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HORIZONS

DECEMBER 2023

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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

Publisher/Editor/Creator
Andrea de Michaelis

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Hristina Šatalova

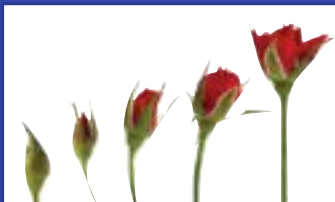
Contributing Writers:

Bernadette Carter King
Seth thru Jane Roberts
Michelle Whitedove
Mokshapriya Shakti
Dr. Joe Dispenza
Cecelia Auitable
David A. Cronin
Abraham-Hicks
Karen Williams
Debra Strasser
Sharron Britton
Mike Dooley
Mitch Ditkoff
Tom Sannar
Jim Palmer
Jeff Brown

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

HELLO AND WELCOME TO THE DECEMBER 2023 HORIZONS MAGAZINE. Two beloved family members passed last month & I've been SNOOZING AWAY my grief since there are many visual reminders. After my mom passed in 1996, the next day I was on my way with a friend to **Salinas, CA** for a long-scheduled week's vacation that turned into 8 month of meeting new friends & seeing sights I'd never seen before. I was used to speaking with mom several times every day for the past 40 years. The new surroundings & people made it easier to have covos with her IN MY MIND, what she thought about the day's doings & the new people.

It was my way of processing MY GRIEF. By the time I got back, I was used to the new routine of talking with her without the phone, the new sights & sounds eased me into a healthy distance from the heartache part of the process while allowing me to keep the connection with her. I know she's right here with me. Thankfully I've never felt without her. With these deaths, I have NO SHAME IN SNOOZING away as much of the sadness and heartbreak as I can. Ebb & flow. With each nap, the waves are getting more manageable. It's getting better.

SH*T HAPPENS. Big sh*t is happening all over right now. Don't drive yourself crazy worrying over what's out of your hands. A good time to be reminded that the "God" of my understanding permits all that happens as it does for a designed purpose. And we can either help & comfort those we perceive need it, or we can TURN our attention to ANOTHER topic among "God's" myriad creations and find something to rejoice about. Whether it's something happening right in front of you, or bringing to mind good memories, you can do it right here, right now. *Find a way to help or find something to be happy about despite circumstances.*

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PASSION AND THE STICK ANALOGY

QUESTION: Hello, **Abraham**. First of all, thank you for everything that you do for all of us. I have been listening for a while, and I am what you like to refer to as a strong wanter, a very, very strong wanter.

ABRAHAM: Usually people who tell us that they are *strong wanters* are those who have beliefs that oppose desire, and so you are able to measure your desire by the struggle. Is that the kind of *wanter* you are?

QUESTION: It's not what I try to aspire to, but sometimes. I am hoping you can give me a little bit of fine tuning with the difference between when I have a desire that still needs some work on resistance. And when I'm...

ABRAHAM: Every desire needs work on resistance - the problem is, the work on resistance just makes the resistance more. So rather than work on resistance, what you're wanting to work on is more allowance, which is finding ways to feel better about the desire. What we're wanting Esther to understand is it means don't be so practical so soon. So let's talk about something real and we'll show you what we would do.



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QUESTION: For me right now I'm looking for some passion.

ABRAHAM: Do you want to know what you want?

QUESTION: Yeah.

ABRAHAM: Do you want something to ring your bells?

QUESTION: Yes.

ABRAHAM: The other day **Esther** was visiting with some friends, and they went on a day journey, just a few hours up into the Rocky Mountains. So Esther sat herself up for that feeling that you're wanting in that she's prepped, in that she imagined a nice day and it was, and she imagined lots of fun and laughter with her friends, and there was that.

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14 THINGS THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. In addition to being a critically acclaimed author, Jim writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion, and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association, and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. Jim's personal hobbies include ultra-endurance sports, photography, abstract art, learning new things, and lots of coffee. His websites are <https://nonreligiousspirituality.com> and <https://www.jimpalmerauthor.com>

I once was an evangelical megachurch pastor and my pastoral career stretched over many years. Eventually, I could no longer teach my Christian doctrine with a good conscience and realized this teaching was not truly changing people's lives... and so I walked away from the whole enchilada.

Below are 14 things that the misguided religious establishment doesn't want you to know. Speaking for myself and my personal experience, I was not able to see or admit these things to myself. I truly got into ministry initially because I wanted to make a difference and help people, and I relied upon the belief-system

I learned as the proper framework to achieve this. It took a lot of post-religion reflection to see the ways this belief-system was hurting people.

I offer the below list in hopes that you might disentangle yourself from harmful beliefs and attitudes impacting your life.

14 THINGS THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

1. Toxic religion is rooted in fear, especially fear about the afterlife. It leverages the false doctrine of hell to win converts and demand holiness. The fear of God's disapproval, rejection, abandonment and punishment is another hallmark of toxic religion.

2. Clergy have no innate authority. Holding a church leadership position or having a theological degree does not imbue a person with special divine authority or superiority.

The terms "anointed", "called", or "chosen" or titles such as "pastor", "priest", "bishop", "elder", "evangelist" or "apostle" do not confer any innate authority on an individual or group.

3. We hold sacred what we are taught to hold sacred, which is why what is sacred to one community is not sacred to another.

4. The stories in our sacred books aren't history, nor were they meant to be. The authors of these books weren't historians but writers of historical fiction: they used history (or pseudo history) as a context or pretext for their own ideas. Reading sacred texts as history may yield some nuggets of the past, but the real gold is in seeing these stories as myth and parable, and trying to unpack the possible meanings these parables and myths may hold.

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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

WHAT'S IT ALL ABOUT, ALFIE?

If I fear death, I can begin to relinquish such thoughts now. There is no death.

I am an eternal being. The moment I leave this physical body, I will enter a state of bliss and heightened awareness as a result of leaving behind any negative-thinking and bad-feeling emotion. I'll experience the pure joy that is my essence.

And from that joyful place, I'll choose to return to the physical plane - for the sheer enjoyment of it. Not to learn painful lessons but for the thrill of adventure and the chance to create in physical experience.

The concept of heaven/hell in an afterlife as well as the concept of returning to earth to work off bad karma have satisfied people's desire to understand non-physical experience. But the only being who will ever "reward" or "punish" me is me.

I "reward" myself when I stay happy and thus fully connected to my divine identity here in physical expression. I "punish" myself when I think thoughts of lack, envy, guilt, blame, and self-disparagement and thus hamper the flow of good that ever seeks me - the flow that I expected when I set out on this marvelous adventure.

I am judge. I am jury. I am defendant. And now I set myself free.

AD RATES ON PAGE 4
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GETTING FLIPPANT

Sometimes it may seem that I have no control over the negative thoughts that prowl my mind and beckon new trouble.

Sometimes it seems that ideas of doom, gloom, or fear pummel me, no matter how intent I am on staying positive. Sometimes it seems that my mind simply has a mind of its own and I'm just along for the bumpy ride.

At those times, I'm experiencing habit, pure-and-simple. My thoughts are going in directions to which they're accustomed. Like an untrained puppy that's used to jumping on the furniture and making messes, my mind needs its owner (that would be me) to take firm control. One cheap, effective, nearly painless way I can do this involves a rubber band.

I can wear a rubber band and flip it on the upper side of my wrist (gently now) each time an awful thought puts its paws on me.

My mind will get the message. My mind will start to mind me. It will become a snap.

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BECOMING FASCINATED WITH THE UNKNOWN

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.

Recently, someone asked me about the concept that we can let go of the stories we tell ourselves – and, in doing so, create a new future.

She'd witnessed someone having a strong physical reaction to the suggestion - his entire body had broken out in a rash - and she'd had such reactions herself.

It seemed like just the thought of giving up a past narrative had produced a strong somatic reaction - which automatically occurred within seconds.

“Why does it make people so uncomfortable?” this woman asked me. *“Why does it feel like such a radical idea to let go of these stories?”*

The stories we tell ourselves - about our memories, our past, and our struggles; our interaction with certain people, objects, and things - are familiar to us, so let's call them the known. We identify with them; they become who we think we are - and, ultimately, our personality.

That's because reliving the past fires and wires the same circuits in the same ways - reproducing the same mind - and works our bodies into an emotional froth of chemicals. Biologically, as well as subconsciously, we become our past. We believe the old story and behave as if it is our truth - until we become it.

So many of us remain invested in these narratives - the stories of the past - because to invest in our future, instead, is so unpredictable for the body. And the body doesn't trust the unknown. The body is comfortable in the old stories - and all the identity-affirming emotions that accompany them. More than comfortable; it craves those emotions.

In fact, any time we're recycling one of our favorite stories - about ourselves; about someone else; about the way we grew up with our parents and siblings;

about our history with illness, trauma, or the ways we were wronged - what we're really seeking to do is fuel the emotions we associate with those stories and memories.

And we all do it; we're human. Right now, see if you can remember a recent experience that evoked strong feelings for you. Maybe it was a confrontation with someone at work or disturbing news headline. It's probably easy to think of something; we encounter those situations all the time.

But now, try to remember this. How did you handle the emotions that arose? Did you tune out, overreact, and reach for your phone to distract you from those feelings? Act out your emotions and storm off? Unconsciously project agitated energy on your spouse from your disagreement with someone else?

You might not even be aware of how you reacted in those moments. But your body probably had you programmed to behave the exact same way you did the last time you encountered the exact same emotions. And the more the body becomes habituated to those feelings, the more it craves them.

In other words, as long as your response to the same circumstances stays the same, you stay the same. And so does your health. And your life.

Why does it seem radical to let go of these stories? Because it means letting go of our identities. It means letting go of the addiction to the emotions fueled by those stories; of exercising a level of consciousness that's greater than our unconscious programming. And that takes constant awareness and energy.

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HERB CORNER

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

MISTLETOE

A parasitic plant that lives off of oaks, elms, pines and other trees; Mistletoe is steeped in ancient traditions; it's most commonly known as the plant people kiss under during the holidays a tradition believed to have begun during Victorian times.

Yet there are many other traditions surrounding Mistletoe; in Norse mythology Frigga and Odin's son was killed with an arrow made of Mistletoe. When his life was restored Frigga gave Mistletoe to the goddess of love and made it a sacred plant that would bring love instead of death proclaiming anyone who walked under it should be kissed.

First century Druids believed Mistletoe to be both medicinal and mystical. In their language Mistletoe means "all-healing" with Druid priests gathering Mistletoe on the 6th day of the moon giving it out amongst the group for their safety through out the year protecting them from evil spirits, storms and from all that could make them ill. In Celtic tradition Mistletoe was believed to hold the spirit of the tree it grew on since it remained green all year long and during the Middle Ages it was hung over the door to scare away demons.

Behind the traditional stories of Mistletoe's protective properties are stories of its healing properties which still hold true for today. Drinking 3 cups of tea made with Mistletoe, Motherwort, Hawthorn and Linden helps to improve circulation, this can help normalize blood pressure and reduce a high heart rate or an irregular heart beat. In the respiratory system Mistletoe has anti-inflammatory effects aiding asthma, whooping cough or a dry cough and in the digestive system it helps to ease diarrhea and calms ulcers.

When combined with Black Cohosh Mistletoe helps to reduce anxiety, palpitations, hot flashes, ovarian cysts and heavy menstrual flow. In the nervous system when mixed with Lemon Balm and Gota Kola Mistletoe helps reduce anxiety, panic attacks, migraines, depression and insomnia.

For centuries Mistletoe has been thought of as an herb for cancer; in the past 25 years there have been studies done showing it inhibits tumor growth. When studies were done in Europe they found Mistletoe contains viscotoxins, glyco-proteins, flavanoids and lignans which have been shown to have anti-tumor and anti-cancer activities.

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CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf



CHROME TREMOLITE

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.

This is the time in our year that we celebrate the light in the heart of darkness. The days grow shorter as the night lengthens until we reach the Winter Solstice.

Cultures around the globe honor this time by filling their lives with lights, giving gifts to friends and family and feasting on special holiday treats.

Even though the northern hemisphere is heading into the months of winter cold, our hearts know that light and warmth are growing in the deep womb of night as the seeds of spring rest beneath the frozen earth.

The stone I want to share with all of you today is **chrome tremolite**. It is a variety of calcium amphibole closely related to actinolite, although actinolite is associated with iron and tremolite with magnesium. **Chrome tremolite** also contains **chromium** which gives it a beautiful emerald green color. Most gem quality chrome tremolite is sourced from **Merelani, Tanzania** where **tanzanite** is found and the energy is magical.

Chrome tremolite is a deep and powerful ally in healing the heart, alleviating depression and helping create new neural pathways in the brain to better perceive higher knowledge. Many folks who use it report very detailed and inspiring dreams. If you are intrigued by the idea of keeping a dream journal, **chrome tremolite** could be a great source of inspiration.

Meditative practices can be greatly enhanced by **chrome tremolite**. We could all use some help in finding better visions for our future these days. The rich green beauty of **chrome tremolite** can open our hearts and stimulate the desire to make dreams of peace on earth a reality.



Chrome tremolite, Upper NY, NY

It is not always easy to find **chrome tremolite**, but you should be able to find it in any good rock shop. I have seen tumbles available on line. Gemmy natural crystals are quite rare and expensive, but they are gorgeous. I have had a few **tanzanite** crystals with **chrome tremolite** on them and the energy is beyond belief - highly recommended.

...continued on page 30...



PSYCHIC MICHELLE WHITEDOVE

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

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

Dear WhiteDove, I have a service dog that I love so much. It's very interesting to see the healing effect that Dogs have on the elderly and handicapped children too. One thing that I've found very unusual: a girl had a very serious case of lupus but as she was getting better her dog got sick with the very same disease. How can this be explained since obviously they are not consuming the same foods?

Dearest Dogs are very special animals. Dogs live in the moment and will even cut their life short to help a human. They represent loyalty, unconditional love and service to humanity. Some service dogs are trained to alert humans to an impending epileptic seizure or a severe drop in blood sugar levels and can even detect some cancers. You've sensed an important connection between a human and their pet. These are not coincidence; it is another way that a dog proves that their love is unconditional. Our pets are not afraid of death and they know their way back to Heaven.

Dear Michelle, We've all heard about "The Book of Life", the place where the history of our human life is kept in the Heavens. My church says it records our sins and good deeds to be used at **Judgment Day**. Is that true?

Dearest, The Book of Life is unlike the volumes at the local library. These are special scrolls and each one holds the records for a single soul. There are many chapters and the number of chapters depends on how many lives that you've lived. These books are stored in the **Hall of Records**; it's an endless library with shelves of beautiful old books from the floor to ceiling and reaches higher than the eye can see. The hallway is lined with rows and rows of bookshelves that stretch endlessly. It is quite impressive.

These aren't books with compiled lists of good deeds and bad, it's much more complex. Every book is multi-dimensional. The pages actually come alive much like a three dimensional movie that is re-played for viewing and understanding but with the added dimensions of feeling and knowing. These scrolls are records of the soul's journey and they are used as tools to re-experience the moments of life that need to be evaluated from a **Heavenly** perspective of awareness.

The Book of Life is always used when you enter **Heaven** during your **Life Review Process**. Also it's used in **Heaven** much like a text book to review negative scenarios and understand the underlying spiritual lessons.

These scrolls are viewed like a movie where you're not only the main character but all of the characters so that you see the experience from all perspectives. For example if you were greedy in life and refused to share inheritance money with a sibling; by watching your interaction in **The Book of Life**, you will re-live the event. You will feel the emotions from your sibling's perspective.

You will feel what they felt in that moment: the disappointment, the loss, the hurt, the division in the family and you will understand the impact of your actions and words and the ripple effect on outsiders. In this way hopefully you will then learn the spiritual lesson and the importance of love and generosity. By viewing the **Book of Life** and re-living those moments, you'd have understood that by sharing the proceeds you would have acted with brotherly love instead of selfishness and greed. This is how we learn in the heavens and grow spiritually through **God's** wisdom and the discernment of the truth.

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THE TOURIST SYNDROME

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

A few years ago, I went to Istanbul for a vacation. Never having been to the Mideast, I was excited to explore a new culture, which I did with great relish and a whole lot of hummus.

Of all the new adventures, perhaps the most remarkable was the visit to the **Grand Bazaar**. Not because of the number of shops (2,432.) Not because of the history (493 years old.) And not because of the masses of people. No. Because I finally got clear about something in my own psyche and, by extension, the human psyche - something I call the "**Tourist Syndrome**" - a phenomenon that, curiously has great relevance to the way in which some people relate to Prem Rawat or any great teacher.

HOW THE TOURIST SYNDROME PLAYS OUT:

You feel a need for something (i.e. a new experience, a good deal, an adventure) and decide on going to a particular destination to meet that need. In my case it was the **Grand Bazaar** and the possibility of buying a good rug for a great price.

So you make your way there and begin your process of finding the shop that carries the kind of goodies you want. You start cruising, not yet browsing, because you have not yet actually entered a shop. You know you are a tourist, but you don't want to appear to be a tourist because, you reason, if you appear to be a tourist, the odds of the merchants taking advantage of you will increase. So you do your best to take on a local color. You take the camera off your neck. You walk with confidence. You don't talk. Anything not to seem to be an easy mark.

Of course, the merchants (who have been merchants far longer than you've been a tourist) know exactly what you're doing. They've seen thousands of foreigners pretending not to be tourists, so they adjust their approach accordingly.

You see them seeing you seeing them and even though you are attracted to their merchandise decide to keep walking because you think that if you enter their shop the merchant will have the upper hand and it will only be a matter of time before you buy something you don't want.

So you keep walking, appearing to be cool and purposeful. But the fact remains, you know you want something and you know that what you want is in one of the many shops you keep passing. You also know that this, being **Turkey**, the home of amazingly hand-crafted carpets, has the potential to be the place where you can the deal of the century.

So you get over your self-consciousness and enter a shop. The merchant smiles. You smile back, but don't want to make too much eye contact because, if you do, you are granting a tacit permission for the merchant to begin his sales shtick, which you already know will be very slick.

So you stand on the periphery of things, feigning disinterest. You don't want the shop owner to see you actually marveling at his goods because, then, you reason, he will raise his prices. You continue playing it cool. The merchant has seen many like you before and just bides his time.

The really savvy shop owners give you plenty of space so you feel comfortable enough to enter the shop of your own accord. Then again, there are an equal amount of shop owners who, sensing your indecision, make the decision to cross the chasm to you - hoping to defuse your anxiety just long enough to gain your trust and increase the odds of a sale.

You, sentient being that you are, see the shop owner sizing you up. You see him giving you the space to make your own decisions which makes you even more uncomfortable, you now playing out an infinite number of mind games with the shop owner (who, in reality, is just a simple man who loves his children, prays to **Allah** five times a day, and would be more than pleased to sell you a rug at a fair price so both of you get what you want.)

From what I can tell, this same little game has played itself out for countless centuries whenever a human being, with a need for something more, hears about a someone with the capacity to part the veil.

You get curious. You move in his/her direction. You see their "shop" and are attracted. You get closer. But then... some version of the **Tourist Syndrome** kicks in. You sense that owner of the shop is very experienced, knows his stuff, and has been doing this for a looooooong time. An old fear of yours rises to the surface. You don't want to be "taken."

...continued on page 33

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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

Why A "Benevolent God" Allows Pain And Suffering

For one thing, while pain is unpleasant, it is also a method of familiarizing the self against the edges of quickened consciousness. Any heightened sensation, pleasant or not, has a stimulating effect upon consciousness to some degree. Even when the stimulus may be humiliatingly unpleasant, certain portions of the psychological structure accept it indiscriminately because it is a sensation, and a vivid one."

This acquiescence to even painful stimuli is a basic part of the nature of consciousness. Action does not differentiate between pleasant, painful, or joyful stimuli. These distinctions come much later, and on another level.

Action accepts all stimuli in an affectionate manner. It is only when it becomes compartmented, so to speak, in the highly differentiated consciousness that such refinements occur.

Any stimuli and reaction represents sensation and sensation is a method by which consciousness knows itself

I am not saying that unpleasant stimuli will not be felt as unpleasant and reacted against in less self-conscious organisms. I am saying that they will rejoice even in their automatic reaction, because any stimuli and reaction represents sensation, and sensation is a method by which consciousness knows itself.

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SPIRITUAL GRAFFITI

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

An excerpt from *Hearticulations*

It's not all in your head. It's all in your heart. It's all in your feet. It's all in your hips. It's all in your shoulders. It's all in your breath. It's all in your body.

Anything unattended to, unresolved, unhealed, and unprocessed lives in your tissues, your cells, your musculature.

It may be manifest in your stinking thinking, but it doesn't begin there. The mind does not source itself—the body does.

The trick is to not try to shift the thinking from within the mind itself. You can't. You may be able to subdue it there, but you won't be able to resolve it. Because the troubling thoughts are merely a symptom of the deeper issues.

They are a reflection of our emotional holdings and constricted musculature. They emanate from the fleshy trauma tunnels that we dug in order to survive this world.

Many of us sit in the waiting room of awakening for decades, waiting impatiently for our new birth. And it never arrives, because we are looking for it where it isn't—within the mind, itself.

Babies aren't born that way. You have to go down into the depths of the body to bring a new birth to life.

Down, down, down.... into the alchemical chambers of new thought — YOUR MAGNIFICENT BODY.

This is where we are born again.



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>

You could pray for 1,000 nights, visualize for 1,000 days, and give thanks for 1,000 things, But it's when you physically prepare the way, that 1,000 miracles will find you. I can't help this feeling, The Universe

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MOVING SADNESS BUILDING A BOX

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: davidcronin490@gmail.com

Recently I was tasked with tearing down a large wooden clubhouse I had built seven years ago for my two young grandchildren. To say building it was a labor of love would be an understatement. I am their 'Gramps,' doing such things for them fills my heart to overflowing.

But for various reasons I won't go into, it was time for it to go. So I gathered some things I would need: my circular saw, a small sledgehammer, and other miscellaneous tools. This was, after all, a demolition project. I dug into the task and soon there was a growing pile of old, faded wood pieces.

I could feel the sadness begin to seep up slowly. As I broke the clubhouse down, I reflected on all the fun and laughter it had provided to our family. I was keenly aware that due to my grandchildren's ages, they probably wouldn't remember much, if any, of it. Also, around this time I had been contemplating endings and passages within my own life as I approach 70 years of age.

I stopped working and just stood in front of the pile of wood, breathing into the sadness and letting it be there. I didn't want to make the sadness wrong or bury it. When you bury an emotion, you bury it alive. So I just let it be.



It was in that allowing that the idea came to me. I would take scraps from the clubhouse and build a box. This would continue the legacy of the clubhouse long after I am gone plus give me something concrete and tangible to do now that would help the sadness move through me.

There has always been something very therapeutic and powerful about using my hands to create something. As I worked with the wood, cutting, sanding, and taking my time rubbing in restorative oil to bring out the color and grain I could feel the sadness quietly emptying out.

And in that empty space, joy flowed in.

ESSENTIAL LIFESTYLE HACKS



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

RELEASING UNWANTED HABITS

Our entire life is spent learning habits. Our parents try to instill what they feel are good habits. Every day we get up and brush our teeth. It has become a habit, and we no longer need to think about it. We are taught social habits, family habits, health habits, school behavior habits etc.. Yes, in society we need to develop certain habits to maintain a reasonable social network.

Habits are something we do without thinking. Habits can either be liberating or confining. It is liberating not to have to remember to brush the teeth. As youngsters we might have rebelled against society and refused to make the bed or pick the clothes up off the floor. Now we have to make a conscious effort to do so, because we have not developed the habit.

Before we decide to release unwanted habits, we need to establish the difference between habits and addictions. A habit is a repeated behavior in which the repetition may be unconscious. Addiction involves repetitive behavior with compulsion and discomfort if the behavior is not performed.

Habits are formed with repetition. Behaviors are often etched in our neural pathways. Neuroscientists have traced habit making behaviors to the basal ganglia part of the brain. It plays a key role in developing emotions, memories and pattern making.

Decisions come from the prefrontal cortex, but, when a behavior becomes automatic, that prefrontal cortex goes into sleep mode. The brain works less and less.

This is why we can focus on something else while doing complex activities like driving as we are talking or listening to music. According to **Charles Duhigg**, author of *“The Power of Habit,”* people will perform automated behaviors like pulling out of a driveway or brushing teeth the same way every single time if in the same environment. If you take a vacation, the behavior will most likely change.

He recommends that breaking a habit on a vacation is one of the proven most successful ways to do it, because all old cues and rewards are not there. Therefore, we have the ability to form new patterns.

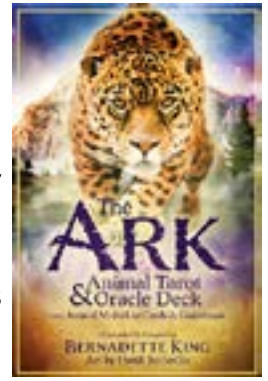
To remove a habit, we need to avoid the things that cause them like the environment, but of course, that is not always reasonable. Yes, if we like certain sweets and are gaining weight, we can just not have them in the house. If we procrastinate by sitting at the computer and going through social media, we can stop sitting there and go instead to the table.

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A flyer for Yogashakti Ashram. At the top is a logo of a lotus flower with the number 5 in the center. Below it, the text reads "Yogashakti Ashram" and "Founder: Maha Mandaleshwar Ma Yoga Shakti". A list of activities includes: "Arti (daily 6:30 am & pm)", "Puja (Holidays & Full Moon)", "Satsang (Lectures)", "Meditation", "Yoga (Relaxation per week)", "Sunshine Lectures", "Retreat (45 acres in Catskills)", and "Teachers Training (Meditation)". There is a circular image of a deity. At the bottom, it says "Publications:" followed by several book covers. The contact information at the bottom is: "Ma Yoga Shakti International Mission", "114-41 Lefferts Blvd. S. Ozone Park, NY 11420", "718.641.0402", "www.yogashakti.org", and "yogashaktiny@gmail.com".



WHAT IS MY SPIRIT ANIMAL



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

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



Lizard Symbolism & Meaning

Are you craving creative inspiration? Are you tired of things holding you back? Lizard, as a Spirit, Totem, and Power Animal, can help!

Lizard teaches you how to ignite the flames of your greatest passion, all while showing you how to let go of habits or beliefs that hinder success! Delve deeply into **Lizard** symbolism and meaning to find out how this Animal Spirit Guide can educate, stir, and inspire you!

Lizard Symbolism & Meaning

From re-growing body parts to swift movement, when it comes to **Lizard** as an Animal Helper, there are many attributes to appreciate! One characteristic defining **Lizard**'s meaning is the fact that the creature sheds its skin, much like a Snake. Shedding marks an increase in the reptile's size and allows **Lizard** to rid itself of parasites. So, both **Lizard** and Snake come to symbolize physical, emotional, or intellectual growth and the act of leaving behind what you've outgrown.

The second behavior highlighting **Lizard** Energy is **self-amputation and regeneration**. While on the surface, the action sounds awful, it's a self-defense mechanism so **Lizard** can get out of a predator's grasp. Over time, the Animal's tail grows back, but often smaller and sometimes in a different color. Survivor instincts and adaptation are a significant part of **Lizard** symbolism. **Lizard**'s defensive techniques also symbolize the need to release harmful aspects of yourself or attributes. Hold-

ing on to old habits or outworn beliefs hold you back from achieving good health, happiness, or success.

Lizards come in many colors, each one of which offers a different dimension to **Lizard**'s energetic imprint. A brown **Lizard** is the color of earth and embodies grounding. The appearance of a brown **Lizard** suggests it's time to focus on what anchors you or keeps you on an even keel.

A blue **Lizard** is the color of the **Water Element** and symbolizes your emotional nature. The color resonates with the throat chakra and all that it governs, including communication, self-expression, and truth-sharing; it's interesting to note some **Lizards** have a wide range of vocalizations. While blue **Lizards** are rare, when they appear as an **Animal Guide**, they carry a message relating to how you communicate with and listen to others. **Lizard** says, "Speak up, speak out; express your truth with love."

Green is one of the most common colors for **Lizard**. The color symbolizes growth and corresponds with the **Earth Element** and stability. It also symbolizes a good time for movement, as in seeing a green light means "go," or it's safe to act now. When a green **Lizard** comes across your path, it's a positive sign for your spiritual progress, indicating movement in the right direction.

A red **Lizard** is the color of the **Fire Element**, the source of energy and passion. When the red **Lizard** comes into your awareness, direct attention toward desires; ask yourself, "What promises to ignite your full engagement or excitement?" Red **Lizard**'s message calls into question what inspires you and sets your spirit ablaze.

Some **Lizards**, like the **Chameleon**, can change colors to suit the situation. The creature corresponds with the **Akashic Element**, meaning that when working with the Animal's energies, you can work with any of the **Elements** and their energetic influence. **Chameleon**'s ability to alter its appearance represents adaptability and being able to blend into your environment. Like **Chameleon**, you'll be able to step back, observe, and re-emerge when the coast is clear.



WHAT IS MY SPIRIT ANIMAL

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In Ancient **Egypt**, the hieroglyph for **Lizard** translates as “plentiful.” **Lizard** also has solar associations because, upon observation, they mirror the sun’s transition in the sky as it cycles through the seasons. When climbing walls in the spring, the creature does so on a wall that faces eastward. In Spain and Portugal, people use the image of **Lizard** in their décor for attracting good fortune, much like Westerners use a horseshoe for attracting luck.

When the Lizard arrives as a Spirit Animal, your magical skills emerge in novel ways. You experience a re-birth and renewal of energy. Negativity flows away, leaving you with a clear head and positive mindset. You find your core source of power. It provides you with greater control over pressing matters while strengthening your intentions.

Lizard, as a Spirit Animal, seeks creative people that are facing blockages. It arrives to break a cycle and provide a fresh perspective. The setback you’re experiencing is temporary, and it has lessons to offer you. **Lizard’s** arrival in your life assures there’s an exciting opportunity ahead.

When **Lizard** crawls into your life as a Spirit Guide, it’s time to tune into extrasensory abilities. You can use them to recognize friends or foes. **Lizard’s** message suggests you trust your instincts. Let your internal compass guide you down the right path. Now is the time to remain open so you can receive Divine messages.

Individuals with a **Lizard Totem** know how to recover from anything life tosses at them. Situations other people find unbearable don’t seem to faze you. When facing jarring events, people with a **Lizard Totem** bounce right back; the only downside is it can lead to taking unnecessary risks.

If Lizard is your Birth Totem, you have distinct emotional cycles in your life. Remaining aware of where you are in each cycle becomes an exceptional coping mechanism. You are sensitive to others’ feelings because of what you go through daily.

When fear creeps up in your life, you face it, staring it down until it disappears. Such assurance comes in handy when you attempt astral travel and walking between the worlds. You have a sound core, with your feet rooted in the earth.

As you move through different realms, you gather information and bring it back to individuals in need. People rely on your insights, which help them avoid troubling situations or consequences. Better still you carry the wisdom with you for future guidance.

Self-care is an important aspect of the person with a **Lizard Totem Animal**. By taking excellent care of yourself, you will ensure you’re at your prime mentally and physically. It also ensures you are ready to move fast when the need arises, especially when looking to make significant changes in your life or when trying to avail yourself of one or more opportunities.

Reach out to Lizard as a Power Animal

when it’s time for release. Be it a toxic relationship, a destructive habit, or unhealthy thoughts; **Lizard** helps you let go. Hold on to what is essential; the process will involve preserving what you treasure and will support you in attaining future goals.

Your **Lizard** Power Animal is a superior resource in developing your defenses. It will help you move and hide, confusing people who would undermine you. Once you maneuver into a safe space, **Lizard** remains a form of energetic support until the danger passes.

Invoke Lizard as your Power Animal

when you’re looking to reinvent yourself. **Lizard’s** skin shedding and regenerative properties will help you free yourself from aspects of your identity no longer serving you. The creature empowers you to renew how you see yourself and how you present yourself to the rest of the world.

Native American Lizard Symbolic Meanings

In Native American Tradition, **Lizard** represents the world of dreams, healing, and survival. Children receive amulets in the shape of a **Lizard** for protection and strength. Killing a **Lizard** brings terrible fortune. In western coastal regions, **Lizard** appears as a Creator who makes humans somewhat in its image. Among the Navajo, **Lizard** is a hero and protector who brings prosperity and restoration.

Native American Lizard Symbolic Meanings

Similar to the Native Americans, the Celts regard **Lizard** as an emblem of luck. The creature is also an apt Spirit Realm Guide. When traveling, having a **Lizard** cross your path is an omen of success, one promising safe arrival at your destination.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO DECEMBER 2023

In the northern hemisphere it's cold with very little daylight, short days and even longer nights. This season 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.

Sun, Dec 3, 2023 – Sun, Dec 24, 2023 Advent, Christianity. It's a season of candlelight, reflection, and expectation—a chance to get ready for the celebration of Christmas. People may light Advent candles or prepare Advent wreaths, read specific Scriptures each day, and some use an Advent calendar to build anticipation for Christmas.

Dec 7 – 15, 2023 : Hanukkah begins - Judaism. Beginning Dec 7th, ending at sundown December 15th, this holiday celebrates the triumph of light over darkness and of spirituality over materiality. Celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army.

December 8th: Bodhi Day - Buddhism. Commemorates the day when Buddha, Siddhartha Gautama, attained enlightenment (also known as bodhi.) Bodhi Day is often celebrated in a calm and quiet way by meditating and praying.

December 12th: New Moon in Sagittarius is all about restoring optimism. New moons offer the start of a new chapter and are great for introducing fresh ideas, beginning relationships, and seeing things from a different perspective. The new moon in Sagittarius will usher in bright, optimistic, and pleasant energy just ahead of the holiday season.

December 14th - 15th: Geminids Meteor Shower peak viewing. The Geminid meteor shower occurs between November 19 to December 24 and will peak on the nights of December 13 and 14. 2023 will be a great year for Geminid meteor shower viewing as it peaks around the time of the new moon on Dec. 12. When there is no interference from moonlight, skywatchers

can see up to 150 meteors per hour at peak times. Unlike a majority of the meteor showers we experience on Earth, the Geminids are the product of an asteroid. The reliable shower produces bright meteors associated with the asteroid Phaethon, a strange blue rock that acts like a comet.

December 21st: Winter Solstice. Sun enters Capricorn. When the sun enters Capricorn, we start to pay attention to a love of order, a good work ethic, respect for tradition and an instinctive authority. Everyday practicalities take on new significance, as does the importance of career and working life.

December 21st: Yule - NeoPagan/Wicca. Yule celebration is made up of rituals that focus on the energy of rebirth, transformation, creativity, new beginnings and the release of unwanted habits.

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. Kwanzaa is not a religious holiday, families who celebrate Kwanzaa often celebrate it in addition to Christmas, Hanukkah, or another religious holiday.

December 27th: Full Cold Moon in Gemini. This full moon is a great time for you to take a long overdue break and recharge, so that you may shine all the brighter when it comes time for you to rise again. 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.

Brightest Blessing on all of your Holiday Celebrations!



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

A FRIEND ASKED, "WHERE IS GOD DURING TRAGEDIES? WHY DOES HE LET THEM HAPPEN?"

I think God is where **God** always is, overseeing it all. We think death is tragic when we believe we only have one life. Death is just part of the cycle of life so why should **God** prevent any of it?

Would He intervene to prevent the caterpillar from becoming a butterfly? Would he keep a tadpole from becoming a frog? Would he stop an acorn from growing into an oak? Would he prevent hot water from becoming steam, or cold water from freezing?

These are just natural changes and it is no different than our own transition from one state of being to another. It's just a change.

Would we keep a toddler in kindergarten or a 6th grader in elementary school? No, we let them graduate to the next phase in the process, so they can continue to learn and grow and become more of what they are meant to be.

This one life in this one physical body is just a step on the lifelong journey we're all on. When you understand that death is not the end, it's a whole other kind of freedom.

Remember when you were young and in one of your first JOBS and you really didn't like it but you were afraid to look for a better job because you didn't want to lose the lesser job?

Or remember being in a RELATIONSHIP that had run its course but you were afraid to get out of it because you didn't want to be alone or hurt your friend?

DYING IS LIKE THAT. We're afraid because we don't know the unknown, WE DON'T KNOW what will come after.

But just like the job or the relationship, **WHAT COMES NEXT IS ALWAYS AN UPGRADE** and it's laughable how

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much we were afraid to make a change which was so much FOR THE BETTER. I think it's possible for me to be HAPPILY HERE in one moment and happily ELSEWHERE in the next. Happy, healthy, happy, healthy, happy, healthy, DEAD.

At this link I wrote **What The Crossing Over Experience Was Like As Reported By Those Who Made The Transition** (there are no ads or popups) <http://horizonsmagazine.com/blog/the-end-of-death-as-we-know-it-what-the-crossing-over-experience-was-like-as-reported-by-those-who-made-the-transition/>

Watching SUITS on Netflix takes me back to my law firm days in Miami

Watching **SUITS** on **Netflix**. I thought I'd seen it before but no, that was **Mad Men**. SUITS (minus the back biting,) takes me back to my law firm days in **Miami**. I worked for a prominent senior partner in one of the country's leading trial law firms, 30+ attorneys plus support staff, views of **Biscayne Bay** out the **25th floor** windows, generous salary & bonuses. I left to move 3 hours north with a boyfriend. Even tho I landed a choice job with a name partner in the biggest law firm in town, it felt like **Mayberry** compared to **Miami**. It took awhile for the culture shock to wear off & me to get off my high horse.

...continued on page 25...



Jim Palmer

14 THINGS THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

...continued from page 8...

5. Prayer doesn't work the way you think it does.

You can't bribe God, or change God's mind through obedience, devotion, or groveling. The underlying theistic premises of prayer are untenable.

6. Anything you claim to know about God, even the notion that there is a God, is a projection of your psyche. What you say about God—who God is, what God cares about, who God rewards, and who God punishes—says less about God and more about you.

If you believe in an unconditionally loving God, you probably value unconditional love. If you believe in a God who divides people into chosen and not chosen, believers and infidels, saved and damned, high cast or low caste, etc. you are likely someone who divides people into in-groups and out-groups with you and your group as the quintessential in-group. God may or may not exist, but your idea of God mirrors yourself and your values.

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7. Nobody is born Jewish, Muslim, Hindu, Catholic, Protestant, etc. All humans are born Homo sapiens on planet earth. Our evolving species and planet are not innately religious. We are conditioned by narratives of race, culture, religion, gender, ethnicity, and nationality. If you were born in Nepal you are Hindu, if you were born in Nashville you are Christian, if you were born in Nazareth you are Jewish.

People don't necessarily choose their religious belief-system, they are conditioned or enculturated into it. Christianity is not a superior religion just because it's your religion and you were born in the Bible Belt.

8. Evangelical theology isn't the free search for truth, but rather a defense of an already held position. Evangelical theology is really apologetics, explaining why a belief is true rather than seeking out the truth in and of itself. All theological reasoning is circular, inevitably "proving" the truth of its own pre-supposition.

9. Becoming more religious cannot save us. Religion is a human invention reflecting the best and worst of humanity; becoming more religious will simply allow us to perpetuate compassion and cruelty in the name of religion. Because religion always carries the danger of fanaticism, becoming more religious may only heighten the risk of us becoming more fanatical.

10. Becoming less religious cannot save us. In fact, being against religion can become it's own fanaticism. Becoming less religious will simply force us to perpetuate compassion and cruelty in the name of something else.

Secular societies that actively suppress religion have proven no more just or compassionate than religious societies that suppress secularism or free thought. This is because neither religion nor the lack of religion solely nullifies our human potential to act out of ego, greed, fear, hostility, and hatred.

11. A healthy religion is one that helps us own and integrate the shadow side of human nature for the good of person and planet, something few clergy are trained to do. Clergy are trained to promote the religion they represent. They are apologists not liberators.*

If you want to be more just, compassionate, and loving, you must do the personal work within yourself, and free yourself from the conditions that lock you into injustice, cruelty, and hate, and this means you have to free yourself from all your narratives, including those you call "religious."

...continued on page 25..



Jim Palmer

14 THINGS THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

...continued from page 24...

12. Religious leaders claims that their particular understanding and interpretation of their sacred books should be universally accepted. Religious leaders often say, "My authority is the Bible." It would be more accurate for them to say, "My authority is what they taught me at seminary the Bible means."

People start with flawed or false presuppositions about what the Bible is, such as: the Bible was meant to present a coherent theology about God or is a piece of doctrinal exposition; the Bible is the inerrant, infallible and sole message/"Word" of God to the world; the Bible is a blueprint for daily living. Too often religious leaders make God about having "correct theology." There are a lot of unhappy, broken, hurting, suffering, depressed, lonely people in church with church-approved theology.

13. If your livelihood depends on the success of your church as an organization, it doesn't take a rocket scientist to see that you will mostly define and reward Christianity as participation in church structures and programs. Christian living is mostly a decentralized reality or way of life, not a centralized or program-dependent phenomenon. Church attendance, tithing, membership, service, and devoted participation, become the hallmarks of Christian maturity.

14. You are capable of guiding your own spiritual path from the inside out and don't need to be told what to do. You naturally have the ability, capacity, tools and skills to guide and direct your life meaningfully, ethically and effectively. Through the use of your fundamental human faculties such as critical thinking, empathy, reason, conscience and intuition, you can capably lead your life. You have the choice to cultivate a spirituality that doesn't require you to be inadequate, powerless, weak, and lacking, but one that empowers you toward strength, vitality, wholeness, and the fulfillment of your highest potentialities and possibilities.

I'll shut up now.



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

My salary was cut in half but in **Mayberry** in **1984** I could buy a house for \$4k down, including closing costs, with a mortgage payment the same as my rent. Even tho I refi-d in **2010**, my payment with taxes & insurance is still under \$700/mo. Not **Miami** prices for sure.

Life in **Miami** was much faster. I didn't plan on retiring to **Mayberry** but am glad I did. Since then, the **City** has built up so that within a 3 mile walking distance I now have every franchise available, as well as I-95. Watching **SUITS** I'm reminded how much I really dug my old job, also how much I enjoy the lay back life now.

OUR THOUGHTS ARE THE ONLY THINGS THAT MOVE US FORWARD OR BACK

Whether it is money, love, health, happiness -- SHORTAGE CONSCIOUSNESS -- belief in lack or limitation -- is the only thing that ever holds me back. But that is just a thought and I am in charge of what I thoughts I choose to think.

Real life mundane example: Until I was 40 my hair never grew longer than shoulder length and I was fond of saying my hair never grows longer than shoulder length because that was my past experience and that limiting thought is what I knew to be true for myself.

-- Then one day at a friend's salon I tried on a phony-tail and got a glimpse of what I would look like with long hair. I liked the look so much that I wore my hair like that for about 6 months. One day I noticed that suddenly my own hair was longer than it had ever been. It has grown long ever since and is now at my waist.

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Dr Joe Dispenza

BECOMING FASCINATED WITH THE UNKNOWN

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It's important to notice all the ways we try to escape this challenge. We don't use things in the 3-D world to merely distract us; we become fixated on our outside environment. We're conditioned to need something or someone else to make those feelings go away. We're in the unconscious habit of relying on our outer world to change our inner world.

But what would happen if we could take that same ability to focus on something outside ourselves - and turn it inward? What if we could break our addiction to whatever drama, trauma, or karma is devouring our energy and attention?

By the same means, what if we could become fixated ... on what's going on inside us? What if we could learn to sit with ourselves and our own energy, and become not only aware of, but fascinated with, our inner world of thoughts and feelings?

To catch ourselves going unconscious, learn to shift focus to our inner world, and manage our attention and energy is the work. That's how we disentangle from the past self. And it takes effort - especially in the beginning.

This, in essence, is what meditation invites us to do - disassociate from all those distractions, settle our body down emotionally, and go within. To find out what's on the other side of our most common thoughts, programmed habituations, and familiar emotions. So the next time you're sitting in meditation, and your body starts to resist - as it will - notice what happens. Are you thinking about reaching for your phone? Are you replaying an argument you had the night before? Are you fighting the urge to quit?

This is when we have to demonstrate a will that's greater than our unconscious programs. It's the defining moment when we have to recondition the body to a new mind - and retrain it with love, gratitude, and kindness. Here's a great exercise to practice in those

moments: See if you can become fixated on how hard it is to resist. See if you can become fascinated by not being able to sit with yourself. Ask yourself: what's on the other side of this? And challenge yourself to see if you believe it's worth finding out - to sit with the discomfort a little longer. That's the quest for the unknown.

See if you can confront the idea that you need something outside yourself to make that discomfort go away - or if you can find the resources within to give yourself what you need in that moment.

Ask yourself this simple question: **would I rather feel anger or joy?** If the answer is joy, you are going to have to change your emotional state. No one else can do it for you.

You may be able to temporarily change your emotions by relying on someone or something else. But if you don't change your response the next time you feel a disturbing emotion, your brain will remember what made the feeling go away the last time - and convince you that you need that same stimulus to make the feeling go away.

If you can manage not to give in to the seduction of your external environment - or your body's resistance to the unknown - and simply get to a place of neutrality, you're achieving something really significant. You're stepping into the unknown. You're demonstrating power over your thoughts, habits, and emotions from the past. Now, you're committing to change.

And then, imagine what comes next. Imagine, through your practice, you discover you can feel transcendent love and joy - because you've freed the body from the shackles of the past and have chosen to feel something else. Imagine learning you can bring your attention within, find nothing more meaningful than your beating heart, and feel true gratitude and love. Imagine realizing you can let go of an idea you held about yourself or another person - and suddenly be free.

When we let our body keep us in the familiar past, we let our body keep us from the freedom of the unknown. The body fights to stay in the known - even if it means living with the same stories of pain and trauma that have limited us for a lifetime. But that keeps us from the mystical. It keeps us from the magical. It keeps us from healing. And it keeps us from discovering the infinite potentials of the new futures we might create.

When will that old story end? Why not tell a new story of your future - and believe, behave, and become that, instead?

CRYSTALS, ROCKS, MINERALS DAILY USE & PRACTICE

CHROME TREMOLITE

Photo by Karim Wolf



...continued from page 12...

Many people are nervous about **amphiboles** because they are asbestos minerals and fibrous asbestos is associated with serious health issues. It is necessary to breathe in the fibers for any harm to occur, so please wear a good mask if you are doing lapidary work.

Amphiboles included in quartz or in gem crystal form cannot harm you.

If **chrome tremolite** is calling you, by all means bring it home without worry. Its message is to leave fear behind and rejoice in new and unexpected journeys into a more joyful reality. We can create this together one thought at a time. Much love and many blessings to all.

Let there be peace on earth.



Chrome tremolite, Upper NY, NY

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ABRAHAM HICKS

...continued from page 31...

Esther Hicks

Now, that little dog may not be with you here today, but as you're thinking about that little dog, it's so easy to be on that end of the stick. And so you think about the little dog, you think about that cute little dog, that dog that waits for you and loves you and is so unconditional in that love and so really adorable. Think about the pictures of that dog, that dog that is so easy for you to love.

So that's the stick that you're focused upon, and the other end of the stick just is not activated at all.

And by activating that end of that stick, you now have access to that end of all of those sticks. Now, you might jump to the money stick, in which case you'll go to the other end, but it takes a minute, and meanwhile, you did good work on all the ends of all of those sticks if you just understand that it's a vibrational thing that you're doing here.

You're tuning yourself to the this end of the stick, which is to say you're tuning yourself to positive expectation, which is to say you're tuning yourself to the way your Inner Being looks at all your sticks, which means you're tuning yourself to Pure Positive Energy, which means you're tuning yourself to being in the Receiving Mode, which means you're tuning yourself to being in the Vortex, which means you're tuning yourself to being a vibrational match to what's in your Vortex.

Do you see what we're getting at?

So don't be practical, take the path of least resistance - what is the easiest stick to feel good about? Whatever it is. And before you know it, you'll feel good about just about all the sticks.

And if you're like most humans, you'll still focus upon the problem stick - you don't need to. So it works the other way, too: Maybe you have this pile of sticks and you're feeling pretty good about them - you like your house, you like your mate, you like your job, you're doing really good, you just don't like that one neighbor.

Well, do you know, you could focus upon the neighbor or the barking dog that lives with the neighbor (Fun), you could focus there, and before you know it, you've activated the other end of all of your sticks because that's the way tuning is.

QUESTION: So, what I saw in that, it was like a personal transformation. So you desire something, but you said it's about who I become as a result of it - I can't desire that thing without relativity.

ABRAHAM: So, we keep coming back to money because it's the dominant vibration in the room in terms of requesting. So let's say that life reminds you of that every day - you go the mailbox, you see something that you want, you see others who are living some of it - so you're stimulated to that desire a lot every single day.

So you've built this massive **Vibrational Reality**, you have become this truly abundant, prosperous being. So, when you act like you aren't, it feels unpleasant; when you feel jealous about something that somebody has, then you're focused in opposition to that. But when you are feeling appreciation about the delicious meal that you're eating, you're not in opposition to it.

Here's a good way of looking at this - we think this is a powerful way to bring everything that we've talked about into very clear perspective:

Picture a stick, and let's call it the money stick for now, and on one end of it is all the money that you've been accumulating, which is an enormous amount, and on the other end of it is the absence of that.

And when you activate the stick called abundance or prosperity or money - usually that's the stick that you pick up - so here's this stick and your Inner Being is always vibrating on the abundant end because you've asked for it and your Inner Being is there and your Inner Being understands, and you're wherever you are on the stick.

And so just for example, let's say you're commonly on the other end of the stick.

Now, put this stick down in this pile of sticks. And these sticks are a lot of different subjects - it's the relationship stick, and it's the how I am in the workplace environment stick, and the how I am at parenting stick, and the I have parents stick - in other words, there's just this bundle of sticks that's just enormous because all of the subjects of your life are so varied, so many.

...continued to page 33...



ABRAHAM HICKS

...continued from page 32...

Esther Hicks

So let's say that right now you're focused on the relationship stick, and let's say that you are, in the moment, in absolute bliss and ecstasy with your significant other, and so that end of that stick is what's lighted. ***Now you have access to all the other ends of all the sticks because you're in the vibrational frequency of this end of all of the sticks. And it doesn't matter what the subject is.***

Or, in like manner, let's say that you have plenty of abundance, you're really thriving, but you have some issue going on with somebody, and so you've activated that end of the stick.

Now you don't have access to the abundance end of the stick. And it doesn't mean that your money is going to evaporate right now, but it might as well because you're not feeling any of the benefit of it.

Do you see what we're getting at? And so, when you let your approach to life be what am I doing vibrationally, and you think in terms of always being (or as much as you can) a vibrational match to this end of the stick, then what begins to happen is that all aspects of your life just begin to rise.

Most humans, because you're fixers and because you're actioners - you're actors and you're doers rather than aligners or feelers or aware of the vibrational nature of your being - most of you find something that you're working on and you're trying to fix, and use that as your vibrational set point, and then you hold yourself away from all of the other abundance.

Where, if we were standing in your physical shoes, we would do the opposite - we'd find one thing if there was only one thing to be happy about, and we would fixate on it until we'd raised the level of all other things.



THE TOURIST SYNDROME

...continued from page 14...

Mitch Ditkoff

You don't want to be deceived, fooled, misled, or sold something you don't need. You wonder if you can trust him/her. So you stand on the periphery, arms folded, and observe. You don't want to get too close.

The Master is just standing there, smiling. You wonder why he's smiling - if his smiling is part of a ruse to disarm you. Other people come and go from his shop. Some leave with rugs. Others do not. You continue standing on the outside, trying to decide if what he's offering is worth it.

You see another tourist exiting his shop, smiling, carrying a beautiful rug. You gather up the courage to ask how much. The tourist stops. "It's free," he says. "No charge."

Now you are completely confused. "Free?" you think. "How can this be? It's too good to be true. What's the catch?"

An old woman enters the shop and exits with a beautiful rug - the color of your living room. A young married couple enters and leaves with a small prayer rug, something that would look great in your hallway. The shop owner's two children enter, laughing, bringing him tea.

You think about checking out the other shops. After all, you reason, there must be another 200 in the **Grand Bazaar** selling the same, or even better, carpets.

Lost in your thoughts, you don't see him approaching. "Can I help you?" he asks. "Would you like to enter my shop? I think I have just what you're looking for."

He is smiling. The tourist in you wants to move on. But something within you encourages you to stay. You're not sure what it is - the sound of his voice? The happy people coming and going from his shop? The fact that all his rugs are free?



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 25

-- Once I considered the possibility that I could have long hair, or rather once I saw myself with long hair and spent a whole lot of time thinking about how neat it looked and appreciating it (which was essentially a short 2 minute visualization several times every day) suddenly a new possibility existed for me. A limitation had been lifted because I saw something more was possible.

-- So what I think is possible is the only thing that ever holds me back. But that is just a thought and I am in charge of what I thoughts I choose to think. You, too.

A story of awakening, circa 2015. OVERCOMING MY BRAIN CHEMISTRY'S ADDICTION TO THE RITUAL OF CABLE TV

It was interesting to observe my thought processes as I overcame my brain's addiction to the ritual of cable tv. I reflected that I am used to sitting in front of the tv twice a day. That's when I wind down from the day's work by checking email and **Facebook** on my phone in the recliner. I have the cable listings guide running muted on the tv screen in the background. Occasionally I'll look up and see a show that catches my eye and I'll watch a few minutes of it, then I go back to **Mute** and scrolling on my phone.

A big revelation was that it was not the SHOWS I was used to WATCHING on cable that were self-soothing, since I rarely watch anything for long. *The familiar behavior that was self soothing was the ritual of scrolling for info, of READING the cable listings, seeing the FAMILIAR NAMES in FAMILIAR SEQUENCE twice a day as I sat to relax.* These names and words scrolled silently on a beautiful blue background, kind of like a MANTRA running in the back of my mind, whether I was paying attention or not.

AT FIRST I USED THE CABLE GUIDE AS **CALLER ID**. That's how the daily habit began. I kept the cable guide on the screen for so many years because (1) it was also

my clock and caller id and (2) I liked knowing what the possibilities (shows) were, whether I chose to participate or not. As much as I like change, I can also be a creature of habit. I am soothed by repetitive words and ritual behaviors. Each evening I wind down by doing yoga then meditation. I have 6 minutes of silent prayers I say as I settle into posture and mindset to meditate. Those 6 minutes of repeated chants and mantras are familiar names to me. I say them in familiar sequence twice a day as I sit for meditation.

LETTING THE CABLE GUIDE TRANCE ME INTO AN ALPHA STATE. I thought, that was kind of how I had been using the cable guide.

Twice a day I'd sit in silence watching the familiar names scroll in familiar sequence, as my thoughts settled down from work. It brought a sense of order to my day. It was the repetition of the familiar words that I found soothing.

It wasn't often that I was looking for any particular show. It was the act of reading something familiar that didn't require much thought. Like a relaxation exercise, it soothed me into a pleasant alpha state.

I like learning new things about myself. Like how after not seeing the blue cable listing guide for several days and just now Googling to find an image to include, I got a dopamine rush like seeing an old lover! Our minds are powerful things! I use it as a reminder that the blue of sky can also give me the same rush." Full text at <http://horizonsmagazine.com/blog/how-i-finally-unplugged-from-cable/>

MY EXPERIENCE IS THAT NO MATTER THE STATE OF THE ECONOMY, NO MATTER WHO'S IN OFFICE, I CAN FIND A WAY TO GO WITH THE FLOW AND THRIVE DESPITE CIRCUMSTANCES AND EVENTS GOING ON AROUND ME. YOU CAN, TOO. HERE'S A POWERFUL PRAYER:

"Please show me the way, please show me the next step. Please show me the opportunity in this moment. Please guide me to understand Your will and give me strength to bear Your will."

And then look for the good in each moment, look for the good in each situation and I guarantee you will be guided toward it. No matter what is going on around you. I promise.

Enjoy our offering this month. Hari Om.

Andrea





Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 19

If we are accustomed to picking up the TV remote and just scrolling through when sitting on the couch, put the remote in another room. We need to make a conscious effort to remove habits.

Dr Luana Marques, associate professor of psychology at **Harvard Medical School**, states that our brain does not like to break a bad habit. The limbic system in the brain activates the fight, flight, or freeze responses. Our reaction is to avoid the “threat” and go back to old behavior even though we know it is not good for us. Often, habits that do not benefit us still feel good, since the brain releases dopamine. Avoiding change qualifies as survival, and we get rewarded temporarily, so we keep reverting every time. This is why it is so hard.

Dr Marques recommends that before we try to change a habit, it is fundamental to identify why we want to change it. When the reasons are more personal like wanting to travel, or be around the kids, we have a stronger motivation to refer back to during our efforts.

After that, she states we need to figure out our internal and external triggers. When the habit surfaces, ask yourself when, where, and with whom it happens, and how are we feeling - sad, lonely, depressed or nervous. We need to notice the clues beforehand to catch ourselves.

Most important is that we should not give the habit we wish to remove any energy. Negative self-talk by judging ourselves for the habit gives the habit more power over us. What we think we create. Therefore, let us see ourselves free from the habit.

If we are overweight, let us imagine how we feel thin. Get it clearly in the mind and feel the whole body and mind thin. But should we eat that cake, let us not feel defeated and judge but just accept a temporary failure. Self-criticism many a time are just thoughts that were not mindful. Do not feel powerless.

One method is to replace the habit with a better new habit. **It takes 28 days of effort to create a new habit.** That is only one month. That is much better than the constant nagging within us about our so-called negative habits. So the next time we want to reach for a cookie, let us take a bite out of an apple.

Next time we chew our fingernails; go wash the hands or put cream on them. Start thinking about what new habit can be created instead of the one to be removed.

The instinctive mind does not forget. That is good because all of our physical needs like breathing, heart beating etc are stored in the instinctive mind. Habits are also stored there. Once we learn to type efficiently the fingers move without thinking. If we have not typed for many years the habit of typing comes back to us very quickly.

That is one of the reasons **AA** states that you cannot have even one drink. We need to realize that once we have conquered our habit, it still is dormant in our instinctive mind and will resurface again if we allow ourselves to go back to it. Urges follow a cycle. They are initially intense but usually go away within 20 minutes.

“What we know from lab studies is that it's never too late to break a habit. Habits are malleable throughout your entire life. But we also know that the best way to change a habit is to understand its structure – that once you tell people about the cue and the reward and you force them to recognize what those factors are in a behavior, it becomes much, much easier to change.” **Charles Duhigg.**

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SETH SPEAKS

...continued from page 16...

The complicated human personality with its physical structure has evolved, along with some other structures, a highly differentiated 'I' consciousness [the ego, in other words], whose very nature is such that it attempts to preserve the apparent boundaries of identity. To do so, it chooses between actions.

But beneath this sophisticated gestalt are the simpler foundations of its being, and indeed the very acceptance of all stimuli without which identity would be impossible.

Without this acquiescence to even painful stimuli, the structure would never maintain itself, for the atoms and molecules within it constantly accept such stimuli, and joyfully suffer even their own destruction. Being aware of their identity within all action, and not having the complicated 'I' structure, there is no reason for them to fear destruction. They are aware of themselves as part of action.

Being Influenced By Negative Events

I am not suggesting that you adopt a bland, idiotic, Pollyanna smile, nor that you shout love, prosperity and health from the rooftops while the world below is steeped in poverty and ignorance.

However it is your duty, and the duty of every individual insofar as it is within his power, to maintain his own psychic health and vitality; according to the strength of this vitality he will protect himself and others.

Negative expectations, far from protecting either the individual or those with whom he comes in contact, will actually, to a greater or lesser degree, turn as destructive as any epidemic.

You should realize that when valid concern for world problems turns into an obsession with world injustices that wipes out all, or threatens to wipe out all personal enjoyment, then trouble is on the way.

Joy is a weapon. The man who is capable of joy is capable, to a large extent, of changing his world. Joy is not a weak spineless idiot either. Its backbone is stronger than bitterness.

Joy is the muscle of action, and without it there would be no action.

If I speak strongly to you at times, it is because this tendency, while *much less* now than formerly, must be kept very well in control.

Basically this concern for human welfare is indeed virtuous, but overindulged in it becomes loaded with possibilities that could be most unfortunate.

What I want here is balance. Neither plunge yourself into the ignorance, doubts and injustices, so that you can see nothing else, nor close your eyes to them.

BUT THERE MUST BE A PLACE WITHIN YOU WHERE THESE DO NOT EXIST, or the freedom of the inner self will be hampered, as far as its connection with the ego is concerned. Your deep consideration for human problems has indeed helped lead you to these sessions.

The Cultural Origins of "Gods"

In a class, the subject of prejudice among the races of humankind came up. One member spoke of his childhood **Hebrew** schooling, "Something that always made me wonder if **God** was playing with a full deck was this business of referring to the **Jews** as **His Chosen People**, "I mean, how 'chosen' can you be if **God** lets you be wiped out continuously over the centuries, right?"

Now! when the god said to me, '**You are my chosen child, and therefore, you must suffer,**' this is when I would look around for another god, and say, 'I thank you kindly--but take your gift someplace else! There must be someone you like better than me! Indeed, I am unworthy of such great benefits!' And I would run and hide, if I had to run through the centuries."

...continued on page 37...



SETH SPEAKS

...continued from page 36...

It is good for you to listen to yourselves, and encounter your own beliefs, and see your feelings and your ideas in motion.

The ideas of gods change, as consciousness changes, and, for all of my jokes, you cannot, indeed, blame the gods--as you think of them--overmuch, for you projected them out there, and then responded; and they always are exactly what you wanted them to be at any given time.

This has nothing to do with **All-That-Is**, or **All-That-You-Are**, but the gods as you have understood them through the centuries represent comfort blankets with shapes and forms and designs that came alive and danced through the framework of the universe for you, given validity by your own beliefs.

That is all right! It is great, creative play in its way! And looking outwards at those gods, you could see your own psyche projected.

That has nothing to do with the energy within you that enabled you to create those gods, or the greater **All-That-Is**, from which you came.

So, do not blame the gods overmuch, for the great God of which we spoke earlier of the '*Chosen People*,' might indeed look down and shake His head and say, '*What kind of people have thus created me, that they want Me to whip them and take all of their sheep, and cause floods and tribulation? When will they learn, that I might grow?*'

But always there was, and is, the energy of your own being--if you want to think of it that way; the great source psyche from which your own psyche springs; the great exuberant energy by which your gods were created as you work out the nature of your own being and creativity.

And so, at least, then, theoretically, there are gods still yearning to be born; [who] say, '*I await my people who will expect me to have the honesty and fairness that I would expect in a decent parent; the honesty and decency I would expect if a flower could speak; a people who will not tell me to destroy; but who will instead say, 'Bless [thy] people and bless the Earth, and all the creatures upon it.'*

I would, then, if I were speaking for those unborn gods, request with their voice, a people who would not say, '*Set me then in domination above all the creatures of the Earth,*' but instead say, '*Let me understand all the creatures of the Earth and see their own sacred individuality and meaning.'*

And Those Gods Are Still Unborn And Awaiting Your Desire.

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HOROSCOPES DECEMBER 2023



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR DECEMBER 2023

Ambitious and magnetic, you push your limits to get more out of life, from your partner, and you don't skimp on the efforts you have to make to get what you want. But don't be too greedy to inspire confidence, whether in love or in business. Remain realistic and take your experience into account to avoid disillusionment and end the month feeling rather pleased with yourself.

Mood

ARIES: MOOD FOR DECEMBER 2023

You want to escape the norms and express yourself differently in love or in business, Uranus awakens in you crazy ideas and the desire to break with a routine that ends up boring you. Express yourself on the subject, but without putting pressure on others.

Love

ARIES: LOVE FOR DECEMBER 2023

While Venus exalts your magnetism and appetites, a certain eccentricity can disrupt your relationships. Uranus influences your desires and pushes you to satisfy them without too much consideration for the other person.

In couple: your partner feels used for your own ends and subjected to your whims. To be sure your partner shares your desires, consult him/her on the subject.

Single: playing on your charm doesn't mean abusing it to force the other person to respond unreservedly to your disconcerting expectations.

Money

ARIES: MONEY FOR DECEMBER 2023

Earning more, even if it's the desire to live more than earning a living that drives you. A thirst for freedom, for novelty, for liberation from codes that have locked you in, outweighs the notion of profit.

Work

ARIES: WORK FOR DECEMBER 2023

You don't give up, you defend your ideals and above all your interests. You aspire to develop new talents and potential, to renew yourself, to regain more freedom of movement, without giving up on being rewarded with dignity for your merits.

Leisure

ARIES: LEISURE FOR DECEMBER 2023

You're looking for a change of scenery and opt for activities that get you off the beaten track and allow you to breathe more freely. For you, it's all about feeling alive, taking to the open seas.

Key dates

ARIES: KEY DATES FOR DECEMBER 2023

-The 5th: your relationships and exchanges will evolve if you take the time to look back on the past and learn valuable lessons that will help you avoid repeating the same mistakes.

-17th: Don't confuse everyone. Your ambitions are legitimate, of course, but use clear means to achieve them without getting into trouble.

-The 18th: you get the rewards you deserve. Don't be afraid to show off your talents and potential.

-21st: if your magnetism helps you to experience intense moments in love, don't impose desires on the other person that they find too eccentric for their taste.

-28th: tensions loom if you force anyone's hand. Refrain from action rather than arouse distrust in others.

Advice

ARIES: ADVICE FOR DECEMBER 2023

December encourages you to express your desires and differences of opinion to those around you who are worried about your eccentric tendencies. Reassure them without giving up on your legitimate desires.

HOROSCOPES DECEMBER 2023



TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR DEC 2023

You're redoubling your efforts to move your situation forward. You have a project in mind, a new cycle of expansion to develop, a commitment to formalize. Whatever the area in which you want to move things forward, you'll have no shortage of determination and enthusiasm to outdo yourself. Play fair with everyone so that they follow you unsuspectingly.

Mood

TAURUS: MOOD FOR DECEMBER 2023

If you're determined to make it clear that you're not giving up your freedom to become one with the family, you'll be very kind and attentive to others. This is the attitude you need to adopt if you want people to accept your new aspirations without getting defensive.

Love

TAURUS: LOVE FOR DECEMBER 2023

You aspire to free yourself from systems that muzzle your identity, your true nature. You express your needs, but don't offend anyone to free yourself without losing those you love.

In couple: There's no question of going with the flow, keeping quiet about who you are or stifling your desire to live to your heart's content. Dialogue is the only way to get your message across.

Single: you want to break with old conditioning and explain to those you wish to seduce who you have become over time.

Money

TAURUS: MONEY FOR DECEMBER 2023

You're more concerned about preserving your autonomy and independence than demanding anything. Anything that undermines your independence scares you away.

Work

TAURUS: WORK FOR DECEMBER 2023

A great deal of energy to transform a situation to your advantage. If a new cycle of expansion begins, you'll continue on your promising path. Rely on your ability to take a step towards others to charm everyone.

Leisure

TAURUS: LEISURE FOR DECEMBER 2023

You love to stand out, to think outside the box, even to surprise everyone, and you don't hesitate to make daring bets to amuse others as much as yourself.

Key dates

TAURUS: KEY DATES FOR DECEMBER 2023

-The 5th: To bring to fruition a project that's close to your heart, but will only be realized in the long term, make sure that someone is willing to go along with you all the way. A supportive dialogue with the other person will help.

-17th: beware of haphazard initiatives that could harm your prospects, which could take a nebulous turn if you don't clearly define their terms, development and limits.

-The 18th: a new cycle of expansion is on the horizon, an opportunity to broaden your horizons and realize certain ambitions. You excel at getting your message across.

-The 21st: Remain resolutely attentive to others and respectful of their needs as much as your own. The way you insist on living according to your new codes will strain exchanges.

-28th: don't put undue pressure on someone who doesn't appreciate your manners. You risk tinting your exchanges with mistrust.

Advice

TAURUS: ADVICE FOR DECEMBER 2023

You assert your difference and your need for autonomy grows stronger. Whether in the family, as a couple, at work or in society, you now assert who you are.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR DEC 2023

A strong determination to impose your vision of things on partners and interlocutors who are more or less willing to believe and follow you. It's better to rely on your willingness to collaborate to win than to force your way through situations that might discredit your initiatives if you want to succeed.

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HOROSCOPES DECEMBER 2023



Mood

GEMINI: MOOD FOR DECEMBER 2023

At once ready to fight for what you want, but at the same time willing to do what it takes to serve the interests of the community. It's a winning combination that convinces others you're reliable, yet just as sympathetic and dedicated. That's if you can control some of the outbursts that can get in the way.

Love

GEMINI: LOVE FOR DECEMBER 2023

With the desire to please everyone, you go out of your way to make everyone feel supported and you redouble your attention to show your loved ones that they can count on you. The only pitfall to avoid is a tendency to launch reflections that could thwart your good intentions.

In couple: if you make it a point of honor to make those you love feel pampered and protected, avoid letting certain impulses poison your exchanges. Anything you can't control is detrimental to peace.

Single: while Venus may encourage you to take initiatives to win the hearts and minds of those around you, you need to be wary of certain out-of-control outbursts that could interfere with your desire to live in harmony with those close to you. If you feel you're getting out of hand, keep quiet.

Money

GEMINI: MONEY FOR DECEMBER 2023

When it comes to obtaining financial support from associates, partners and a wide variety of other people, you need to be convincing. Remember to show that you're ready to serve the company's interests as well as your own.

Work

GEMINI: WORK FOR DECEMBER 2023

You won't shy away from the front line, and you'll stop at nothing when it comes to convincing your contacts that your proposals are worth studying and taking into account. Rely on your desire to serve the common cause to rally support and obtain the backing you need to take action.

Leisure

GEMINI: LEISURE FOR DECEMBER 2023

You need to release the aggression you need to keep under control for your initiatives to pay off. Opt for disciplines that allow you to channel certain unconscious forces, such as yoga, boxing and tai chi.

Key dates

GEMINI: KEY DATES FOR DECEMBER 2023

-The 5th: It's by serving the common cause that you'll best succeed in winning unanimous support, convincing the higher-ups that you can be counted on to deliver. This approach will enable you to consolidate your current situation.

-The 17th: keep listening to others if you don't want to sow mistrust in people's minds about your intentions, which they may find questionable. Stay clear in your exchanges so that they evolve.

-The 18th: you'll use your sense of strategy to influence current situations to your advantage. Behind the scenes, you'll be wielding the levers you need to bring your initiatives to fruition.

-The 21st: don't let certain unconscious behaviours pollute your intentions to collaborate, channel emotions that interfere counterproductively with your desire to do well.

-28th: from the outset, refrain from approaching your interlocutors, social or private partners in a provocative tone, at the risk of polluting exchanges and making others want to slow you down. Keep your voice down, but play fair.

Advice

GEMINI: ADVICE FOR DECEMBER 2023

It's a month when you have the opportunity to move forward, if you don't let things slip from time to time that you don't necessarily appreciate. Control what's going on inside you and what's coming out in spite of you.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR DEC 2023

Projects that you can't wait to realize and ambitions that you can't wait to make a reality. You put a lot of energy into your day-to-day work to advance the cause, but don't put pressure on anyone to make progress without causing trouble. Rely on dialogue, patience and a sense of proportion to achieve your goals without provoking opposition from those around you.

HOROSCOPES DECEMBER 2023



Mood

CANCER: MOOD FOR DECEMBER 2023

It's not a question of dragging your feet, but of having fun, having a good time, daring, even if it means overstepping the mark. If you're able to transgress certain limits, your crazy antics won't affect your relationships or your professional commitments.

Love

CANCER: LOVE FOR DECEMBER 2023

Some projects that have been going slowly are picking up speed again. If you're not lacking in charm or arguments to convince your loved ones to join you in your adventure, reassure them that your plans are too daring for their taste.

In couple: your loved one won't be bored by your company, but don't insist on fancy projects that you'd like to share with him or her.

Single: if your undeniable charm draws attention to you, focus on your personal radiance rather than on prospects that are considered utopian.

Money

CANCER: MONEY FOR DECEMBER 2023

If you need funds to carry out a project, reassure your banker rather than give him goose bumps by presenting your plans in their most rational light, rather than trying to share a few crazy ideas with him.

Work

CANCER: WORK FOR DECEMBER 2023

You'll be active, reactive and inclined to mobilize to serve your company's interests. You can also count on Venus to boost your creativity. This planetary duo is sure to be a winner if you manage to channel a tendency to propose methods and projects that people find too offbeat and original.

Leisure

CANCER: LEISURE FOR DECEMBER 2023

Venus favors the expression of your creativity. Whether your creativity takes the form of art or sport, you love to surprise, astonish and even thrill.

Key dates

CANCER: KEY DATES FOR DECEMBER 2023

- 5th: Put your current charisma to work for your ambitions. There's every chance you'll come out on top if you reassure as well as seduce.
- The 17th: beware of misunderstandings and misunderstandings arising from initiatives on your part that are poorly perceived by others. Try to act and communicate your intentions as clearly as possible to avoid getting into trouble.
- On the 18th: there's a good rapport between you and those who support your projects, which they find exciting. This is the time to unite and rally support around attractive and promising prospects.
- The 21st: if your projects are off the beaten track, don't rely too much on your irresistible charm to get people to follow you with their eyes closed. Put your talents to good use, without neglecting to temper your enthusiasm, which some people find delirious.
- 28th: if you go too far and believe you can do anything, there's a real risk that people will try to curb your impulses. This situation is more conducive to trouble than consensus, and you need to manage it by avoiding putting pressure on those around you, who may end up distrusting you.

Advice

CANCER: ADVICE FOR DECEMBER 2023

You're not lacking in audacity and even less in charm, the trick is to reconcile your thirst for fantasy with other people's limits as harmoniously as possible.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR DECEMBER 2023

Rely on your personal radiance to bring about change. If you want to achieve success in business or love, don't be afraid to show off, but avoid trying to manipulate anyone, which could lead to frustrating setbacks. Otherwise, a willingness to serve the common cause will enable you to score points and boost your popularity. It's up to you to make the right choices.

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HOROSCOPES DECEMBER 2023



Mood

LEO: MOOD FOR DECEMBER 2023

You have an undeniable charisma and an unshakeable determination to stand out, to impress, to express your talents openly and fully and to impose your methods and priorities. You're sure to please and spend a pleasant month.

Love

LEO: LOVE FOR DECEMBER 2023

Show that, despite your desire to change the way you work or live, you pay attention to the needs of those you love. Reassure them and that your personal goals are not achieved at the expense of your family's interests .

In couple: you'll need something different, a new direction for your destiny. Just take care to explain to your loved ones that your social and professional aspirations in no way prevent you from continuing to take care of them.

Single: your parents are worried that you're heading off in directions they don't understand. Reassure them that your new ambitions and your thirst for something new will in no way undermine the relationship you have with them and with your family.

Money

LEO: MONEY FOR DECEMBER 2023

People are tempted to finance your works, they only see you and your radiance, and the demonstration of your talents allows you to convince without needing to put pressure on anyone.

Work

LEO: WORK FOR DECEMBER 2023

There's no question of giving up on changing things and evolving your social or professional destiny. You aspire to enjoy greater autonomy and freedom of movement, and don't hesitate to jump at the slightest opportunity to take a new direction. Rely on your creativity to make a lasting impression.

Leisure

LEO: LEISURE FOR DECEMBER 2023

Inspired and creative, you'll enjoy exploring and developing your talents. Whether it's art, sport or culture, you want to achieve excellence.

Key dates

LEO: KEY DATES FOR DECEMBER 2023

-On the 5th: you're moving your family relationships towards greater harmony, and you're deploying a wealth of benevolence and empathy to change things for the better.

-The 17th: although your charisma remains undeniable, don't assume that it's irresistible, at the risk of blurring your exchanges with your partner, who may find that you're trying too hard or asking too much, and may be suspicious of your hasty declarations.

-The 18th: your initiatives and behavior seem to please a hierarchy, an authority that rewards your efforts with dignity. Keep up the momentum, and put the collective interest ahead of your own.

-On the 21st: redouble your attention to those around you who reproach you for doing as you please and taking ill-considered social risks without regard for their own need to feel secure.

-28th: You are charismatic and particularly attractive, but don't abuse your influence to exert a hold on others who don't appreciate your dubious strategies and other manipulations.

Advice

LEO: ADVICE FOR DECEMBER 2023

It's a month and a year of creativity, radiance and change. Everything to please a Leo worthy of the name. To be sure of closing this session on a high note, don't forget your loved ones in the battle.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR DECEMBER 2023

You are mobilizing body, heart and soul to meet the expectations of those around you, who will expect a lot from you. This is the time to take action to improve your living conditions, to manage your housekeeping as well as possible, but also to get your messages across in a way that is understood by all, so as not to generate misunderstandings that you would regret. It's an ideal month for taking to the open seas in the company of loved ones, or simply broadening your horizons together.

HOROSCOPES DECEMBER 2023



Mood

VIRGO: MOOD FOR DECEMBER 2023

You feel the need for something else, somewhere else or something different. You can't stand the status quo, a life devoid of fantasy, too much in line. A little wind of rebellion is blowing through and invigorating your life.

Love

VIRGO: LOVE FOR DECEMBER 2023

A renewed desire to have adventures that are out of the ordinary, to change the way you operate in love for one that exalts you more, you get out of a routine that you can no longer stand. Present things in the right way, rather than putting pressure on the other.

In couple: if your desire to give meaning and, above all, spice back to the relationship is legitimate, don't rush your partner, but present your new version of the relationship gently.

Single: while your adventurous side may appeal, it's not likely to convince the other person to follow you if you impose your rules on them, which they find too personal. Remain attentive to your partner's needs as well as your own.

Money

VIRGO: MONEY FOR DECEMBER 2023

To get financial support from your superior, your banker or an organization, start by presenting your projects in the best light. The one that surprises them will win them over. Not the one that makes them want to take a powder.

Work

VIRGO: WORK FOR DECEMBER 2023

Your innovative spirit, your desire to push back the frontiers of what's possible, to innovate, to shake up codes will win you over if you present things taking into account the opinion of those around you, who will be less keen if you set the course without waiting for their approval.

Leisure

VIRGO: LEISURE FOR DECEMBER 2023

You've got a lot of crazy ideas in your head and the desire to surpass yourself. Now's the time to take on challenges you've been too afraid to take on. Whether it's climbing Annapurna or simply learning to drive.

Key dates

VIRGO: KEY DATES FOR DECEMBER 2023

- The 5th: You'll need to get your message across gently to those around you, who will pay close attention to what you have to say. Make every effort to break down the armour, open up and maintain an open dialogue.
- The 17th: those close to you don't always understand what you're getting at. Clarify what you're saying so that exchanges don't end in a dialogue of the deaf.
- The 18th: brio, elegance and a charm that steers discussions in the right direction. Make the most of your undeniable assets to leave a lasting impression, and win points and hearts in the process.
- 21st: Temper your ardor and your irrepensible desire to push back the frontiers of the possible. People will go along with you if your ambitions remain reasonable.
- 28th: beware of foreseeable conflicts in the family if you try to rule everything and everyone. You run the risk of generating misunderstandings or opposition that will act underhandedly to defeat you.

Advice

VIRGO: ADVICE FOR DECEMBER 2023

Anything is possible, and you're bold enough to expand your horizons. But before you take a new step, make sure that stewardship and others follow.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR DECEMBER 2023

You're looking for ways to develop your relationships. Whether it's on a relational, sentimental, professional or social level, rely on wise communication to achieve this and steer discussions in the right direction. On the other hand, as far as possible, avoid taking everything for granted, whether in your family or in the expression of your desires, which must be channeled so as not to encroach on the prerogatives of others.

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HOROSCOPES DECEMBER 2023



Mood

LIBRA: MOOD FOR DECEMBER 2023

Determined to do what you please, to assert your desires and ambitions, you overdo it and ask too much of your superior, your bank or the one you love. Don't forget that your desires are not orders.

Love

LIBRA: LOVE FOR DECEMBER 2023

Craving everything, preferably right away. Venus increases your appetites, which manifest themselves excessively. You need to contain them so that your unbridled quest for the best doesn't turn into an enemy of the good.

In couple: desires drive you to excess. Whether it's spending too much money to please yourself or disturbing the relationship by expressing desires that surprise your partner, calm down.

Single: Venus exalts your senses and your sweet tooth, but takes you too far, your banker will call you to order and you'll be pleased with your reason.

Money

LIBRA: MONEY FOR DECEMBER 2023

Avoid over-soliciting those who feel you're overstepping the mark and that your requirements don't match their predictions for the profitability of your plans. Some overestimations of your potential end up annoying.

Work

LIBRA: WORK FOR DECEMBER 2023

You will defend your ideas and projects with pugnacity and authority. You're not lacking in creativity or audacity to propose plans that go off the beaten track and worry those who are supposed to finance them. Moderate your expectations and appetites.

Leisure

LIBRA: LEISURE FOR DECEMBER 2023

A persistent desire to let yourself go a little, a lot. But if you want to treat yourself, don't lose sight of the fact that your budget has its limits.

Key dates

LIBRA: KEY DATES FOR DECEMBER 2023

-The 5th: You put your talents, potential and resources to good use. You have the opportunity to improve the ordinary. If you're feeling stuck, use this tendency to relax the rules.

-The 17th: beware of shooting errors and other misunderstandings arising from poorly controlled communication. To maintain peace of mind and fluid exchanges, think before you act and, above all, before you speak.

-The 18th: exchanges likely to change things for the better in the family. You'll rally support and get everyone to agree on the changes that need to be made, so that everyone benefits.

-On the 21st: don't worry those around you by throwing money away or engaging in speculation that won't reassure those who find you whimsical.

-28th: you risk stirring up trouble if you put pressure on people who don't appreciate your manners. Avoid misunderstandings by communicating unambiguously about your intentions and plans.

Advice

LIBRA: ADVICE FOR DECEMBER 2023

You'll get through the last month of the year without a hitch if you agree to calm down a desire to do as you please without regard for the rules. Beware of excesses that could get you into trouble.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR DEC 2023

If Venus exalts your personal radiance, some people rely on this major asset to warm up relationships that are subject to caution, while others use their power of seduction to reinforce a hold that the other is trying to free himself from. Don't mistake your desires for reality, or you risk confusing the love game.

Mood

SCORPIO: MOOD FOR DECEMBER 2023

If Venus assures you of a lighter approach to life, of confidence in yourself and in your powers, you'll deploy an obvious strike force when it comes to expressing your talents, but also your expectations. A winning astral crew or one that allows you to go the distance.

HOROSCOPES DECEMBER 2023



Love

SCORPIO: LOVE FOR DECEMBER 2023

Venus exalts your radiance and reinforces your desire to love, to be loved and to please. If your charm is working for you, use it unreservedly to get closer to a partner who's tempted to distance himself, or to attract a partner who tends to shy away.

In couple: Uranus makes you want to take to the open seas. Unless it's the one you love who's demanding more autonomy within the duo. Use your seductive powers to make your partner want to stay.

Single: if you have someone in your sights and they seem to be slipping away from you all the time, count on your magnetic aura to enchant them and make them want to leave.

Money

SCORPIO: MONEY FOR DECEMBER 2023

You don't hesitate to plead your cause and demand recognition for your talents and merits. If you find that your hierarchy procrastinates, you'll take your courage in your stride to convince them to accede to your demands.

Work

SCORPIO: WORK FOR DECEMBER 2023

Although your associations may seem shaky and unreliable, and you may feel weakened by elusive partners and interlocutors, you won't give up. Rely on your determination to defend your interests to win the day.

Leisure

SCORPIO: LEISURE FOR DECEMBER 2023

You're putting all your energy into developing your talents to the full, but also into making an impression in high places. If you have any free time left, consider taking care of yourself as a priority: osteopathy sessions, massages, etc.

Key dates

SCORPIO: KEY DATES FOR DECEMBER 2023

-On the 5th: count on your growing charisma to warm up the rather wintry atmosphere prevailing in your love life. You'll rekindle relationships.

-The 17th: misunderstandings to be feared. Don't seduce the other person by making promises you can't keep. You'll only accentuate misunderstandings.

-The 18th: You and your partner are on good terms. The timing and atmosphere are ideal for making a declaration, making a commitment, or even reiterating a commitment. Whether in love or in business, use your verve to convince the other person to believe you and follow you.

-The 21st: use your current radiance to get closer to a partner who's looking to take the long view. A rather emotionally charged situation electrifies the other person and leads them to look at you with the eyes of love.

-28th: your desires are not orders. To keep things cordial between you and the other person, start by lowering your voice and playing fair with those you like or wish to lure into your net.

Advice

SCORPIO: ADVICE FOR DECEMBER 2023

A month in which your charm works and your combative energy helps you to make yourself heard. Influences that help you attract and hold the attention of elusive partners.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE FOR DEC 2023

A new cycle of expansion is beginning, and you're driving yourself forward with an unshakeable force. There's no question of letting the slightest opportunity to assert yourself slip by, but don't offend anyone, or you'll create chaos. Take a step back from your emotions, so that you can constructively manage your relationships and make everyday life flow smoothly.

Mood

SAGITTARIUS: MOOD FOR DECEMBER 2023

You're not quite ready to make concessions on the merits. You want to free yourself from rules, codes and modes of operation that have ended up grounding you. In love or business, you openly express your desires, but spare those who don't understand your new whims.

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HOROSCOPES DECEMBER 2023



Love

SAGITTARIUS: LOVE FOR DECEMBER 2023

Take the time you need to learn from past experiences. Venus invites you to sort things out. Don't be too overt about your current desire for greater autonomy within your partner or family.

In couple: Venus helps you put your relationship into perspective. If you aspire to evolve in a freer, less fustian way, get your message across without offending the other .

Single: a tendency to seek a different way of life, you're evolving more on your own terms than before. To find the right partner who matches your new criteria, make sure they share the same vision of things as you .

Money

SAGITTARIUS: MONEY FOR DECEMBER 2023

Jupiter may have favored an improvement in your income through a promotion or a new, more remunerative job. Fiery and outspoken, you don't let anyone step on your toes.

Work

SAGITTARIUS: WORK FOR DECEMBER 2023

If last summer, opportunities arose for you to advance your career and improve your working conditions, you can count on your unshakeable strength to push ahead and get what you want. But respect your colleagues who are surprised by your methods.

Leisure

SAGITTARIUS: LEISURE FOR DECEMBER 2023

Your overflowing energies need to be channeled. To use and distribute them wisely, don't hesitate to invest in a punching bag or engage in intense sporting activity.

Key dates

SAGITTARIUS: KEY DATES FOR DEC 2023

- Number 5: Prefer to observe from afar what's going on before intervening with the family. This is the best way to structure your exchanges with loved ones.
- The 17th: beware of misunderstandings on a day

when you need to clarify your intentions before speaking out and possibly causing havoc in the family.

- The 18th: opportunities to bounce back, to get your head above water and to enjoy fine opportunities to improve the ordinary. Privately and professionally, the lights are on. Take the opportunity to turn a corner.
- The 21st: to avoid arguments, break-ups and frequency jams, start by keeping quiet and examining what motivates your actions and intentions. A review of your feelings and emotions is certainly in order.
- 28th: conflicts and misunderstandings are likely to disrupt the frequency and electrify the atmosphere in the family. If you want to impose your codes on everyone, calm down.

Advice

SAGITTARIUS: ADVICE FOR DECEMBER 2023

December invites you to take a step back on the sentimental front to identify your new needs and make the right choices. If you don't. You'll be rushing headlong towards your goals. But be careful not to offend those around you in the process.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR DEC 2023

Take time to consider the ins and outs of your actions and initiatives. Whatever the area concerned, it's in your interest to adjust your aim carefully in order to avoid misunderstandings, and to get your messages across in the hope of being understood. Some of you will enjoy immunity in an atmosphere conducive to self-fulfilment.

Mood

CAPRICORN: MOOD FOR DECEMBER 2023

You want to transcend certain previous limitations that have blocked you for too long, preventing you from expressing your originality, your difference. You have the opportunity to express yourself, but don't offend anyone.

Love

CAPRICORN: LOVE FOR DECEMBER 2023

You're making seductive plans, but don't upset who you like or wish to attract by subjecting them to whims they don't appreciate. Be daring and original, but don't go overboard .

HOROSCOPES DECEMBER 2023



In couple: you're more likely to please your partner, to make him want to follow you into inspiring perspectives if you respect his desires and wishes as much as your own. Avoid imposing anything.

Single: your plans enthrall your friends and loved ones, and seduce those you covet. If you reassure the other person, don't worry them by exposing too much of your desire for independence.

Money

CAPRICORN: MONEY FOR DECEMBER 2023

To improve your income, rely on your ability to renew and surprise, but avoid overdoing it. You don't want the quest for the best to become the enemy of the good. Let's hear it...

Work

CAPRICORN: WORK FOR DECEMBER 2023

Make the most of the time to prepare for what's to come and give yourself every chance of opening a new session with all the cards in hand to succeed. Jupiter has paved the way for you, and will be back with a vengeance from February onwards.

Leisure

CAPRICORN: LEISURE FOR DECEMBER 2023

Anything that allows you to get off the beaten track, to try something new, wins your approval. Challenge yourself by trying a sport or activity that helps you push back your limits.

Key dates

CAPRICORN: KEY DATES FOR DECEMBER 2023

-On the 5th: you're looking to the future and the realization of a project on the basis of constructive exchanges with those around you, who expect you to maintain projects that are likely to go the distance and stay the course.

-The 17th: communicate as clearly as possible with people close to you who find you evasive, unsure of yourself or cunning. To keep, or even regain, their trust, play it straight or keep quiet.

-The 18th: your relations with your partner, your children or anyone you like are bordering on cordial. You want to have a good time in pleasant company. This is the time to consider a joint project, a family outing or a romantic getaway.

-21st: to spice up the relationship, to live a story that doesn't encroach too much on your freedom of movement, propose to the other person a project likely to please them without making them doubt too much your commitment to them.

-28th: beware of underhand manoeuvres you use to control a situation or people close to you who don't see it that way. You risk turning everyone against you.

Advice

CAPRICORN: ADVICE FOR DECEMBER 2023

It's a month that invites you to be daring, to dream out loud if you don't force anyone to follow you. The trick is to satisfy your quest for novelty and fantasy without making too many waves around you.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR DEC 2023

You can use your projects and social influence to increase your income and express your potential more explicitly. But don't be too daring with your plans, or you risk not finding the means to carry them out, or overestimating your powers. Take a step back and assess what you can achieve, so that you can bring your projects to fruition.

Mood

AQUARIUS: MOOD FOR DECEMBER 2023

Determined to improve your living conditions, to generate favorable conditions for your family and private fulfillment, you nevertheless keep in the background the desire to reconnect with more freedom to be and act. You'll have to find a compromise between everyone's well-being and your desire for independence.

Love

AQUARIUS: LOVE FOR DECEMBER 2023

If you shine in society, your entourage could take offense at your repeated absences. To regain more autonomy from your family, proceed gently and don't provoke them by adopting too free an attitude.

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HOROSCOPES DECEMBER 2023



In couple: you love being the center of the world at work, and you're looking to seduce. Don't let your charm offensives offend those who are waiting for you to return to the marital home.

Single: don't hurt your loved ones by showing off instead of taking care of your own. If you want to distance yourself from your loved ones, send them a gentle message.

Money

AQUARIUS: MONEY FOR DECEMBER 2023

If you're thinking of investing in real estate or a home, or expanding your family, you'll need to rely on your ability to convince your contacts of the legitimacy of your plans, and on your popularity to seal the deal.

Work

AQUARIUS: WORK FOR DECEMBER 2023

Fully committed to a project and determined to see it through to the end, to make it a reality. You'll have plenty of courage and energy to pave the way, and you're counting on your comfortable popularity to get you the support you need. Now is the time to make major changes to your lifestyle.

Leisure

AQUARIUS: LEISURE FOR DECEMBER 2023

If you love to frequent social circles sensitive to your charm, divide your free time between social outings and family getaways to avoid offending loved ones who feel you're drifting apart.

Key dates

AQUARIUS: KEY DATES FOR DECEMBER 2023

-5th: If you feel that you're making progress in very small steps, that your advances seem to be constantly held back by events, count on your personal radiance to plead your cause and get things moving.

-The 17th: your plans come to nothing. You feel as if you're tilting at windmills, that your initiatives are going nowhere. Start by clarifying your intentions in order to better determine the right way to proceed.

-The 18th: if you're planning to expand your family, invest in real estate or move to a more comfortable environment, you'll be negotiating in the shadows,

making sure that everything goes according to plan.

-The 21st: charm in spades and an ability to shine in society. If you don't want those around you to reproach you for neglecting them, explain that you're serving their interests as well as your own.

-28th: avoid raising your voice too much, even if your desire to bring your projects to fruition remains legitimate, don't put pressure on everyone to achieve your goals. You'll end up playing against your own side.

Advice

AQUARIUS: ADVICE FOR DECEMBER 2023

December is a month in which you enjoy being the center of the world. Between success in society and the desire to redefine your space with your family, don't give up the prey for the shadow.

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR DECEMBER 2023

You don't hesitate to take a stand to defend your interests, your status or even to improve it. While some can count on their communication skills to relay their cause, others are careful not to offend anyone in high places by expressing demands they find unrealistic. You all aspire to reach an ideal in love, but respect each other's limits.

Mood

PISCES: MOOD FOR DECEMBER 2023

Very playful, a little provocative, you'll keep everyone amused if you remain sensitive and attentive to other people's limits. Because, while your sense of humor may be seductive, your tendency to provoke your interlocutors ends up annoying.

Love

PISCES: LOVE FOR DECEMBER 2023

You aspire to find the rare pearl, to make your relationships evolve and you are not content with little. Venus enhances your emotional ambitions, which must be reconciled with a tendency to provoke those around you.

In couple: your communication evolves under the influence of Uranus, which encourages you to say out loud what you're thinking without taking the gloves off. Be careful not to let your humor offend the sensibilities.

HOROSCOPES DECEMBER 2023



Single: to achieve your ambitions in love, to find your soulmate, avoid provoking your entourage which appreciates your originality of tone, your little jibes and other quips.

Money

PISCES: MONEY FOR DECEMBER 2023

Rely on your willingness to plead your cause and persuade those in power to finance your projects, give you a raise, promote you, or even, for some, defend their status.

Work

PISCES: WORK FOR DECEMBER 2023

If you're not short of a sense of humor and even less of talent, remain reasonable when presenting your plans to a hierarchy that may be keen on new ideas, but may not be willing to put up with your slightly fanciful remarks, you can count on an indestructible strike force to defend your interests.

Leisure

PISCES: LEISURE FOR DECEMBER 2023

You want to explore new avenues, engage in activities that take you off the beaten track. You're eager for novelty and fantasy, and you want to involve your loved ones in the adventure.

Key dates

PISCES: KEY DATES FOR DECEMBER 2023

- The 5: high aspirations in love and a sharp awareness that to achieve them, you'll have to take into account the lessons learned from the past. You'll need to strike the right balance between high aspirations and firm grounding.
- The 17th: beware of the risk of misunderstandings, even tangles, that you may create between yourself and an authority, a hierarchy that may not always understand what you're getting at. To avoid being sidelined, start by clarifying what you're saying.
- The 18th: enthusiasm for current and future projects. Count on the active support of those around you, who appreciate your spirit and your ideas, and will help to bring your plans to fruition.
- The 21st: you'll want to realize certain ambitions in love. Whether it's a question of finding the rare pearl or developing your relationship, avoid disrupting the game by making comments that could worry the other person. It's better to play it by the book.

Advice

PISCES: ADVICE FOR DECEMBER 2023

December is entertaining if you don't impose anything on anyone. Whether it's your vision of the world or a communication that surprises or even shocks your interlocutors.



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.



CENTER FOR SPIRITUAL AWARENESS

AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING



The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



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The CSA Learning Resource Library offers retreat participants a quiet place to read and study the science and philosophy of Yoga.



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