little effort and time, but it is so worthwhile for gardeners of all experience levels.

When you find a variety that works for you, saving seeds from that variety will help you replicate success season after season.

Plants are sensitive to the growing conditions unique to each individual garden.



*Happy Gardening
and Blessed Be!*



THE TROUBLE WITH J.P. SEARS

Why We Shouldn't Support Toxic "Influencers"

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

2020 was a year that exposed people's true intentions and character, especially within the New Age community. And there is no better example of this than **JP Sears**, who has lost many followers over the divisive, uninformed, and hateful humor he has displayed all year.

I used to think **JP Sears** was funny. He found a niche of humor we hadn't seen much before. And while, at first, his videos offered a chance to reflect, be humbled, and laugh at ourselves, we have come to learn that his actual beliefs are more sinister than we might imagine. **JP Sears** posts on Instagram, etc. are now nauseating and eye-roll worthy to anyone outside of the **QAnon-New Age** crossover tribe.

His videos, which make fun of people for being considerate enough to wear masks, are a slap in the face to the millions of people who've lost someone to **COVID**—not to mention the many more who are still suffering from symptoms and long-term lung damage. These people may never fully recover. It's a blatant lack of respect for the nurses, the doctors, the families and friends of all those we've lost.

JP has been highly irresponsible in promoting his anti-science rhetoric—instead promoting ignorance, arrogance, and privilege. While **JP Sears** is doing interviews with *Capitalism.com*, **COVID-19** has been shown to disproportionately impact people of color. It has displayed how capitalism keeps classism alive, as rich people have access to life-saving treatments that poor people don't.

Many of the people who caught it were forced to work in essential service jobs and risk their lives just to survive. All while **JP Sears** sits in his home making money by criticizing those who have to work to feed their children and are choosing to wear masks to protect their parents and immuno-compromised

friends. Others choose to wear masks because they literally can't afford to get sick and be out of work for even a week. Yet **JP** seems to offer little empathy for them, or for the doctors and frontline workers who are working around the clock, in nonstop shifts with little-to-no sleep, and for the many who are dying.

Either **JP** has changed over the years, or the real **JP Sears** finally feels comfortable enough to come out. Either way, what we are seeing is directly disrespectful and hurtful to many. It's about time that we talk about it, so that, in the future, we are more aware of the disingenuous way that some leaders can operate, i.e. **Fake News**.

When people are spreading misinformation that can cost people their lives, it is important for all of us to speak out. Enough is enough, and the Qanon insanity that reached a fever-pitch before the election needs to be put to a stop. With greater awareness, it'll eventually fade away, as all debunked conspiracy theories do.

However, it still needs to be called out and exposed, so we can learn from our mistakes and have future generations be more aware of the pitfalls of human psychology that seek out comfort and idolatry over truth, and emotion over logic. This is why anti-maskers find a home in conspiracy theories that shield them from having to face their own nature.

The truth is that we are all connected, one way or another. Giving up any aspect of yourself and your perceived freedom for the consideration of others is likely to trigger someone higher on the narcissistic spectrum, since they struggle to understand the concept of an individual caring for others.

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Apollo Love

THE TROUBLE WITH J.P. SEARS Why We Shouldn't Support Toxic "Influencers"

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These so-called “**influencers**” abuse their power, and ignorantly spread dangerous misinformation. They try to position themselves as experts who are above their followers just to sell them products and courses in the future. Most of the time, what they are selling is just regurgitated common knowledge that is readily available for free in the business and marketing world—repackaged by a charismatic, snake oil salesman who pretends to be an expert.

Let's dig a little deeper into some of the unfounded claims made that are being made by these **New Age/** extreme-right crossover folks:

For starters, they always tout the over 99 percent survival rate of coronavirus as a way to downplay how serious it is. But this doesn't consider the long-term organ damage that many survivors are dealing with after. It is estimated that anywhere from 10 percent to 30 percent of people become long-haulers, and as of now, there is still no end in sight for their suffering. **JP** even released a video suggesting the flu is more deadly than **COVID-19**. This alone is a gross display of a lack of critical thinking and understanding.

If something is slightly less deadly but way more contagious, then it's actually more deadly. Some diseases had a 10 percent death rate but did not spread as easily, so in essence, they are “less deadly” than **COVID**. And adding on to how uninformed he is on **COVID**: *“Sears has apparently misinterpreted basic math from the **CDC**, in a manner that appears to be someone unfamiliar with probability. The **CDC**'s website shows, for instance, a .054 mortality rate from **COVID** for people aged 70 and up. Now, for those that know probability, that is out of 1, not 100; i.e., It's 5.4 percent. **Sears**, however, seems to think the .054 means a .054 percent chance of death.”* - RationalWiki

Remember when people were talking about herd immunity, and giving kudos to **Sweden's** CCL approach? Now **Sweden** has the highest mortality rate of all the Nordic

countries. In order to achieve herd immunity, one model predicts we would need 82 percent of the population to be immune. That's well over 6 billion people. As of now, there are 77.6 million cases and 1.71 million deaths, which is over 2%. But let's give the benefit of the doubt, and assume that there is double the number of cases; even at a 1% death rate, that would mean that 60 million people would have to die before we hit the minimum threshold for herd immunity. And all of that includes an assumption that lasting immunity is a thing.

And allowing them all to die because of some personal belief in a *“5G is a plot to stop 5D, a microchip in vaccines that takes over your DNA, nerdy Bill Gates is actually evil Bill Gates, and Dr. Fauci is a Frankenstein doctor instead of the world's leading virus expert to cover up anti-Semitism, Illuminati conspiracy theories”* is simply...uncaring and flippancy to the great majority of people on this planet who respect science over selfish alternative beliefs devoid of evidence, are fueled by the same fear that we accuse the media of promoting.

Even though **Fox News** is pretty close to it, **Qanon** conspiracies do not even make even 1% of the news coverage globally, including independent journalists. But if it did, we would all say, “They are promoting fear, division, and lies!” Yet, I see more of that happening in alternative communities than most other places in society. How did we get here?

And social media companies find themselves in a tough spot as well in the managing-truth vs. lies/censorship battle:

You're entitled to your own opinions, but you aren't entitled to your own facts—especially in matters that actively harm others.

It is easy to argue against it, but there are reasons to consider doing so as a private business. For example, let's say that you owned a smoothie shop, and you build your brand as a positive space to get healthy. And then someone came into your store and start screaming at you, your employees, and all your customers about conspiracy theories. It is absolutely your right, as a private business, concerned with your customer's and employee's safety, to kick the person out. Or, in their view, perhaps, to “silence their voice” and censor them out of your business.

The same is generally valid for any business.

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HERB CORNER

...continued from page 10

Demulcent herbs are beneficial to the Digestive System; they help soothe and coat the mucous lining reducing pain and spasms. **Slippery Elm, Marshmallow** and **Licorice** are the top **demulcent herbs**.

RECIPE: AFTER DINNER TEA

A nice after dinner tea using all of these properties would be:

1 part **Peppermint or Spearmint**
1/2 part **Lemon Balm**
1/2 part **Chamomile**
1/2 part **Marshmallow**
1/8 part **Ginger**
1/4 part **Fennel**

Using one teaspoon of this mixture, steep the herbs for 10-15 minutes in 8oz. of boiling water straining before you drink.

RECIPE: MULLED CIDER

You can also prepare a nice **Mulled Cider** using:

One gallon of **cider**
1 cup brown **sugar**
2 teaspoons **Allspice**
1-3 sticks **Cinnamon**
1 teaspoon whole **Cloves**
1 teaspoon **Ginger**

Simmer these for at least 15 minutes, strain, and garnish with Orange slices serving hot.

It just takes a few herbs to save yourself from holiday stomach distress; and if you plan ahead you can incorporate them into your meals.



SETH SPEAKS

...continued from page 13

The boy was filled with guilt, but a guilt that had no name, no label - a psychological guilt that was the result of his upbringing, and that perhaps involved the existence of an older brother. He felt inferior to a sometimes terrifying degree.

He had nearly killed himself before in the same fashion, and also when not drinking. The accident gives him a specific event upon which to lay his guilt, but coming so close to death, his own instincts for life were re-aroused, so that he is literally given a second chance.

Now all these motives and feelings were well-known to the participants. This does not mean that they arose often to the conventional conscious mind, yet even then there were fairly frequent-enough thoughts, for example: *What will happen if I hit another car when I am driving? Or how can I get out of this predicament—on the father's part - while still saving face? How can I die without becoming ill, which I abhor, or without having my death labeled a suicide before my children?*

The conventional conscious mind pretends well. It pretends that accidents are possible, that death is an end, and it tries to ignore all of the great threads of feeling and intent that do not fit into that picture. It is a game of hide and seek, for emotionally all of the participants in that 'accident' were aware of the approaching event, and at the last moment it could have been avoided."

There is nothing in man's nature that makes such behavior essential. A true realistic exploration of the nature of experience would automatically study that kind of emotional interrelationship, but while your society delineates the inner particles of matter, it avoids the inner psychological 'particles' that form the most intimate experiences of your lives."

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Dr Joe Dispenza

PRACTICING WITH OPEN EYES

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But that's not how creating change happens outside the three-dimensional world. That's paying someone for their time and energy to do something for us. So, when we are just learning how to create, sometimes the lag signals frustration and impatience, and that's when we revert back to matter trying to change matter: pushing, controlling, competing, fighting, forcing, wishing, hoping, predicting, or whatever we think will get us to the outcome faster—and it usually involves trying to do more in a shorter amount of time.

Imagine that you want to become a kinder, more understanding person. After meditating, you get in your car and drive to work. As you merge onto the highway, another driver cuts you off, and you end up in a minor fender bender with the car behind you. Without pausing to collect yourself, you immediately feel anger and place blame—not only on the driver who cut you off, but also on the person behind you for following too closely. Finally, you save some frustration and blame for yourself for being in the wrong place at the wrong time. What happened to all that kindness and understanding? You think back to your morning meditation and wish you had acted differently. You tell yourself I must be doing something wrong.

Once we decide we are not doing it right, or that we have failed at meditation, there is even more judgment and impatience because of the separation and lack we feel from being our new self in our new life. We want to see it sooner and we get stuck in the urgency of trying to get to an outcome. When our senses confirm that nothing has changed despite all our hard work, we respond with even more emotional reactivity. Thoughts like I failed, I'm not doing it right, or there's something wrong with me are exactly what drive us back to the old personality that we are trying to escape. When we look for someone to blame, we've already returned to the old self—after all, the new self has no interest in blaming. Until we remember that we are the new self instead of the old one, we can't change. The fact is, nothing can ever change in our life until we change.

Imagine that you are envisioning a new relationship with someone and combining that intention with the elevated emotions of love and joy. You open your heart and feel those feelings each morning. But then you go about your day and you don't see that person appear in your life. This is where you should stop and contemplate. Why are you looking for that person in the first place? If you are looking for them, you are back to the old person who is in lack. If you're being the new you, you're already feeling the love of that new relationship with that person before it manifests, so there is nothing to look for because you are not feeling separate from the experience.

When you are in lack, the lens through which you are looking at reality is still a conditioned, unconscious program that says, Where is it? If you are looking for something, you are separate from that thing because you are not feeling the emotions associated with having it. If you were feeling the emotions of love, you wouldn't be looking for it—instead, you would feel like it has already happened.

How do we open our eyes from meditation and avoid the unconscious programs in our waking lives? You already know this. The first step is becoming aware and staying awake with our eyes open. Consciousness is awareness, awareness is paying attention, and paying attention is noticing. The tricky part is whether we can pay attention without judging. Can you become skilled at observing without attaching charged emotions to what you see, and can you notice that you've gone unconscious without judging yourself?

I am attempting to teach people how to change their state of being on command. It's simply catching ourselves in the act of forgetting and then remembering. The question is not whether you are “doing it right.” You are. The question is, how many times do you have to forget until you stop forgetting and you start remembering? In other words, how many times do you need to go unconscious before you can stay conscious? That's how we master ourselves and evolve in the game of life.

Thus, as my mother would always tell me, tomorrow is another day....

From <https://drjoedispenza.com/blogs/dr-joes-blog/practicing-with-open-eyes>



Esther Hicks

ABRAHAM HICKS

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ON NEW YEAR'S RESOLUTIONS

ABRAHAM: They are a wonderful idea. They fall into the same category as **Segment Intending** or **Positive Expectations or Deliberate Creation**. Most **New Year's Resolutions**, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your **New Year's Resolutions** into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision. Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged.

Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year. Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page:

My Dominant Intentions

Then write four sub-headings:

1. **My Current Intentions Regarding My Body**
2. **My Relationships**
3. **My Home**
4. **My Work**

Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this. Imagine your body looking just as you would like it to look. See it in your mind's eye. Try to imagine how that beautiful body would feel. Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Ap-

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preciate it's stamina and flexibility and clarity. Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you. Feel appreciation for that person. Mentally speak your appreciation. Imagine that person loving you back. Praising you, and complimenting you. Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home. Make mental pictures of your home as you want it to be. See it orderly, if you desire that, and beautifully furnished, if you desire that. In an easy and carefree manner, imagine it however you would like it to be. Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something. Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

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

Since it was not a real babysitting job he did not receive real wages, but when the mother returned to pick up the child, whose name was **Tatanya**, she always had a bag with fruit or pastries in it, and she would say, to everyone who needed telling, something like, "*I brought us a treat*," and then, feigning surprise, as if the grocer had put an extra apple or pastry in the bag, offer it to the **Man with the Ladder**, as if it was him or throwing it away. Once, when she worked overtime, she found a ten dollar bill underneath the ladder that she insisted he must have dropped and forced him to accept it as his own. There were times when he wondered why she did not just come out and ask him to watch the child, but he decided she must have a good reason for her charade, and he just accepted it as the way he was permitted to babysit for **Tatanya**.

They did a variety of things together when he baby sat. Sometimes she would point out the different animals, seen and unseen, that made their home on the ground underneath his ladder. Other times he would identify different kinds of birds, real and imaginary, that flitted from tree to tree above them. Most of the time though, she would ask him to tell her a story. He would usually resist, saying the only stories he knew were not suitable for children, but she would insist, and he would finally give in and start telling a story.

"Well," he began one day, "in this government office there were three men."

"You're beginning this story all wrong," the little girl corrected him.

"Have you heard this story before?" he asked, querulously.

"No, I don't think so," the little girl acknowledged, "But I know for a fact that that is no way to begin a story."

"Well, it's the way this story begins." the Man with the Ladder answered a little petulantly.

Then having second thoughts he asked, "How should it begin?"

"It should begin, Once upon a time."

The **Man with the Ladder** thought for a moment. "I know for a fact that that's an entirely different story --but if that's the one you want to hear-- its O.K. with me. *Once upon a time, in this office deep in the bowels of the government, there were three men.*"

"What does bowels mean?"

"It was in **Washington**," he answered.

"What did they do there?"

"I was just going to tell you that,"

"Well," said the little girl, "I just wanted to be sure."

"It happens that these men worked for the **Bureau of Ideas**, an important government think tank."

"What's a think tank? Is it anything like a fishtank?"

"Sort of, only instead of fish, a think tank involves thoughts and ideas and--"

"What are the walls made out of?"

"They're just regular walls, it's the people inside them that work with the thoughts and ideas."

"What kind of ideas?"

"Well, the first man was responsible for perfecting ideas that could produce good results if only they could be made to work, and the second was responsible for perfecting ideas that could be made to work but their results weren't clear."

"And the third man, what did he do?"

"No one knew. This third man never seemed to work at all. You see, suggestions for ideas would come into the **Bureau** from all over the world. When an underdeveloped idea came in, the office manager would look it over and give it to the man who seemed most capable of developing it. He would give it to the first man whenever there was a question as to how to make the idea work and he would give it to the second whenever there was a question as to what would happen if the idea did work. Whenever the manager had a questionable idea that didn't seem to fit in either category he gave it to the third man."

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CRYSTALS, ROCKS

Photo by Karin Wolf



Sharron Britton

This month: LIGHT OUT OF DARKNESS

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**Isis face Lemurian crystal,
Serra do Cabrol
Mountains, Brazil**

people feel energized . Some people feel warmth. Some hear the voice of the **Crystal Being**. But for almost everyone, finding that perfect personal crystal feels like finding an old friend. You can activate a crystal grid with it by sending energy to each separate part of the grid with the intent of connecting them. There are some **quartz crystals** that work beautifully to send energy to those who request healing. They can help strengthen psychic communication and remember your dreams.

The best aspect of working with **quartz crystals** to me has to do with what wonderful teachers the right **quartz crystals** can be. As you get to know your crystal and begin to use it, you will discover new aspects of your own inner being and how to connect to the energy all around you on a brand new level. This empowers us to take that deeply hidden spark of light and grow it into something magical.

Quartz crystals are easy to find at your local rock shop and they come in a huge variety of sizes, prices and configurations. You can even mine your own in many places. When you bring yours home, clean it by letting it rest in a bowl of water under the light of the moon - there are many other ways to clean your crystal but this is my favorite - and then let it guide you. You can breathe your intention onto it, gaze into its depths as you meditate, hold it to your heart and let it speak to you or place it by your bed as you dream. There are no limits. The right crystal is a companion for your soul.

In my next column I will share with you more information about the different varieties and forms of **quartz crystals** and ways to work with them. As this year moves towards its end, embrace the seed of light and celebrate the love we all share. Many blessings to all of you.



Betsy Chasse

TIPPING SACRED COWS

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I realized pretty much right away that if I was going to tip over my sacred cows—my beliefs about who I was and how the world worked—and consciously create my future, I should probably start by understanding how I picked them up in the first place. All the old patterns and unconscious belief systems needed to be exposed. Yeah, right, I'll just let go of that belief I've held on to for the majority of my life like a three-year-old with a dedicated blankie. Have you ever tried to take away your three-year-old's blankie at an airport security checkpoint? I think disarming **North Korea** would probably be easier. Sometimes this is how we feel about the meanings and beliefs we have collected. Even if they constantly derail us, we like them, we know them, and just like that blankie, all sticky and smelling like stale milk, no one is going to take them away from us.

I like to know how things work. I like a plan, a process, sort of a road map; if I know how I got there, then I can probably get back home. It's easier to change if I know what the process of adopting beliefs is about in the first place. And the first place it starts is in the brain.

Let's start by going over how the brain gets into certain habits. There are literally hundreds of great books about this. My favorite is neuroscientist **Dr. Joe Dispenza's Breaking the Habit of Being Yourself**, which I highly recommend. But here, without going into great detail, are the basics. I promise, you won't have to be a neuroscientist to get it.

Dr. Joe tells us "cells that fire together, wire together."¹ Well, he isn't kidding. Our brains, you know, that enormously complex three pounds of blobby stuff in our heads, are made up of about 90,000 miles of fibers; that's the same length as the shoreline in all of **Minnesota**—a trivia gift, from me to you. With all that real estate, we have the ability to absorb information quickly and efficiently. As we get older and the beliefs and meanings we have picked up along the way become tried and true, we're less likely to try to teach that blob upstairs anything new. That old saying about teaching an old dog new tricks? It's mostly true.

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Betsy Chasse

TIPPING SACRED COWS

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Think about how often you repeat a behavior or a pattern with the same outcome. Even though you know you're going to get the same results, you do it again anyway! Now imagine how often you do that without even being conscious of it.

The beliefs and meanings we have picked up along the way are now tried and true. At least we think they are. Our learned beliefs reside in the neurons of our brains, and they are triggered at the synaptic level, the little junction between neurons where information is relayed like little sparks. When we learn something, neural synapses fire with other associated neurons and their synapses and *whammo!* Lights go off, similar information hooks up, and meaning is attached. If there is emotion involved when we have an experience (and when isn't an emotion involved?), the information is impressed deeply into our subconscious. Stay with me here; it sounds more complicated than it is.

All of this is happening every nanosecond of our lives without us really paying attention to the process or even knowing it's happening. Sort of like breathing—you just do it, no need to think about how you do it. But knowing how this one process works can make the difference between being truly happy or kind of, sort of not—between living life or life living you.

Let's say you're a hypothetical baby, to give a bare bones example of a complex system, and you're on a walk with your mom. You're hanging out in your stroller, gumming that weird squishy thing given to you by the **Big Being** with the boobs you love to snuggle.

You look up at the **Boob Being** and suddenly you feel this odd sensation, and it doesn't feel good. **Boob Being** looks scared, and because you're so sensitive, you pick up her emotions and then you feel scared (you don't know it's fear, but you know you don't like the feeling!). Suddenly, as if from nowhere (hey, you're a baby, things appear and disappear like magic because you're somewhat shortsighted and also because your brain doesn't "get" all the information it is receiving yet), another **Big Being** in a bright red shirt rushes past you, bumping into the **Boob Being**, and she recoils with a cry. **BOOM! Sparks fly! Neurons ignite!** And guess

what? Your hypothetical baby brain has just created a belief that big man beings in red shirts are scary. Because of all the emotion involved, you unconsciously decide to store that one away in your subconscious because you think you're probably going to need that information. You won't realize why, but for the rest of your life you will have a subconscious fear of men in red shirts. Our brains are awesome, even when they red-shirt you.

It happens in a nanosecond, and as we grow, those meanings become attached to other meanings. Neurons link to other neurons, and soon a story is built up in our heads.

When we are really young and strangers in grocery stores comment on how adorable we are, that is the vision we hold of ourselves; that is what we believe about ourselves. How can we not, with the constant marveling of our family and their friends at our ability to crawl and say "**Mama**" or "**Dada**." The overly excited oohs and ahs at our scribbles on paper, as if we've outdone **Picasso**, fill us with a sense of pride about ourselves. It makes us feel empowered, beautiful, and even magnificent.

This same mechanism, the one that imbeds experiential magnificence in us, can mess with us too. I wasn't chubby as a baby, but somewhere around six or seven my body just stopped proportionately getting taller, so I started getting wider. I didn't really notice this until I began acting in commercials and those "how adorable" comments seemed to be fewer and farther in between.

The view of myself, my six-year-old's sense of being awesome in all ways, began to change when a casting director for a commercial passed me by for being "too chubby." It changed even more when a wardrobe woman called me "ill proportioned." With each of these moments, a feeling of hatred for my body was reinforced without my being conscious of it. The moment my brain recognized that the feedback paradigm had shifted from positive to critical, it began its work, making connections and moving perceptions. My brain then added those connections and perceptions to a thousand big and little moments that it had catalogued and built meaning around, until my belief about who I was began a slow nosedive into a pit of self-judgment and insecurity.

The same thing happened when my four-year-old daughter was told she looked pregnant. Synapses fire, and we carry that uncertainty about our bodies into every experience of our lives. We were red-shirted and, voilà, Hippo Girl is born.

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Betsy Chasse

TIPPING SACRED COWS

...continued from page 32

My body image (dressed in a red shirt) followed me into adulthood. Trying on clothes could send me into a tailspin of doubt. When I asked, “*Does this make me look fat?*” it was a serious question, on the level of fate-of-the-world serious. I avoided shopping with friends because I was so embarrassed about my body. I had fat, dammit, and I needed to be alone with it. Short, chubby—nothing ever fit right. And the story in my head about my body only grew worse after having kids.

I found myself buying clothes that screamed, “This woman has red-shirt issues!” They were all clothes that helped make me feel worse about myself. When I got them home, I would stand in front of my mirror, rolling up the bottom of my jeans because they never seem to make jeans with legs short enough and hips wide enough to fit right. Then I’d tug on my billowing pirate shirt—you know, the kind that’s supposed to hide your love handles (who ever coined that term had a mean streak)—hearing the word hippo chanted over and over again in my head and trying to remember why I had thought these looked good on me in the store.

What finally changed how I dressed myself was a TV show on TLC. Spending a quiet Saturday without my kids, I was wandering around in my head, seriously not knowing what to do with myself, when it dawned on me that there was this thing called a TV and that people other than my children could use it. I figured I’d indulge in a little mind numbing because, having experienced what watching it does to my children, I assumed that was what it was for.

I ciphared the remote control and flipped on the TV, victorious over the serious technology now employed to turn the power on and switch some freaking channels. I flipped through for a while before I stumbled upon a show called *What Not to Wear*. As silly as it might sound, that show changed me. There was a woman on the show who looked a lot like me. I listened as the hosts explained what types of clothes she should be buying, and I was surprised. I thought, well, shit, that’s me.

Wow, forty-mumble-mumble years on this planet, and I never considered that it wasn’t me or my body that was the problem—it was the types of clothes I was buying. Years of seriously not liking my body, and I could have simply changed the style and cut of the clothes I wore.

This epiphany eluded me for years, all because someone once told me I was short and fat, and short and fat people can’t wear nice clothes because nice clothes aren’t made for people with that kind of body. I considered how those wardrobe people, the ones who were supposed to be experts about clothes, could have saved me a lot of pain if they’d given me some advice instead of just pointing out my chubby thighs.

Well, you know what? Screw you, casting and wardrobe ladies from my past, and screw you too, fucking red-shirted cow. You may think that the girl can’t fit the clothes, but I finally know it just isn’t true!

Once I began to play with the “*it’s not me, it’s the clothes*” concept, I started to see great things about my body. I’ve got great legs. They’re short, but shapely! My shoulders are gorgeous! I have a great smile and beautiful eyes! The confidence that my six-year-old self once had began to wake up. Suddenly the little things about my body that I wasn’t so proud of didn’t matter. And even though I still don’t wear a bikini, I love going to the beach with my kids, because I accept that I am a beautifully flawed human in a beautifully flawed body. I worked hard to gain some of those bumps, and if I really want to, I can work hard (and sweat a little) to get rid of them. And some of them are here to stay, but they don’t define me.

It was also painfully clear to me that it wasn’t only that moment in the library that had made an impression on my daughter. She was also paying close attention to me, to my sense of body, to my feelings about what I saw in the mirror, from how I dressed to how I hid. I noticed she liked baggy clothes that hid her figure, just like I did. Not only was it important for me to find love for my body for myself, it was important for her too.

It sounds a lot easier reading it here. Like I just changed my mind. Actually, that is indeed what I did, but the tipping of this cow took some time and some work. It took practice and patience and a commitment to interrupting the pattern ingrained in my old hippo self. The brain makes you work for it. It didn’t take much for me to believe I was short and fat and ugly, but it did take work for me to teach myself a new belief

MORE next month.

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



Frank DeMarco

MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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TGU: As the Bible says somewhere, you don't have the ability to add an inch to your height or - as you might say - you don't have the ability to change the chemical composition, except indirectly, in the way you may affect other aspects of the shared subjectivity you experience as "real."

What maintains that body, moment by moment? Nutrition and exercise? "Mind over matter"? Blind functioning of genetics in an environment? It may look like any or all of these, but of course it is none of them, not basically. Those are methods of treatment, you might say, not intrinsic.

What maintains the body is what is sometimes called the breath of life. It can't be seen or produced or manipulated. It can be coaxed, sometimes, and that's the factor you call "the will to live." But it is beyond your conscious control, and hence it is the thing that preserves you in 3D, moment by moment. You might say it is a single-pointed flame, whose only purpose is preservation of the viability of the body. Ambitions other than that, it has none. That is spirit in its purest form, entirely unaffected by what happens to you.

At the same time, there is the part of you we are calling soul. We used to call it mind, to lessen resistance from Rita or anyone who might shy away from a word they would associate with religious beliefs that they would find close to superstition. (We were avoiding trip-wires, in other words.)

Soul is a different aspect of the animating spirit. It is spirit in its receptive mode, so to speak. It experiences, and willingly experiences, whatever comes, and each time it decides how to react to what the shared subjectivity is presenting to the personal subjectivity. It changes, because it is designed to change. Its mission is to change or not change, according to its will.

Soul does not come into life with a blank slate. Patterns are inherited, courtesy of the interaction of its comprising strands and the nature of the time and place they are inserted into. Some call these predilections, these existing reaction patterns, this attraction to certain events, this tendency to respond in certain ways, karma. Some call it heredity, or fate. It is never accidental or malign or in any way a punishment for anything. It is the soul's purpose to live those conditions, to make of them what it can and will.

In both cases, you see, what we are calling (perforce) by two different names are actually one thing in two circumstances, or you might say in the same circumstance, but with different orientation. And 3D continually tempts you to add "body" as a third force, though close analysis will leave you puzzled as to whether to call it part of your personal subjectivity or of the shared subjectivity.

Frank: And as you say that, I get that it is both, which is why it is sometimes experienced as a battlefield between forces, or as a musical instrument being played, or as a bicycle being ridden, or as a diving-suit preserving us in an alien environment.

TGU: All or any of these.

Frank: So, some talk of the mind-body connection. In other words, they are saying, "The mind is us, the body is it, but we can learn to affect it better."

TGU: I doubt that many mind-body people would be willing to sign off on that definition of their attitude. Still, it is so, intrinsically.

Frank: You mean, implicitly?

TGU: That too. Nor do we mean to imply that this is a "wrong" or unhelpful way to think of things. But we do say, your attitudes toward what your bodies are tend to shift unpredictably and frequently. You identify with your body, but then if it is sick, what? You don't necessarily identify with the illness (though, if it continues long enough, some come to do so), but illness is an "it" affecting what is "you." Once you progress from thinking of life as an unending collision of unrelated forces, you realize that you don't get sick "for no reason" any more than anything else "happens to you" "for no reason." But then, in that case, what is happening when you get sick?

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

Frank DeMarco

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- Are you being punished?
- Is it the result of neglect of certain rules of health, whether through carelessness or because unavoidable?
- Is this illness something you “need” (or, another way to look at it), something that could be useful?
- In short, is it affliction or gift or merely the prevailing weather?

Frank: What are you hinting at? Seems to me, how you define the body will largely determine how you experience illness, as gift or affliction or merely what happens.

TGU: Next time we will continue to look more closely at this puzzling thing called a body. It changes on you, all your life, but you tend to regard it as mostly persisting as it was.

Not so, and for the reason that, neither do you as soul. In fact, body and soul are inseparable in their way, as spirit and soul are inseparable.

Frank: Thus, the three are inseparable.

TGU: You see any bodies wandering around without soul or spirit?

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Frank: What shall we call this session?

TGU: Maybe, “Definitions: Body, soul, spirit.”

Well, did we really define the body?

TGU: Implicitly. But all right, what about “Definitions of spirit and soul”?

Frank: Okay with me. Our thanks as always.



WAT PUNYAWANARAM

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MONDAY-FRIDAY

6:00 am Chanting, Meditation
11:00 am Alms and food offering to Monks
7:00 pm Evening Chanting and Meditation

SATURDAYS

6:00 am, Chanting and Meditation
7:00 pm Evening Chanting and Meditation

SUNDAYS

6:00 am Chanting and Meditation
9:30am -1 pm **Social time and Thai Lunch**
12:30 pm Buddha Talks.
7:00 pm Evening Chant, Meditation

*All times are subject to change
Call Temple at 321-255-1465*

HOROSCOPES DECEMBER 2021



ARIES – (March 19 – April 18)

Dear natives of Aries, you encounter maximum luck, the stars offer you the opportunity to make unexpected encounters. You make new decisions, you have new projects. You prefer to rely on your instinct to make your choices. You listen attentively to the advice that we give you but like the good Aries that you are, you do things only your way. This month, you are full of affection, you give, you receive it back. If until now your emotivity slumbered because of an increase of activities, Venus comes to wake it up. From the first week your sensitivity is at its highest level, all the little touches affect you, you are happy to discover that we love you for who you are and not for a particular interest.

ARIES: LOVE IN GENERAL

Aries:It would not be bad if you stopped telling others about your love life, your words are repeated and very often distorted. Take care of your relationships, you do not have to reveal everything, keep your garden secret. Around December 5th your loves are going well, on that side you are very satisfied, no pressure, everything is simple.If you are.

ARIES: IN A RELATIONSHIP

Aries:Couples engage with their common strengths, relationships are strong, trust reigns. If you have an ambitious project, do not disclose it, wait until you see it evolve before talking about it with your family, this is not the right time. Until December 10th, avoid mixing money and family life.

ARIES: SINGLE

Aries:It's a nice time for those who are single, even if the temperature outside is cooling off hearts are warming up. Do not wait, the moment is ideal to get closer to someone. You are attractive and desirable, the temperature soars. You have the odds on your side, until December 26th it does not change!



ARIES: ADVICE

Aries:This month is favorable for projects of all kinds, listen to your loved ones, multiply kind attention and everything will roll like clockwork. At the end of the year you have no problem doing so.

TAURUS – (April 19 – May 19)

You need to be reassured, dear Taurus. The beginning of the month is chaotic and then around December 16th things change and evolve for the positive. Your anxieties dissipate, your mind frees itself from constraints, you manage to pass over any annoyances. You protect your loved ones, doing everything possible to avoid problems. You gain sympathy. Why not do a little work on yourself by relieving yourself of stress, naturally try to express your feelings, life will seem easier. This month, your fears of lacking money disappear, you are confident, it falls rather well since the time to give gifts has come. Your financial situation increases with the arrival of a small amount of unexpected money, this month you have sown your harvest.

TAURUS: LOVE IN GENERAL

Taurus:Your love life promises some unexpected and unforeseen twists, it's like starting a new beginning. There is room for fantasy, usually rather reserved about your feelings, you change your attitudes, it is the great unpacking, the people who love you are delighted. You are sincere in your initiatives.

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TAURUS: IN A RELATIONSHIP

Taurus: Around December 7th, your life as a couple is changing, transformations are made, you have no choice but to follow the movement. No reason to panic, you have good energies, your partner enjoys seeing you act for the good of your relationship.

TAURUS: SINGLE

Taurus: If you had doubts about your love situation, the stars prove you wrong. Someone charms you and you bend. From there, all your ideals become reality. Your dreams become accessible, it's an early gift. Your loves soar and you end the year in style.

TAURUS: ADVICE

Taurus: No need to dwell on stories and past events, to lead your life as serenely as possible, you must overcome all that. Take advantage of the chance that is offered to you to start on new bases.

GEMINI – (May 20 – June 19)

It's a quiet end to the year for the natives of Gemini. If there are tunings or adjustments to make, they will be done before the end of the month. Here is what the stars advise for the most carefree and distracted Gemini: better organization, involvement, and good control over the events to come. So try to plan everything, plan time to rest, be methodical. Regarding privacy, a great sorting is required in your address book, only keep sincere and trustworthy people around. In sum, it is a big end-of-the-year cleansing that is needed, new year, new life. These changes may please you, you could take a liking to it.

GEMINI: LOVE IN GENERAL

Gemini: It's not a barrel of laughs when it comes to love, it's a little flat and calm, except that if you open yourself to others others will open up to you. The odds are on your side, so enjoy it. Around the 18th of December, your crazy charm acts and love reaches you, the exchanges are fruitful. Why not display your intentions directly?

GEMINI: IN A RELATIONSHIP

Gemini: After some small difficulties in your relationship, you move in better conditions. Your partner expresses themselves freely on the projects they have for your relationship, you agree with their ideas and you know their expectations. A romantic trip could even bring you closer. For this end of the year the bonds are tightening.

GEMINI: SINGLE

Gemini: From the 12th to the 19th you make interesting meetings. The period is favorable, it marks a turning point in your love life. Your sixth sense does not betray you, as soon as you catch a glimpse of your future love, you are not mistaken, you are sure that they are the one.

GEMINI: ADVICE

Gemini: Taking stock of the past year could help you plan more easily for the coming year. If you have not realized some of your projects yet, it's not that bad. Take time for yourself.

CANCER – (June 20 – July 21)

It's a beautiful time ahead for you dear Cancer. At the beginning of the month, you are a bit teasing and daring. If we approach the subject of your hypersensitivity, it seems that this month it is a settled story, by deciding to relativize, you are less on the defensive, the exchanges are fluid, new opportunities are presented to you, the stars offer you a real gift. From the second fortnight, it is your ambition that prevails, without making waves, you are curious. December is the month of triumph. Professional and personal projects materialize. Your feelings are safe, your loves satisfy you fully, you decide to follow your instincts. By trusting your intuitions you break down your barriers of protection. The period is conducive to family reunions, being surrounded by your loved ones gives you immense joy.

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CANCER: LOVE IN GENERAL

Cancer: Above all, seduction is your motive. You advance according to your desires on the path of your loves. To grow in your love life you decide to broaden your horizons. You seduce, statements are spontaneous and inflamed, be careful not to burn the bridge. You find a second wind. You are in a dazzling form.

CANCER: IN A RELATIONSHIP

Cancer: You need your relationship to be strong and you rely on your partner to prove it to you. Your hopes are rewarded, you realize your projects, your relationship is secure, the balance of your relationship is assured, it's a little taste of Christmas before the holidays. You end the month with boundless energy.

CANCER: SINGLE

Cancer: At the beginning of the month temptations and solicitations are part of the game, it's up to you to manage the limits and not exceed them. The stars make you enjoy beautiful meetings, if some will prove ephemeral, others will be amazing and durable. You are on a good vibration.

CANCER: ADVICE

Cancer: The possibilities are many and varied, you can rejoice because it is a favorable period from every point of view, the exchanges are beneficial. Do not hesitate to embark on new projects by trusting your destiny.

LEO – (July 22 – August 21)

By the 10th, your projects are gaining value, you go on with your eyes closed, you are determined. These are small victories that are good for your morale. You win big, this end of year is rich in events. The stars give you the opportunity to reveal the extent of your talents, the professional field is put forward this month, you have very little time to devote to your loved ones, you do not give them the choice, it risks causing some small disagreements. As usual, you need to shine. You're lucky, there's a positive in all that, with the money you've earned you spoil the people you love the most. Your entourage is understanding and diplomatic.

LEO: LOVE IN GENERAL

Leo: You do not enjoy your loved ones enough because time is lacking, it annoys you but you do not show anything, you put on a brave face. In December, your hectic life does not always rhyme with family life. Fortunately, you know how to be forgiven. Around December 26th, the situation returns to normal.

LEO: IN A RELATIONSHIP

Leo: At the beginning of the month your relationship is tense, small misunderstandings interfere and hinder the communication. As you are not a fan of conflict, you quickly decide to lower your guard. From the 14th everything comes back to order. A romantic meal comes to clear the misunderstandings.

LEO: SINGLE

Leo: A transformation takes place in terms of love, you are amazed by this 180 degree change. Usually pretentious, you drop your armor to reveal yourself in a new light. The Leo charms, seduces and falls in love, roaring with pleasure!

LEO: ADVICE

Leo: On the professional side everything is fine, you give yourself one hundred percent. On the emotional side, for lack of time you are not involved one hundred percent, you still have room for improvement. Treat your loved ones, devote your attention to them.

VIRGO – (Aug 22 – Sept 21)

At the beginning of December the stars whisper in your ear some very interesting tips. Do not rest on your laurels, learn from your mistakes, check your sources before making a decision, so many benevolent recommendations to get you on the right track. You can go blind with projects. The Virgo has the reputation of being a good student, so honor the stars. Around December 15th, the influx of Saturn boosts energies, you are dynamic and raring to go.

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For you the family holds an important place, so you redouble attention for your loved ones. As Christmas approaches, you are even more attentive and comforting. On the social level, the exchanges are favorable, towards the 18th one could entrust you with responsibilities.

VIRGO: LOVE IN GENERAL

Virgo:Lovingly speaking, all is well, behind the facade of a smile you manage to hide your doubts, and it works! You play it subtle, it's for a good cause. You fall in love with someone, you lose all your means, it makes you even more irresistible. In Christmas time you are emotionally sensitive, it's pretty cute to watch.

VIRGO: IN A RELATIONSHIP

Virgo:Over time your relationship is strengthened, you are in a very good mood and your partner feels it. The relationship projects multiply, your couple is more solid than ever, you are very happy with this evolution, so you are demonstrative and you multiply the gestures of love.

VIRGO: SINGLE

Virgo:If your doubts outweigh the rest it is because you are not sure of yourself. Before you start a new relationship, take your time, you do not have to rush into making decisions. Towards the 16th you find an attentive ear, this friendship could well be transformed.

VIRGO: ADVICE

Virgo:The month looks good, you surf on opportunities, if some doubts persist, you have the will to override it. Do not fight for nothing. The stars send you little signs, stay on the lookout.

LIBRA – (Sept 22 – Oct 21)

No one can distract you or take you away from your goals, you are determined to complete your projects. So that you can focus on your priorities, the slowest planets devote their energies to helping you. Little by little the doubts are dissipated, your initiatives are paying off. Chance and success are found around December 17th, and it's not a coincidence. This month, friendships are more important than love. Around the

21st you create new bonds and make new contacts, your social circle expands. On the eve of Christmas, the family atmosphere is warm, you are devoted to your loved ones and vice versa. In the last week, your entourage is hogging you, it suits you perfectly.

LIBRA: LOVE IN GENERAL

Libra:We recognize you dear Libra! You are in a phase of permanent seduction. In the middle of the month exciting adventures await you, you make beautiful encounters, and as usual they are to your advantage. Projects for two are emerging. If a romantic relationship evolves slowly it is not negative since you bloom because of it despite everything.

LIBRA: IN A RELATIONSHIP

Libra:To take full advantage of your partner you plan to find a common job to do. But pay attention it does not necessarily please your other half, take time to discuss it together. If they feel pressure from you, they might grow distant. Find the right dose.

LIBRA: SINGLE

Libra:To find the balance in your relationships, you must rely on trust. Do not give importance to a stuffy person. A Libra needs independence. Relax! Good things come to those who wait, planetary influences give impetus to your love.

LIBRA: ADVICE

Libra:As you move forward your doubts dissipate, it's a very good thing. You have no regrets. Experience new events that present themselves as real opportunities. You are not alone, you have support.

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SCORPIO – (Oct 22 – Nov 20)

You end the year in style, your relationship is at its peak, the exchanges are positive, you gain popularity. From the beginning of the month you are asked, firstly for your talents and skills, but also for your presence. This month you finally provoke the meetings, you are not that shy. As soon as you speak you are listened to. The planetary movements help you in a good way, take advantage of this windfall to create or to finalize projects. The conditions are ideal, let your doubts go, you are confident in yourself. During the third week, everything goes well, even if things are a little different, this time it's you who go to others. At home you have support.

SCORPIO: LOVE IN GENERAL

Scorpio: The field of love is favorable. You do not have to fight to make your ideas heard. Around you, everyone is understanding, you receive expressions of affection, you are very happy. The arrival of the Christmas holidays gives you a balm for your heart. Small pleasures begin to overcome your anxieties.

SCORPIO: IN A RELATIONSHIP

Scorpio: It's the return of passion for couples. After some time that was a little complicated, you come back in full force. Your relationship is consolidated, you are moving in the right direction. With your partner you dream to share and realize new projects, towards the 17th your wishes are granted.

SCORPIO: SINGLE

Scorpio: Unexpected changes point the tip of their nose. By letting yourself be tamed, you gain the sympathy of some people. By exposing your feelings, there are many chances that you will be loved. It's a nice revenge for a shy person like you.

SCORPIO: ADVICE

Scorpio: Good news, there is nothing to fear, everything is going well for you. Apparently you have found your balance, whether personal, social, or in love. You are wise.

SAGITTARIUS – (Nov 21 – Dec 20)

The month of December looks promising. To finish the year you decide to boost your career, you are full of projects, you need to renew your daily life, your choice was not decided on a whim, beforehand everything was evaluated, so now all you have left to do is take the plunge. Around December 13th, opportunities arise, new tracks are to be dug, you start a new life. Because of a peak of activity, around the 27th you could experience a drop in your energy level, nothing really bad, you quickly regain a second wind. The excitement of the arrival of the holiday season gives you energy, your morale is leaping forward.

SAGITTARIUS: LOVE IN GENERAL

Sagittarius: At the beginning of the month, your ideas are somewhat confused, you swing between feelings and reasons, you do not know where you are. Then thanks to a small miracle you find your smile (a meeting or a reconciliation) everything is much better. You organize yourself so that your activities stick with your private life, you want to preserve the habits of your loved ones.

SAGITTARIUS: IN A RELATIONSHIP

Sagittarius: As a couple you lay all your cards on the table, you prefer to restart on a healthy basis. The arrival of the New Year is conducive to change, so you anticipate. You are more determined than ever, the strength of your relationship allows you to make plans for the future. Joint projects are on the agenda.

SAGITTARIUS: SINGLE

Sagittarius: If you've had a meeting recently, it's keeping all its promises, but you're slowly moving forward for the moment. However, around December 19th, everything is accelerating, you're making giant strides. As incredible as it sounds, you are reassured, you have confidence.

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SAGITTARIUS: ADVICE

Sagittarius: Your activities are many, you are a little tired but everything is fine. Do not ask for too much.

CAPRICORN – (Dec 21 – Jan 19)

From the 3rd you do not have a minute to breathe, things come one after another without you having time to relax, it does not displease you, on the contrary, you prefer to be busy rather than bored. Until the 17th you lead everything, your professional life, your family life, you are a great Capricorn! Be careful not to tire yourself too much, keep your energy to party, you will need it. Interesting business proposals arrive at almost the same time as Christmas presents, so you may have the opportunity to change your structure or line of business. You progress, around the 23rd a beautiful evolution is on the program. Additional earnings allow you to invest in stone. Financially, your numbers grow.

CAPRICORN: LOVE IN GENERAL

Capricorn: At the beginning of the month, your love is calm, then, on the way, you make some adjustments, you find your path. Your destiny in love may well take a new turn. Unexpected proposals or an unexpected journey, you end the year smoothly and the new one begins in beauty. A little patience and you will calmly reach all your goals.

CAPRICORN: IN A RELATIONSHIP

Capricorn: This month you take care of your relationship, you prefer romantic moments, you organize meals alone, this magical period gives you lots of ideas. Your partner appreciates your little attentions, together you spend magical moments, time seems suspended.

CAPRICORN: SINGLE

Capricorn: Could it be the Christmas season that makes you so nostalgic? A lower morale inevitably leads to some doubts. Those who are single, do not panic, you meet someone, it will change the course of your life. Around December 21st, a nice surprise awaits you, your soulmate is not so far!

CAPRICORN: ADVICE

Capricorn: A beautiful month in perspective, your projects are going well, your emotional life is on track, just a little flat when it comes to your fitness so take time to rest because it is important.

AQUARIUS – (Jan 20 – Feb 17)

The relationships are harmonious, no shadows to blacken the picture. You bet on human relationships, it is essential to your fulfillment. Your success depends only on you, you prefer to strengthen your achievements before you embark on new projects. Your ideas are original, it remains only to create them on solid bases, for that you have a good head on your shoulders. Around the 11th, we knock on your door, thanks to your qualities and your seriousness you are solicited. What characterizes you is your openness, from the moment when your merits are recognized, you are the happiest. Awareness stimulates your desire to live differently. Your close entourage sees you as a volunteer.

AQUARIUS: LOVE IN GENERAL

Aquarius: You need to control everything, your private life, your love life, and your professional life. Your loved ones are pointing it out. They would like to take advantage of you without your activities interfering with the private sector. Small explanations are to be expected. Around December 10th everything is back to normal, thanks to the support of your family you find your balance.

AQUARIUS: IN A RELATIONSHIP

Aquarius: A beautiful complicity is present in your relationship, the Christmas period brings you closer, everyone is willingly involved in their role as spouse. If small details upset your plans, you find the right words and the situation calms down. Until the 31st the atmosphere is soft and warm.

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AQUARIUS: SINGLE

Aquarius: Singles are wary but not for very long. It seems that around December 15th you are forcing fate. If that is not your style usually, it turns out you want to change your habits. You provoke a meeting. You should very soon formalize it.

AQUARIUS: ADVICE

Aquarius: We come to you for your sense of hospitality and your listening skills, these positive points open new doors for you this month. Jump on all the opportunities without letting fear deceive you.

PISCES – (Feb 18 – March 18)

As soon as your habits are jostled you panic, before panicking, realize that you can take advantage of the changes that are coming. You have a considerable advantage, this month the stars make you benefit from their protection, the angels are with you, if you have an ambitious professional project in mind, those who love you give you a hand, if you hit the ground running, you adapt very easily. You have potential which will bring you unexpected success. Your enthusiasm is such that you could cause some envy. You lead your merry way whether your detractors like it or not. This period is rewarding for family, you have a light heart and the family atmosphere is good.

PISCES: LOVE IN GENERAL

Pisces: Your loves are peaceful this month, a sweet atmosphere reigns around your romantic relationships. You do not anticipate any event, you let fate take over. Pisces are pleasing and amusing. Towards the 16th seduction is on the program, you charm and we fall at your feet. You like the feeling that others need you.

PISCES: IN A RELATIONSHIP

Pisces: As a couple you enjoy laughing, your partner enjoys seeing you as radiant. Your loves are placed under a lucky star, you have every chance to realize your projects. Your other half wants to travel and celebrate the end of the year so you could schedule a romantic getaway.

PISCES: SINGLE

Pisces: From the moment you do not expect it, love comes knocking on your door. This meeting causes a change of situation. Family parties are also good for meeting someone. Keep your eyes open, do not miss any opportunity. To celebrate the end of the year, love has the power to give you wings.

PISCES: ADVICE

Pisces: The period is advantageous, you benefit from good astral vibrations, do not postpone your projects, surf on the beautiful opportunities that are proposed to you. Do not be afraid of failure, trust yourself.

An advertisement for "9in1" skin care products. The background is yellow and blue with a sun icon on the left. Text reads: "9in1 is a complete skin care product that is made ONLY with Essential oils, and will work on the most sensitive skin". Below the text are four bottles of "Skin Care" products: "Skin Care for Oily Skin", "Skin Care for Acne", "Skin Care Solution for Aging Skin", and "Skin Care for Dry Skin". The website "www.9in1skincare.com" is displayed in a blue banner at the bottom left.

9in1

"9in1 is a complete skin care product that is made ONLY with Essential oils, and will work on the most sensitive skin"

www.9in1skincare.com

Skin Care for Oily Skin

Skin Care for Acne

Skin Care Solution for Aging Skin

Skin Care for Dry Skin



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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Through our thoughts, desires, emotions we are creating our environment. Whatever energy or thought,

emotion, or desire we send out, it goes from us in an infinity sign, and attracts similar energy. We might be wishing consciously, but unconsciously we have opposing energy.

I went to a conference once and the narrator asked us to take out a piece of paper. The instruction was to write on how we feel about money and abundance. Many wrote that *“Money is the root of all evil.”* Others *“it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God”*.

Then the question to the audience was: *If you were money, would you like to go to someone who really does not want you?* This was a deep eye-opener. The belief systems that are installed in our subconscious mind helps or prevents us from attaining our goals.

We have the power to create. In essence we have created this life. The East calls this life *maya* or illusion. Not that the life does not exist, but that what we see we have projected just like a hologram.

We are more than our physical existence. Every atom has Divine energy or consciousness. Science can not explain the emptiness in the atom. But the philosophers call it **consciousness**. Without consciousness, we do not exist. We accept the fact that we have a soul, and after death the body ceases to exist because the soul leaves. It is consciousness that leaves.

So when we ask you “to be conscious” we are asking for you to know who you are and accept yourself and just flow in the process. We need to accept that we are more than this body and mind. Our inner consciousness then becomes part of our being.

A simple example is when we become a parent, we know what the baby needs intuitively. That knowledge flows from us effortlessly if we do not question ourselves. Similarly, whenever we encounter a situation our first response comes from intuition, sometimes referred to as gut feeling. When we begin to question and bring it into the mind, the mind along with the ego begins to analyze, compare, question, and the flow is gone. Consciousness gives us energy. With that energy we are able to create our reality. Every thought or action is an energy which creates a reaction. Energy does not discriminate between right or wrong, it is just energy.

Whatever we give energy to we manifest. If we are conscious of our Being, then we will become not only mindful, but also an instrument of the Divine. We begin to fulfill the purpose of our life and create meaningful experiences.

Everything we need to fulfil our purpose in this life is within us. We need to step back from our mind and its prejudices and allow our inner self to flow, Intuition is always with us; it may have atrophied due to lack of use.

We start with small steps. Begin to follow the gut feeling and see the results. Slowly we begin to trust the process. With intuition we are responding to energy. A person may say something, but the energy does not match. Through intuition we will know. Through intuition we also receive knowledge from our higher soul selves.

None of us came to earth alone. We have guardian angels that transmit guidance to us through intuition. So let us become aware of our divine consciousness and create a life that we wish. When we follow our souls purpose we feel fulfilled.

“Make yourself familiar with the angels and behold them frequently in spirit; for without being seen, they are present within you.” St. Francis de Sales

Andrea/Publisher writes: I subscribe to the **Yogashakti Yoga Center YouTube channel**, it's a great addition to my morning practice. I met Mokshapriya at the Palm Bay ashram in the 90's. Like her predecessor my beloved **Ma Yogashakti**, she exudes very definite, palpable energy. Give her vids a watch. They educate, comfort and inspire me. You can watch the **Yogashakti Yoga Center YouTube channel** at https://www.youtube.com/watch?v=w_LJwgiY100



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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

HERE'S A UNIVERSAL QUESTION I OFTEN GET

I had a session recently with someone I'd not read for before. She had 3 areas of concern:

(1) Her problem was that she's a metaphysical healer and teacher and she is always running into people who try to stop her from doing **God's** work.

-- **THE INSIGHT WE GOT** was that if she was doing **God's** work, no mere human mortal could keep her from doing that.

(2) She told me her spirit guides advised her that this one and that one were against her and trying to ruin her reputation and that she needed to call them on it and defend herself to others.

-- **THE INSIGHT WE GOT** was that if she took her attention off of them and focused solely on her work, the pathway would open for her.

(3) She told me her guides were never wrong. She told me she was consulting with me simply to find out how to increase her income.

-- **THE INSIGHT WE GOT** was that if she's in touch with spirit guides, they would advise her and that if she's doing **God's** work, the money would come. If it's not, **IF ANSWERS AND INCOME ARE NOT FORTHCOMING, the insight was that she could rethink what she's doing and make course corrections as needed because there's something she's much better suited for and she needs to explore what that might be.**

I told her to take a look through the PDF at this free website and it will help her get to where she wants to be with dollars.
<http://secret2dollars.com/>

Enjoy our offering this month.
Hari Om



Andrea



Jim Egan

STORIES THAT BEND REALITY

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

"What did the third man do with it?" little **Tatanya** asked.

"Well no sooner had he been assigned an idea then he would take it next door to the first man and say: "Remember last week when you developed that idea for a store chain called *'Shirts and Things'*? Well this idea on the surface looks completely different but if you think of crude oil prices like things you can buy in a store then I think you'll find you can develop this idea in just the same way."

"Inevitably the first man would not only develop it just the way he predicted, he would often discover that if he treated all the ideas on his desk as if they were things you could buy in a store they all more or less could be developed along similar lines. With a happy grin the first man would take the contents of his desk and hand it off to the second man to anticipate results. No sooner did the first man repeat what the third man had said then the second man would treat the idea as if it were sold in a store, or turn it upside down, or treat it like a pair of mismatched socks, or whatever outlandish suggestion the third man had made and realize that the results of all the ideas on his desk were also related to that same idea."

"So work did get done after all." said **Tatanya**.

"A great deal of work," said the **Man with the Ladder**. "The office had a world wide reputation for developing the best ideas in the nation."

"*Until one day*," said the little girl.
"How do you know there is an *'until one day'*?"

"Even a four year old knows that in every story there is an *'until one day*,'" she said proudly, "and I am five."

"*Until one day*," said the **Man with the Ladder**. The little girl smiled. "Okay, so this time there happens to be an *'until one day*,'" he continued brusquely, "So one day an inspector general came around. He watched the office at work looking for a way to save the government some money. He was an expert in the efficient workings of offices and knew just what to look for. He saw the first man and the second man working, their desks piled high with papers, but the third man sat with his feet up on a clean desk smoking a cigar."

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Jim Egan

STORIES THAT BEND REALITY

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

"That third man," the inspector said to the office manager, "doesn't seem to be very busy. What does he do?"

"I give him the ideas that do not fit into any clear cut category." said the office manager, though the truth was he didn't really know what the third man did. It was also true that even though he managed the office, he did not understand how the office really worked, which was why he managed it so well. As long as ideas came in, and ideas went out, he accepted the arrangements because they worked.

"The inspector watched for a few days and when he saw the third man take whatever ideas the office manager gave him and quickly redirect them to one of the other two men in the office he decided that the third man did nothing useful at all.

"*Fire that man,*" he ordered the office manager.

"*You're fired,*" the office manager told the third man, as abruptly as he could. He felt that explaining what the man had done to deserve to be fired would be hard to do since he didn't have a clue as to what the man did in the first place.

"*I need a vacation,*" the third man replied, and left without a moment's hesitation.

"Soon the ideas stopped leaving the office. They kept coming in," the **Man with the Ladder** said. "People kept sending the best seeds of ideas brimming over with promise, to be developed and pondered on and treated like things sold in a store, or bundles of clothes in a laundromat, or whatever made them intelligible functioning aspects of society, but try as they might, somehow they got bogged down on the desks of the first or second man, or worse in between the two.

When the office manager found the piles of ideas creeping down the hall and cluttering up his own desk he decided to hire someone to help with the load. Feeling a little guilty for having fired the third man before he knew what he did, he thought he would hire him again to help out temporarily, until things settled back to normal.

"*What a coincidence,*" the third man said cheerfully when the office manager called, "*I just got back from vacation,*" He returned to work the next day.

"The office manger took the pile of ideas that had collected on his desk and handed them to the third man who was sitting with his feet up on the top of his desk, smoking his cigar. No sooner was the manager out the door then the third man had taken the pile next door saying, "You know I haven't been here for a while, but before I left I remember you working on an idea for *chocolate chip fortune cookies*. Now none of these have anything to do with fortune cookies but if you humor me a moment and think of these ideas as uncurled fortune cookies see if they don't end up tasting just the same way."

"I bet I know what happened," said little **Tatanya**.

"I'll bet you do. The first man cleaned off his desk."

"And I'll bet that when he handed them to the second man and told him how he did it the second man cleared his desk too."

The **Man with the Ladder** laughed. "Are you sure you are only five?"

"And a half." she added, "But what happened the next time the inspector came around looking to save the government money?"

"You wouldn't believe it if I told you."

"If I try hard I can believe anything." said **Tatanya**.

"Well the truth is there wasn't a next time, honey," the **Man with the Ladder** revealed. "One of the greatest cost saving ideas to come out of the **Bureau of Ideas** was to fire all the inspector generals and replace them with precocious five and a half year olds. They left the **Bureau** alone and the third man sat around smoking with his feet on the desk and no one ever complained again."

"Did you ever work in an office?" **Tatanya** asked, her eyes suddenly probing him.

"A long time ago. A very long time ago."

"*What did the third man really do?*" the little girl asked after a thinking a long while.

"No one really knows or at least they didn't say," the **Man with the Ladder's** voice dropped to a whisper, "But one day he walked into my office and told me..."

The girl wrinkled up her brow and prepared to listen very hard. But, just then, her mother appeared from behind the ladder saying, "*I brought us a treat,*" and the **Man with the Ladder** whispered, "*next time.*"



Mitch Ditkoff

100 REASONS TO GO WITHIN

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32. You've seen **Avatar** twice.
33. The financial cliff makes you very nervous.
34. You finally figured out that the entire world is your projection and the flickering images on the screen aren't the only thing to focus on.
35. There's nothing good on TV.
36. You lost the remote.
37. You lost your way.
38. You read Siddhartha.
39. You'd rather have your own experience than read about someone else's.
40. You love **George Harrison**.
41. You want to lower your stress.
42. **Googling** it didn't get you anywhere.
43. You don't believe your own story anymore. (And you're tired of telling it).
44. You realize that your personality is a complete fabrication and you want to find out who (or what) exists behind the mask you call your "self."
45. Your best friend suggested it.
46. You're the reincarnation of **Shiva**.
47. You're the reincarnation of **Shiva's** chiropractor.
48. You keep wondering why the spelling of "**Shiva**" and "**Yeshiva**" are so similar.
49. You've always favored silence and simplicity.
50. When you go to a video store, it takes you a long time to find anything you want to rent.
51. You once heard **Prem Rawat** talk about it and it sounded really good.
52. You went on a retreat last month and, even though the people there seemed to be completely full of themselves, smiled too much, and didn't have a sense of humor, you liked the way you felt when you weren't busy judging them.
53. It's good for your blood pressure.
54. You'd rather be on the inside than the outside.
55. The **Dow** is down (but not the **Tao**).
56. Your server is down.
57. All roads lead to **Om**.
58. You don't want to end up like the musk deer who wanders forever in search of the intoxicating fragrance that emanates from its own navel.
59. You prefer **Rumi, Hafiz, and Kabir** to **Lady Gaga**.
60. For thousands of lifetimes this is what you've done.
61. Your moon is in the **House of Pies**.
62. You want to find out what **Prem Rawat** meant when he said that "*there are a lot of people who know there is a drop in the ocean, but only a few who know there is an ocean in the drop.*"
63. You want your mojo back.
64. Face it. You're just not that happy with your current state of affairs (even though you always tell people you are "fine" when they ask you how you are). It's kind of like you have a low grade virus or know there is a party going on nearby that you haven't been invited to and can't figure out why.
65. The happiest moments of your life have been listening to your **Master** speak about the beauty of going within.
66. You want shelter from the storm.
67. You've always sensed there was something uni-

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Mitch Ditkoff

100 REASONS TO GO WITHIN

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versal inside of everyone -- far beyond religion or philosophy -- and you want to know what it is.

68. You read *Be Here Now* many years ago.

69. You're tired of waiting for Christmas, retirement, or a positive cash flow.

70. You've heard there's at least one living Teacher who can show you how.

71. You'd rather know the "I" than the iPhone.

72. Three magi from Jersey City just showed up at your door. They are each holding a large pepperoni pizza and telling you that you better go within or they're gonna break your kneecaps.

73. Hey, if it doesn't work out, you can always get back into that network marketing thing.

74. Your favorite part of every meal is grace.

75. You don't need any credentials.

76. It's sugar free.

thing-called-love.jpg

77. Some time ago, for no apparent reason, you experienced a profound sense of gratitude, expansiveness, and joy. Everything made perfect sense. Alas... that feeling came and went. Now you want to get it back.

78. Rush Limbaugh has nothing to do with it.

79. It's non-caloric.

80. Every time you go to a bookstore, you find yourself wandering around the spiritual section.

81. When you were a little kid you alternated between feeling like an orphan and a visitor from another planet. You always wanted to "go home."

Now you understand that home is not a geographical place, but a state of consciousness and "going within" has something to do with it.

82. Sex, drugs, and rock 'n roll took you only so far.

83. You realize that Buddha, Jesus, Krishna, and Lao Tzu can't all be wrong.

84. Your most favorite people on planet Earth have all committed to this journey.

85. You understand that to "go within" you don't need to give up bowling, poker, steak, sex, baseball, beer, crossword puzzles, scrabble, sushi, cappuccino, square dancing, break dancing, blogging, basketball, William Burroughs, designer jeans, Otis Redding, jello, science fiction, bonsai trees, tweeting, fruit loops, weightlifting, jazz, bargain hunting, coin collecting, the Kabaalah, dirty jokes, making fun of politicians, arm wrestling, Bruce Lee, Lee Marvin, Marvin Gardens, toasted marshmallows, and googling your own name when no one is watching.

86. You don't want anything else.

87. You realize that if you can't be happy in your own skin, nothing else is ever going to matter.

88. Your favorite songs are all love songs.

89. You feel a deep thirst within that cannot be quenched by anything else.

90. You want to.

91. You have to.

92. It's time.

93. You know that God is within and you would like to make his/her/its acquaintance.

94. Did I mention that you're not getting any younger?

95. Tick tock tick tock.

96. You're tired of the rat race.

97. You've been looking for love in all the wrong places.

98. You're almost coming to the end of this list.

99. You're almost coming to the end of your life.

100. Rush Limbaugh has nothing to do with it.



Apollo Love

THE TROUBLE WITH J.P. SEARS Why We Shouldn't Support Toxic "Influencers"

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Fun Fact for people who are against "censorship:"

Private businesses don't owe you free speech. Governments do. And even that has limits, such as yelling, "Fire!" in a theater. Yet, we always say that the micro is a reflection of the macro.

So how come the **Sears** family doesn't call it censorship when they delete comments that call them out and block people who disagree with them?

And while it's everyone's right to do it, at the end of the day, it is "censorship" just as much. Except in the case of the **New Age** community, it's typically a social media white bubble full of people disconnected from the reality that exists outside of their self-congratulating echo chambers, that does the censoring of those who are of "lower vibration" than them. It is cognitive dissonance at its finest and is intentionally chosen because a lot of people only care about feeling a certain way, at all costs. Many of them care about feeling power and control and will make anybody who threatens that the enemy.

For example, a few months ago, **JP** had one video removed from **YouTube** for violating their policies. He suddenly became a conspiracy theorist and is now up there along with **Alex Jones**, "fighting for our freedom" against the evil overlords trying to control us! Another example of his, perhaps, white privilege, was acting like he was being oppressed for merely having a single video removed. Oppressed? Cry us a river.

If you think having to wear a mask for a few minutes when you go shopping for a single year is oppression, maybe you should look into what African Americans went through for the last 400 years in this country.

If you think that "Masks Only" signs made you oppressed, imagine what it was like to see "White Only" signs for your entire life.

I have seen some of these spiritual people even compare wearing masks to slavery. It's insulting. It's out of touch with reality.

Oppression is what people in the **LGBTQ+** community have experienced throughout their lives.

I'm sorry, angry white people, but no, you don't know what actual oppression is in the same way others do. You don't know what losing your freedom really looks like if you think that having to wear a mask for a few minutes while you grocery shop is it.

And right now, anti-maskers look as ridiculous as people would look for protesting seatbelts.

"It's my chest, and it deserves freedom from fabric when I drive!"

Except in this case, if you don't put on the seatbelt, other people can die instead of just you.

Interestingly, after **JP Sears's** video got removed for spreading false information, he bashed **YouTube**, all while selling supplements on it. Keep in mind that this is the platform that took him from being a would-be life coach to having some income through ongoing sponsorship promotions. His videos now reek of "sell-out."

The anti-maskers who protested this pandemic are ironically the reason we are still in the pandemic. Due to **COVID** spreading exponentially, we needed to be on the same page and have a global lockdown early. Each day that passed made the virus more difficult to contain. Thus, the people who most fought for our "freedom," ironically, were the ones who took away our freedoms for an even more extended period of time by their short-sightedness.

While people in countries like **New Zealand** worked together and trusted their experts, and have effectively defeated coronavirus. It is not a surprise that the **United States** has the highest number of cases when **American** culture focuses so much on individualism and self-centeredness. In contrast, other countries have more of a focus on community and looking out for one another.

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Apollo Love

THE TROUBLE WITH J.P. SEARS Why We Shouldn't Support Toxic "Influencers"

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It's also not a surprise that a self-centered culture would churn out these "characters" like **JP Sears**.

Anti-maskers simply don't care about others as much as they care about their own privilege and comfort.

There are some out there who have suggested that only old people die, so it's not a big deal. This lack of compassion for human life is disturbing.

Do you know the difference between 65 and 75?

It is watching your grandkids grow up. It's watching them walk down the aisle. It's creating more memories with the love of your life. Just think about how much life you have lived in the last 10 years. Yet, people like **Sears** enable those acting selfishly like him while shaming those who are acting responsibly and consciously.

We talk a lot about awareness but seem to only be aware of ourselves, our own experience, and our tiny bubbles, with little consideration for the rest of humanity and how we all impact one another.

Spiritual snobbery is often based on projecting the judgments one carries of themselves onto others.

People are just over it. Mocking people nonstop as a form of comedy is not funny. Real comedians who become well-known are praised in the comedy world because of their creativity. With **JP Sears**, it's literally the exact same formula in every video. *Find a trending topic, critique it, and rip it apart from the outside looking in, as if you have the topic figured out and are suddenly an expert in it.* We get it. Everybody else is unintelligent, except you, and every element of spirituality and society is a joke to you. These life-changing spiritual principles are exploited as clickbait for profit.

And when people get offended by them, his defenders say, "He's just a comedian." **However, that cover-up is no longer working. Not when he is clearly trying to steer people down a dangerous path. Mr. Sears** shields himself behind his satire, conveniently getting

to choose when it's just comedy and when it's not, based on the backlash he gets (and he is the king of backpedaling.) His humor is designed to give him the space to say he was just kidding as a way out, but it's incredibly manipulative.

Instead of being humble and informative, **JP** now comes off as an entitled and arrogant know-it-all. His act is merely getting old and played out. His comments thread is full of angry right-wingers making fun of the left for caring about social issues.

He makes fun of people for wearing masks...even though he spent his whole life hiding behind one.

JP also has a history of making fun of poverty, including the **Costa Rica** video where he made fun of the locals and got ran out of the country after receiving death threats.

His most recent video made fun of homeless people in **California**, suggesting they enjoy being homeless and are "just camping." Throughout these years, he never discusses root causes, adds any insightful commentary, or cares about social issues. Instead, he spends all his time criticizing the entire world on his high horse, from the outside looking in, all while putting no real effort to get politically or socially educated by the "social justice warriors" and activists he constantly makes fun of—most of who are far more educated on social issues than he is.

Many people hide behind their comedy, their social media posts, and their highly edited public images. Many want to be perceived as activists while doing minimal behind the scenes work. With little to zero education in science, psychology, or health, they parrot debunked online documentaries like "**Plandemic**" (a pseudoscience film that claimed that **COVID** is "activated" by wearing a mask.)

Interestingly, all of these people are connected to one another and are collectively fanning the flames of fear and separation.

"JP Sears is connected directly to Plandemic creator, Mikki Willis, who is connected to primary Q-promoter (and cicada infiltrator) Lisa Clapier, who connects to Gaia productions, and Foster Gamble, who runs Thrive, which is what connects a lot of the 'New Age' set with fascist ideas." - Daniel Morrison.

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THE TROUBLE WITH J.P. SEARS Why We Shouldn't Support Toxic "Influencers"

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Our communities are psychologically manipulated and there are for-profit companies that governments hire to psychologically influence the masses through social media. Many of these characters are aware and doing it intentionally, but there are many others who are being used and manipulated into using and manipulating others. It's a sad spiral of influence.

And because of the human psyche's need to justify its own existence, it is easier for these people to make fun of others for wearing masks than it is to admit that they are ignorant or selfish. But to all the people who were considerate and who made sacrifices in 2020, just know that you are part of the solution and not the problem.

Here is the deal, though: **JP** making fun of people for having emotional reactions while simultaneously offending them on purpose just to bring himself attention—and then making a video about how people are offended over everything—*feels a lot like how an abuser operates.*

It's **gaslighting 101** and is designed to continually put him and his opinions on a pedestal while putting other people's views and experiences down. And like a typical abuser, he will ridicule you for having an emotional response and make you feel crazy or too sensitive for caring.

He makes fun of the demographic that made him who he is and has recently turned into the very thing he makes fun of. In the same way, he once made fun of **Instagram** models who have big egos and put on a fake image on social media, and then went on to marry one.

I am not saying this as a personal jab from me. I am literally echoing what **The Sears** themselves both joked about it when discussing the irony of their relationship during one video.

Many people talk about the **narcissist/empath** attraction, but the **narcissist/narcissist** attraction is just as real. And we see it on full display with these two.

The first red flag was their first story I mentioned earlier about **Costa Rica** when they both made fun of all the locals. **JP and Amber Sears**, unfortunately, had to deal with death threats, which is not okay. But it reflected just how serious the local outrage was.

This was a prime example of the rampant privilege we see in the yoga influencer world. Many times, we see white folks use people of color in their own home countries and exploit their land's resources and beauty in order to sell a false image of success on social media. All while not respecting the local culture.

All you see are **Instagram** photos of a fake life designed to get you to fork over thousands of dollars.

All of this is to call out the hypocrisy of these "**influencers.**" They're more obsessed with their image than improving their actual lives. It is to point out that it takes a specific kind of person to try to make money by prematurely positioning themselves as experts, teaching other people things that they themselves have not mastered, let alone practiced in their own lives.

It is a level of self-importance that is beyond reality. It is not about elevating you. It is about elevating themselves and their image. They are no better than you. They are just self-absorbed enough to pretend that they are in order to make money off of your desire for self-growth.

I am sure their supporters will say that I'm jealous or angry and call me other names to discredit what I say here. But I know where it's coming from and what my intentions are. Being held accountable comes with the territory if you want to be a public figure. Personally, I've experienced some of the most growth in my own life after I was called out. I've actually come to appreciate those moments even though they were painful at the time.

So, **COVID** was the last straw for me. I've seen too many people get deeply traumatized following internet gurus into unhealthy mental spaces.

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THE TROUBLE WITH J.P. SEARS Why We Shouldn't Support Toxic "Influencers"

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Often, narcissists support other narcissists because it helps them deal with the subconscious shame of being one. This is probably why the **Sears** and their group of friends held a gathering recently to pray for **Donald Trump**. They believe that he is their savior and will usher in "**Christ Consciousness**."

You can't make this stuff up. And why do they support him? Because **Trump** being in power gave these people permission for their own narcissism to exist. This is not about consciousness or awareness. It's about ego.

Many religions and spiritual beliefs are about transcending the "I"—the ego—and being connected to something larger than ourselves.

The people who took **COVID** seriously should know that their efforts contributed to saving people's lives and they are appreciated so much for doing so. And the people who did not wear masks and hosted big gatherings, all 100 percent contributed to keeping the pandemic going. And all you "conscious event space holders" should be held accountable.

To everyone else, I ask you not to support any of these people post-COVID because they showed their true colors when it mattered the most and when human life was on the line.

What's sad is that many of their actions may have created ripple effects that led to somebody's death and most of them will never even know about it. They will never be held accountable or feel bad, and they will continue living their lives thinking they didn't cause harm, ignorant that they have caused somebody to die.

It is a murderous belief system that is predicated on selfishness and is the epitome of narcissism. This is why we see this behavior so prevalent in the **New Age** community. Because it is a space that is rampant with narcissism that is covered up as self-love and freedom.

The real point is to stop putting these toxic people on pedestals.

They're using you for likes and views and only care about money, fame, and validation. They are not any more evolved than you.

If anything, they are further away, as they have positioned themselves as experts when they are not and have ignored their own healing in the process.

They are characters. They are salespeople on the internet who are lying to you. I repeat. They are not experts in medicine, science, or psychology.

Stop believing the unfounded fear that they are peddling and stop giving your power away to attention-seekers that don't care about you.

Being conscious is about being present and aware of the world as it actually is. Anything else is just a denial of reality and the suppression of deeper truths.

You have reached the end of this article. And guess what? I have nothing to sell you. And it was written by a flawed human. My only intention is to plant these seeds. And I hope it inspires some conversation and reflection within our global community.



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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.

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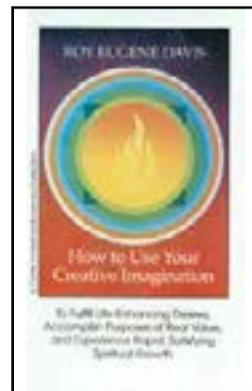
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