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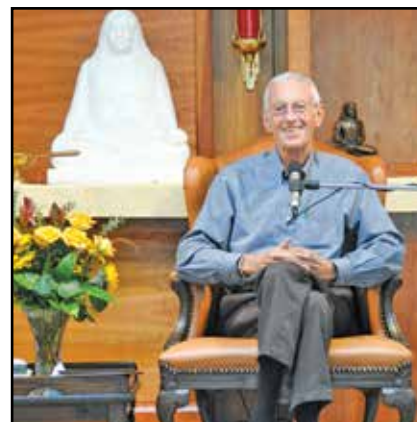
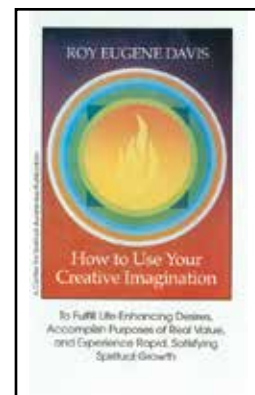
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CSA founder, Roy Eugene Davis (1931 – 2019), a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.





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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar <https://new-thought.org/>  
Email [dr.tomsannar@gmail.com](mailto: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 one God, no matter what name we use.

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

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

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

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

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

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

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

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

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

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

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

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



**You are loved and  
guided more than  
you can imagine**



**The greatest  
optical illusion  
is separation**

**Publisher/Editor/Creator**

Andrea de Michaelis

**On the Cover**

Photo by Adina Voicu

**Contributing Writers:**

Seth thru Jane Roberts

Michelle Whitedove

Mokshapriya Shakti

Dr. Joe Dispenza

Cecelia Avitable

Abraham-Hicks

Frank DeMarco

Karen Williams

Debra Strasser

Sharron Britton

Betsy Chasse

Mike Dooley

Mitch Ditkoff

Apollo Love

Tom Sannar

Jeff Brown

Jim Egan

# HORIZONS

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

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



**Horizons thanks  
everyone willing  
to take the risk**

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

**ARTICLE SUBMISSION:** You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto: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."*

Andrea de Michaelis  
Publisher

**HELLO, WELCOME TO THE FEBRUARY 2022 HORIZONS MAGAZINE.** Ah, the joys of installing programs in a brand new desktop during **Mercury retrograde**. I'm double checking everything. The few errors I've made could have been prevented by being more mindful. I can't blame a planet on that. Fun! **My desktop crashed the day after the January mag went to press. Thankfully AFTER,** because that's when I get a week off. I knew I'd spend it reconfiguring a new computer and figured I'd upgrade all my Software to the late\$*t* ver\$*ion*\$ as well. Reminder to self: *Lotsa \$\$ out = lotsa room for new \$\$ to come in!* I had a new tower in 2 days. I watched **Youtube** vids to see how **OneDrive** works. Apparently, it's simply an extra folder on my pc with a duplicate of my files in it that uploads (somehow) to the **Cloud**. I should have watched the vids BEFORE I tried it on my own and duplicated about 445,000 files on both the pc AND my external hard drive. Lesson learned. Now I just need to figure how to upload it to the **Cloud**.

I've been told shouldn't share personal trials and tribs, goof ups and mistakes on **Facebook**. I completely disagree. I think everyone should be as transparent as they want to be. I don't mind telling it all because it's a great **SELF THERAPY IN PERSONAL GROWTH**. When it's written down, it lets me know in no uncertain terms exactly how I felt in that moment. When I read it later, I may feel differently and often do. But **IT'S EVIDENCE OF THE PROGRESS I'VE MADE ON MY JOURNEY** of self-realization. I think that telling our story -- the good, the bad and especially the ugly -- is one way we can perform service to our fellow man. *When they see the ICK we are going thru and see how we dealt with it and strived to overcome it and make the best of it, no matter what IT was, it gives them hope THEY CAN DO THE SAME* and they are not alone. Never deny someone hope. Sometimes it's all they have.

**A FRIEND ASKED, "WHAT'S THE POINT OF IT ALL? IF WE'RE GOING TO JUST LIVE AND DIE, WHAT'S THE POINT OF TRYING TO ACHIEVE ANYTHING IF IT ALL?"**

The point is not achieving. The point is the emotional journey you take as you go this way and that, as you make this decision or that. The point is to follow emotional happiness. That is also how you serve yourself and your fellow man.

When you are filled with happiness, you exude a nonphysical 'good' into the environment and anyone around you has access to thoughts and feelings of happiness, not unlike accessing good thoughts from a collective thought bank.

## WHY BOTHER TO FEEL GOOD EVER IF WE'RE GOING TO EVENTUALLY DIE?

Because those thoughts and emotions build up and follow you from lifetime to lifetime, making easier and happier current and future lives. I cope with life by training myself to have an interest in things around me, looking for the fun to be had, looking for the helpers, looking for the silver lining, looking for someone to give a kind word to, by training my self talk to keep me motivated and uplifted. That is my contribution to emotional well being on planet Earth.

Your being here matters, your being happy matters, the happiness of others matter. Never think it's pointless. Become an emotional missionary in this lifetime and follow happiness, feel happiness, *collect happy thoughts and feelings so you can remember happiness when things are not so happy*. Fill up your happy tank to overflowing, that's how you silently help your self and your community. In this lifetime and the next.

Sharing space the last 7 years has definitely changed how I work. I was used to living alone and maintaining hours and days of silence in a row. That made it easier to develop deeper thoughts and glean insights, which I'd share in the mag and thru my blog. It pointed out to me patterns of behavior I was unaware I had. Such as: I need quiet time to write. **What I did NOT know was that I keep a running total in my head of how much quiet and rest I am getting in order to stay energetically recouped. My keeping track keeps me uptight about it.**

I also notice I do things like announcing I don't want to dialogue while I'm giving thought time to something. Then I initiate convos and allow myself to be distracted, so I hafta begin the clock (*the countdown to sleep*) all over again. Meaning that all the quiet & rest time I've intermittently had is now erased and I have to start over. Nice mind trick, huh, when I'm trying to wind down and relax? I do it all the time.

The result is I feel I don't get much solitude time. However, **I've learned I simply need to change my perception that I need anything to be other than it is in order to accommodate me. Train myself to find the rest and quiet within the chaos that is the world.** Also change my perception of how much sleep I need and how much rest I'm actually getting.



Enjoy our offering this month.  
Hari Om.

Andrea

# ABRAHAM-HICKS



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

## DECIDING TO LIVE A JOY-BASED LIFE

**GUEST:** I take such great delight participating in these events is because I always take away something new. The synthesis of 8 years of this material now, 11 years of this space, 15 years of a seed event, materializing in my quest for understanding the meaning of life... this moment has significant meaning. I want to explore and bring clarity to what we're learning. And it started yesterday in recognizing the difference between motivation versus inspiration. And recognizing the difference between living a life of being a "should-head" to a "led-head" (i.e. being led by Source inspiration). And the reason why I express it in that way... the way I've leveraged this material is to understand where I am on my competency level. So, from when we first started this dialogue...

**ABRAHAM:** And we're just going to interrupt really briefly, if you will let the competency level be the JOY level, the competency level be the FUN level, then you'll always know right where you are. That's the measure. If you are having a lot of fun, you are at your height of allowance.

**GUEST:** So, the competency level that I'm referring to says that I came from a place of unconscious incompetence, meaning that I did not know what I did not know. I then became aware of this material, and then became consciously incompetent.

**ABRAHAM:** But, let's say that softer, and we know that you are leading this deliberately, but there is slowing down in the discussion that isn't necessary. It's about not yet being as conscious as you want to be, and now are, about how important it is to feel good. It's a willingness to give up feeling good that you picked up along your physical trail that is at the heart of every bit of everything that you are saying here. "I was just willing to not feel as good as I could feel." Let's not call it incompetence. Let's call it "doing my level best to do what others taught me that I should be doing." Let's call it "seeking

approval from others and, in the process, losing my relationship with my own guidance system."

**GUEST:** Well, I see a distinction between the two because... I understand the basis of why you expressed it this way...

**ABRAHAM:** We know you do, and there isn't anything that you're saying that is terribly off. In fact, if we would just be quiet and let you proceed, you would lead us EVENTUALLY to a place that we don't need to return.

**GUEST:** Oh, I don't think so. I don't think so. So, you come from the basis of the joy-based life; I'm coming at it from my experience of the gaining the knowledge... being able to bring this knowledge... being able to bring this to fruition. In so much that...

**ABRAHAM:** Toward what end?

**GUEST:** To the Fruition is the end to being divinely led.

**ABRAHAM:** But, toward what end?

**GUEST:** To create my life experience.

**ABRAHAM:** Toward what end?

**GUEST:** To live a joy-based life. But it's not always easy for people to... recognize how to bridge that gap...

**ABRAHAM:** That's why we've written 10 books [...laughter...] to say something this big... because you all want to make it way harder than it needs to be... because there's something within you that says, "Well, if it really was that easy, I wouldn't have gone so long depriving myself of it, so let's make it at least 12 Steps." [...laughter...] "At least. At least 12 Steps. Then I can at least be respectable." [...laughter...]

**GUEST:** ...but the reason why I said in context of moving from "should-head" to "led-head" - and this is bridging motivation to inspiration - is... recognizing that you're firstly in a motivated environment, and moving away from that motivation... and becoming more aware of an inspired way of living.

**ABRAHAM:** Well, maybe the big question is... as a teacher, we want it to occur to you because we know that's what this is all about, a room full of teachers here... So, let's pose the question, let's find this inspired

*...continued on page 28...*

# EMBRACING CONTINUED CHANGE IN THE COMING YEAR



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](http://www.drjoedispenza.com)

## SAYING GOODBYE TO 2021 – WITH GRATITUDE

What an amazing year we've had as a community.

**Our latest scientific discoveries in this work are revealing that we're greater than we think, more powerful than we know, and more unlimited than we could ever dream.** Now, more than ever, I can make that statement with such confidence. Truth be told, I'm no longer saying it - our data is saying it.

And nowhere is our unlimited potential clearer than through the evidence of our community ... through your lived experience and example. Through your dedication and practice, you've demonstrated your understanding of this work and the meaning in what you're doing to gain value in your lives. Many of you are the living example of truth.

This year, through the marriage of great science and great testimony, you've shown us that something really profound is happening in the world. And you, our community members, are at the center of it. Thank you for everything you've done to contribute to the important work we're creating together.

## SAYING HELLO TO 2022 – WITH PURPOSE

Now, as we prepare to turn the calendar page, it's important to reflect on what we've achieved this past year. As individual personalities, we need to think about what qualities, habits, and traits we want to carry with us into the coming year - and be intentional about how we do it.

**As you envision the year ahead, ask yourself:**  
*What did I learn this year? What can I celebrate that I did well? What did I let go of? What did I create? What tools worked really well? What changes did I make? And how can I not only sustain them, but build on them? What do I need to work on? What limited emotions are still driving my thoughts and actions? How do I speak on a regular basis? What unconscious beliefs are limiting me from what I really want in life?*

Then write down your answers to those questions.

**ASK YOURSELF:** Who do I want to leave behind this year? Who do I want to be in the year to come?

And then, make room in your life for uncertainty and discomfort - and surprise. Because if you want to con-

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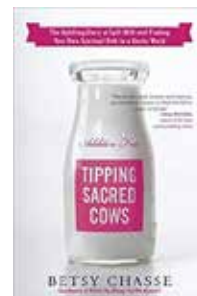




# TIPPING SACRED COWS

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

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



## HOW TO GET COLDCOCKED BY AN EPIPHANY

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

### TWO: ENLIGHTENMENT SAYS, HUH?

**I once sat on a plane next to a young Buddhist monk. We struck up a conversation, and I learned he was traveling home after being in Burma for several years.** He was originally from Laguna Beach and had left his silver-spooned, surfboarded upbringing for a simpler life. He had decided that seeking connection to his higher self and being free from the trappings of his consumer-driven life was the way to go.

We were sitting in coach, stuffed in with people traveling home, traveling toward vacation, traveling for work, and raveling to visit. Traveling toward and from—that is what we were all doing—and because people traveling on planes share this simple commonality, there is that instant connection where we look around and say, Hey, look, we’re all in this together, and form an insta-tribe. Which apparently equals permission to share stories with strangers.

The young monk was smooth shaven with a smooth, bald head, and perhaps owing to the abundance of smoothness, he could have been any age between twenty and forty. His congeniality was positively evangelical in its sincerity. It made me want to be him or do whatever he was doing to achieve such an isn’t-life-wonderful glow.

When the captain’s disembodied voice announced we had reached our cruising altitude of thirty thousand feet, the monk apparently felt that we were elevated enough for him to talk about his spiritual journey. He shared his stories of fasting for enlightenment, trekking through the **Himalayas** for enlightenment, and spending months in silence, seeking the wisdom of the cosmos (for enlightenment, I assume.) I was pretty impressed; I can’t sit in silence for ten minutes, let alone for months at a time. He emanated a feeling of pure love and serenity (plus congeniality), and he had that little monk laugh as if everything were funny. It said, “I am truly living in bliss.”

As the plane landed and the rest of us zombies—the shuffling masses lost in an illusion the monk seemed to have risen above—dug at our feet for our collection of material comforts, I half expected him to float off the plane, never touching the ground. Anticlimactically, that didn’t happen. Instead we said our good-byes, and he ambled away, high-top Keds peeking out from under his robes.

I made my way down to baggage claim, following the arrows that pointed vaguely in a general direction—you know, like when it could either be pointing toward the escalator or the hallway that continues past the escalator. Those vague markers that point toward several choices when all you want is one clearly delineated, correct path toward your luggage, are about the most annoying things in an airport. Just tell me exactly which way to go, please, so I can get the crap I need to continue on with my life. And, yes, there is a possible analogy to be made there, but not yet, as this was before I knew enough to notice I was in the middle of a metaphor.

The baggage claim areas in airports are always interesting places to watch people spaz, just a little. First, you never know if you are at the right carousel because the scroll board isn’t updated by the time you get there, so you have no confirmation that you are actually where you are supposed to be. So there you are, standing next to a nonmoving conveyer belt, surreptitiously looking at everyone around you to see if you recognize anyone from your flight. Second, there is the anxiety of waiting for your luggage once the conveyer belt has started—what if it didn’t make the plane? But really, there is an odd limbo-ness in baggage claim; it is both a destination and a stopover to a later destination. Limbo indeed.

*...continued on page 32*

# 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](http://herbcorner.net)

## HERBS FOR THE AGING MIND

**It is normal to have memory issues as we get older; many of us have had senior moments.**

According to the **Alzheimer's Association** long term studies "15-20% of people over 65 are affected with mild cognitive impairment". Up to 10 years before signs of **Alzheimer's Disease (AD)** develops brain proteins called lysosomal proteins can be detected in the blood. AD was believed to be an incurable result of aging and was associated with degeneration or death of brain cells but thankfully we are constantly growing new brain cells in a process called **neurogenesis** where your brains memory center regenerates itself.

Herbs that benefit the aging mind are herbs like **Bacopa**, which contains bacosides and antioxidant properties. **Bacopa** helps rejuvenate cells in the brain and in the nervous system. It has been found to help you deal with stress so you can focus on tasks and retain new information longer.

**Ginkgo** helps memory and the aging mind, but it can take 3-6 months before you notice any results. It contains flavonoids, terpenoids, antioxidants and it has anti-inflammatory properties which can help improve circulation to the brain. Hundreds of studies have been done showing that **Ginkgo** stimulates cellular activity, prevents damage, and promotes cell growth to the nervous system. These studies also found long term use of **Ginkgo** helps slowdown mental decline in the early stages of AD.

The herb **Sage** has a long history of use for memory enrichment; it helps preserve acetylcholine a chemical in the brain that works with neurotransmitters and nerve modulators that help promote memory formation.

**Gota Kola** is also known to help improve blood flow to the brain especially when used along with **Ginkgo**. Research has shown it helps aid memory and other brain functions.

Traditionally **Rosemary** has been used as an herb of remembrance and for increasing clarity and concen-

...continued on page 24



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# THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

## The Lumberyard

The **Man with the Ladder** and his friend **Reb Dunzel** ate in **Chinatown** at least once a week to celebrate their friendship. Except for the actual eating which was often like a free for all at a free lunch, it was pure ritual.

Neither of them were sure why eating in **Chinatown** stroked and polished their relationship. **Reb Dunzel** thought the food fired their imagination.

The **Man with the Ladder** believed that they both had a very cryptic, almost oriental slant to their thinking and eating in **Chinatown** was just bringing it home to relax for a while. Each of them was certain that the other's explanation was ridiculous but neither was willing to test out the idea by even suggesting they eat somewhere else.

**Reb Dunzel** earned his living making up clever sayings, blessings and chants and there were days when a steaming dish of noodles conjured up a chant that danced soundlessly somewhere between his tongue and the tip of his nose and they both could hardly swallow for fear it would scatter like dandelion threads.

The **Man with the Ladder** would catch hold of a story just about the time the fried dumplings arrived and the tale would dive and upswing along with the quality of each course that made it to the table.

Each week they sought out, with an unerring instinct just the **Chinese** restaurant that would thicken the air around their creations and let them stuff them into their pocket like a doggy bag which they carried home to nourish themselves later.

*...continued on page 30*

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# SOUL SONGS • ABRAHAM FUN

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

## GETTING DIRECTIONS

**At any given moment, I am in some degree of connection to my Source from which I came. I can never be fully disconnected, for I am part-and-parcel of this Source. But I can reduce the amount of well-being that reaches me while I'm in physical expression.**


The more I close off to my well-being, the more things will go wrong in my life - the more I will attract the very things I don't like and don't want. On the other hand, the more I am consistently connected, the more I magnetize the experiences for which I yearn. We're talking powerful cause-and-effect here.

The beauty of this principle is that there is no guesswork! Moment-by-moment, I can discern how connected I am by how good I feel, and I can direct my life accordingly.

In the interest of my connection, I begin to release thoughts and habits that feel painful, such as grudges, judgment, envy, guilt, self-flagellation, and hurry. I begin to calm down, slow down, shrug off the small stuff, and savor my daily experience.

This will take me where I want to go.

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

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# SETH SPEAKS

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

## THE PURPOSE OF BEING

**SETH:** "Your spirit joined itself with flesh, and in flesh, to experience a world of incredible richness, to help create a dimension of reality of colors and of form. Your spirit was born in flesh to enrich a marvelous area of sense awareness, to feel energy made into corporeal form. You are here to use, enjoy, and express yourself through the body.

"You are here to aid in the great expansion of consciousness. You are not here to cry about the miseries of the human condition, but to change them when you find them not to your liking through the joy, strength and vitality that is within you; to create the spirit as faithfully and as beautifully as you can in flesh.

"In the most basic sense, the purpose of life is **being**-as opposed to **not being**. In your system of three-dimensional reality you are learning about mental energy, also called thought energy or psychic energy, and how to use it.

*"Knowledge about mental energy and its use is learned by constantly transforming your thoughts and emotions into physical form (your physical reality) and by then perceiving and dealing with the matter and events that are formed.*

"From doing this, you are supposed to get a clear picture of your inner development as it is reflected by the exterior environment. You participate in physical reality so that you can operate and experience within this dimension. Here, you can develop your abilities, learn, create, solve problems and help others.

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"What is gross about your flesh, or about the seasons that sweep through it and across the earth? Where is there a greater exaltation, and where is there a finer power than what you are? And what is within you? From that do you form all of your realities and all your worlds. Look to dim horizons, bloodless ones in which you are spirit without form. If spirit did not want form, it would not have worn it. It would not make it daily in your image, out of your own desires. It would not tremble in your fingertips and fly to the channel of your bone.

"Your creaturehood is your divinity and your knowledge, for through your creaturehood does your divinity express itself. You are awake who believe you dream.

*...continued on page 24*

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# ASK WHITEDOVE



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## DEAR WHITEDOVE: CAN I RELAY MESSAGES TO MY DECEASED LOVED ONES OR CAN ONLY A PSYCHIC-MEDIUM CONNECT WITH THESE SOULS?

**DEAREST:** We all have the ability to pass our thoughts and words to our departed loved ones. Prayer and meditation open the portal that allows us to communicate directly with Souls on the other side. They hear everything we say to them and they feel our sincere emotions as we converse.

The benefit of using a legitimate Spiritual Medium is that person acts as an intermediary by receiving direct messages and impressions from the dearly departed and convey them to you.

Feel free to use all these methods to gain closure and work on letting go, I say this because each time you call on your departed loved ones, you are pulling them away from their Heavenly journey. There is much to do on the other side; there is continued growing and learning for an eternity. They are very busy.

So be happy for them, they are alive and well. Grief is only for those who feel left behind. We must all work through these natural emotions of great loss. Remember, as you pray and converse with them; show your gratitude for the blessings they added to your life.

On other occasions you may want to light a candle and pray for them - sending positive wishes for their continued journey to higher realms. This is the best way to show your respect and honor them. And don't worry, you will see your beloveds again.

## WHY DOES GOD ALLOW STARVATION, WAR, DISEASE?

Great Spirit gave us the divine planet Earth and all that we need to grow and thrive - it was once a paradise. **Mother, Father, God** has given us all the solutions and resources for ending all of humanities problems.


Our greatest gift is the free-will to choose. Abominations to mankind are of man's doing, we have chosen these things, out of greed, gluttony and wanting power over others. None of this is **God's** doing.

We have the knowledge to stop world hunger. We have the solution to end pollution from fossil fuels and the taking of **Mother Earth's** natural resources. Sources of free energy were discovered many years ago.

We can cure many major diseases; but some holistic treatments and many new technologies are solutions purposely kept away from the public, because the medical industry makes tremendous profit by continuing to use outdated and ineffective procedures. Everyone in the western medical industry food chain benefits from stifling medical advances and keeping the world's population in a state of ignorance of the newer advances in medicine.

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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](http://www.yogashakti.org) Email [yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com)  
Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

## TAPAS

**Tapas are the self-disciplined actions that we take to achieve a goal.** Self-discipline is defined by Webster: *correction or regulation of oneself for the sake of improvement*. **Tapas** means to do things that lead to the control mind fluctuations. **Tapas** is usually defined as **austerity**. But that word conjures up too many negative beliefs.


Many religious traditions recommend austerities for their cloistered populations. When we went to the **Kumbha Mela** in India we passed a group of naked sadhus (those who do not use clothing but smear their body with ashes) sitting cross legged on the dirt in meditation. Surrounding each were about ten urns of fire. On top of their matted locks they also had a vessel of fire.

The temperature was in the high 90's at the time, and we were all drenched in perspiration. These **sadhus** sat there without moving or sweating.

On our way back which must have been at least 2 hours they were still sitting there not moving. This is what we usually think of as **austerity**. The physical body was experiencing the heat, but through mental discipline, the body did not react. Mind and body are one. Other traditions use other **austerities**, but all are just to control the mind.

**Control of the mind results in strong will power. It results in being able to achieve that which we set out to do.** It is something we all wish we had more of. We set out each New Year with goals and wishes and by the end of January they begin to fade.

Patanjali in his **Yoga Sutras** explains what happens when we set out to discipline the mind or embark on self-improvement. He calls them **turbulences of the mind**. To study these is very important, because we begin to see a pattern that the mind goes through. We need not judge. Let us look at the 6 disturbances



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of the mind that keep us from self-actualization. These reflect the nature of the mind. If we know them, we will be able to understand ourselves.

**1. Vyadhi = physical sickness.** When the mind does not want to do anything, we become sick.

**2. Styaaan - mental laziness.** If there is no disease but a lack of inspiration, we create mental obstacles. We have enough energy but waste it. If our mental energy is not used, we become unhappy.

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# THE GIFT OF LISTENING

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

*"When people talk, listen completely. Most people never listen." -- Ernest Hemingway*

**One of the biggest obstacles to good communication between two people can be summarized in four words: "I already know that."**

This all-too-common phrase heads its ugly rear when the listener, having heard as little as a single sentence from the speaker, assumes they already understand what the speaker is going to say. It is this snap judgment, often made unconsciously, that subverts even the faintest hope of communication. But even more than that, it subverts trust, intimacy, connection, and the possibility of meaningful collaboration.

And while it's possible, of course, that the listener does know what the speaker is about to say -- especially if the two of them have a longstanding relationship -- all too often, the listener does not, at least at the depth of what the speaker wants to express.

In other words, conversational beginnings don't always foreshadow the depth or direction of what's to follow. Whenever the listener, in a conversation, responds with "I already know that", it is highly likely that the speaker will feel dismissed, diminished, dissed, interrupted, unheard, misinterpreted, or judged -- the kind of reactions that don't bode well for any kind of one-on-one communication. Even more than that, it increases the likelihood that the "unheard" person will retract and become less willing, in the future, to initiate other conversations -- the so-called "vicious cycle."

It doesn't work for marriages. It doesn't work for business relationships. And it doesn't work for even the closest of friends.

**Are there reasons why this conversation interruptus dynamic happens between two people? Absolutely. Here are 5 of the most common:**

**1. IMPATIENCE:** If the person being asked to listen has a lot on their mind, is busy, overwhelmed, or distracted, he or she will tend to perceive whatever is being said to them as an interruption -- or worse, an invasion of privacy. The result? Impatience and, along with it, the rush to end the conversation as quickly as possible. As a result, curiosity and receptivity go out the window and the person talking ends up concluding that the listener doesn't have the time, interest, or willingness to engage.

**2. LIMITING ASSUMPTIONS:** An assumption is a belief that's accepted as true without having sufficient proof. In other words, human beings are predisposed to supposing, presuming, projecting, and jumping to conclusions without really knowing what's to come. We may think we know what someone is about to say to us based on past conversations we've had with them, but our presumptive thought doesn't always match up with the content wanting to be shared.

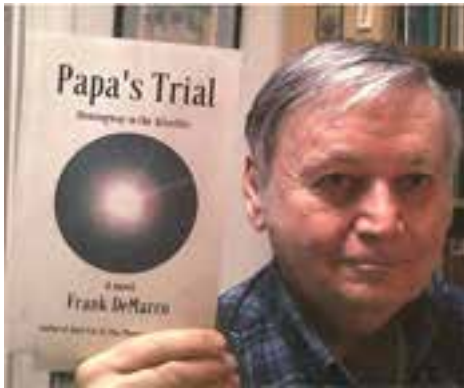
**3. CONCERN ABOUT WHERE THE CONVERSATION MIGHT BE HEADING:** It is not uncommon for the listener, in a conversation, to utter the "I already know that" phrase as a way to protect themselves from where they imagine the speaker is about to take them -- a kind of protective, pre-emptive strike on the part of the listener. If the topic on the table is a charged one and the listener is not in the mood to participate in what they project will be an uncomfortable conversation, a sure way to end the exchange is to cut things off at the pass by declaring "I already know that."

**4. SELF-RIGHTEOUSNESS:** All of us have a tinge of self-righteousness in our blood -- the belief we are morally superior, smarter, or wiser than another. When the person, on the receiving end of a new conversation, is coming from this kind of mindset, it is highly unlikely that any real communication will happen. Unspoken judgment? Yes. Social distancing? Sure. Disappointment? That, too. But no real spaciousness for any kind of genuine expression to take shape.

*...continued on page 53...*



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



## A GREATER UNITY

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

**Sunday, August 8, 2021**

**4:15 a.m.**

**DeMARCO:** If I am any example of people in general, we certainly don't experience our lives in the same way we remember them. I have been going through my three-ring binders of typed-up sessions from 2020, and I am shocked to see how few there are in the first months of the year. None at all in April, for instance. Nine in June, four each in July and August. I don't quite remember, but I suppose I was working on *Papa's Trial* all that time, and that was taking the energy that otherwise would have gone to this. But it shows a very different pattern than I would have thought.

In any case, let's pursue the understanding you are trying to convey, of the relationship between the spirit and the nature of the living present moment. You said soul experiences, but it is spirit that "presents the conditions of experiencing."

**TGU:** Yes, we said it organizes your perceptions.

**DeMARCO:** I still don't understand what you are getting at.

**TGU:** The difficulty is the same as it always is: so many redefinitions to keep in mind while reexamining another aspect of life. That is one reason why understanding in these matters comes so slowly: If over time your view of the world absorbs past changes, there is less to be kept in mind as you approach the next thing.

**DeMARCO:** I think you just said, the more we have absorbed, the less we have to hold actively in mind, and so the easier to see old experience in new ways.

**TGU:** True in any aspect of living, of course. But particularly true in matters that have to be approached

without the support of sensory experience - or even in defiance of your understanding of sensory experience. But, we do the best we can. So, remember, as best you can,

- The true nature of your existence as a 3D and a non-3D being. Your 3D heredity via unnumbered sexual combinations, thus incorporating (literally) so many combinations of combinations of strands. Your non-3D heredity, or let's say community, of the non-3D aspects of all those strands.

- The true nature of 3D reality, in which what appears to be "objective, material, separate, external" life is only somewhat those things, and can be just as easily described as a shared subjectivity incorporating and expressing the greater part of the reality that you experience as personal, subjective, mental.

- The inescapable effects of the structure of 3D as a slowed-down, compressed version of reality, allowing you to live in isolation (seemingly), so as to better change yourself and your environment.

If you can keep all this loosely in mind, while also remembering that we are working toward showing you your life after death of the 3D body, you may be able to draw the connections that will lead you on. For the question of how the existence of the 3D affects the rest of reality is really what we are examining here, and thus we come to the existence of the living-present-moment as opportunity, and of spirit, as provider of that opportunity.

**DeMARCO:** No doubt this would come more easily if I could grok it from you and then associate that grokking

*...continued on page 34...*



# 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>

**Wake up, wake up!!  
There are great things  
to do, happy people to  
meet, and continents  
to cross in mind and  
matter. You are not  
meant to bear that which  
you find unpleasant, you  
are meant to change it.**

**Boom,  
The Universe**



# SPIRITUAL GRAFFITI

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

## SACRED RAGE MEDICINE

**"We don't just do anger work because we need to express and release our justified rage.** To be sure, healthy anger release helps to restore the integrity of our being. Anger is a sacred emotion, if it is honored authentically, without destruction. But there is more.

We do healthy anger work because we come to recognize that we cannot touch into the deepest parts of our vulnerability without it.

Until the inner child knows that we have the capacity to protect her tenderness with ferocity, she will not fully reveal it. He will only open so much, until he knows that he can hold himself safe.

This is one of the reasons why those who grew up unprotected will often keep their hearts closed. They don't have a template for self-protection. Sometimes we have to forge that template ourselves- in the fires of our own empowerment.

The more sturdily we can touch into and express our rightful anger, the more comfortable we will feel embodying and expressing our vulnerability. The more our roar, the more open our core."





# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### FEBRUARY: KUNZITE

Photo by Karin Wolf



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

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

**Here in north central Florida, February brings us spring. Already the redbud trees are pushing their vibrant blooms out along their bare silvery branches and the heart-shaped leaves will soon follow.** This is the time of year when life stirs beneath the earth and the "force that through the green fuse drives the flower" begins to manifest itself in ways impossible to ignore. The blossoming of life in the nascent days of springtime is a demonstration of the power of love. It's no wonder many of us celebrate this time by showering our beloveds with tokens of affection.



Kunzite with rainbow at its heart and twin termination. Afghanistan

Although the idyllic romantic love **Valentine's Day** brings to mind can be one of the most profound and meaningful experiences in our lives, there are many ways love can be expressed and revealed to us.

In this column I wish to honor the love that unites all of creation from the tiniest micro-organisms to the vast leviathans; the love that pulses and dances from the atoms to the stars; the love that fills us and spills out of our hearts to create beauty and joy.

*...continued on page 31*

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**IT'S ALL ABOUT LOVE!**

**FEBRUARY BRINGS SPRING TO FLORIDA.** Flowers are blooming, birds are singing and we open our hearts to the love all around us.

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**There Be Dragons** - We've received a new shipment of all dragons. statuary, sand timers, wands, divination decks, carvings, pendants and so much more. All on sale from **February 1-11 at 20% off!**



**Crystal Tent Sale Saturday, February 19.** There will be many old collection minerals looking for new homes and the Emporium will be offering wholesale prices on a large variety of crystals. 12-5pm.

*Sharron will be back from Tucson with new treasures available during the last week of February. Come out and see them!*

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# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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



## WELCOME TO FEBRUARY 2022

**For a lot of us, February isn't much more than the shortest (and sometimes dreariest) month of the year. We trudge on, keep our heads down, and hope that it passes us by quickly.** February is a month of transitions, as the cold weather and short days begin to give way to the nascent signs of **Spring**, that season that is yet powerless to be born.

**Feb 1st: New Moon in Aquarius.**

**Feb 1st: Chinese New Year, Year of the Tiger**, Traditional Chinese. With colorful street celebrations and parades, family reunions also mark this lunar celebration.

**Feb 3rd: Setsubun, Shinto**

Observing the first day of spring, a ritual of throwing beans out of the front door chases away evil spirits and invites luck and fortune in.

**Feb 4th: Imbolc, Pagan/Wiccan**

Midway between the **Winter Solstice** and the **Spring Equinox**, the **Celtic Goddess Brigid** is honored, along with themes of fire and new birth. The Sun will be at 15 degrees **Aquarius**. The **Catholic** church observes the feast day of **St. Brigid** on **February 1st**.

**Feb 5th: Vasant Panchami, Hindu**

Celebrates the beginning of **Spring** and **Goddess Saraswati**.

**Feb 14th: St Valentine's Day**

Named for a **Christian martyr** and with origins in the **Roman holiday Lupercalia**, our modern day observance of romance is far removed from its beginnings.

**Feb 15th - Nirvana Day, Buddhism**

Commemorates the death of **Buddha** at the age of 80 years when he reached **Nirvana**.

**Feb 16th: Full Storm Moon**

Observe this moon time with rituals of cleansing and intention setting.

**Feb 18th: Sun enters Pisces**

## THE GODDESS BRIGID

**Saint Brigid of Ireland** is one of many **Irish Saints** who have been associated with ancient **Celtic Pagan Gods and Goddesses**. The Celtic Goddess **Brigit (or Brigid, Bríg)**, whose name means 'exalted one', was of the **Tuatha Dé Danann**, the daughter of the **Daghda** and wife to **Eochu Bres**.

She is associated with the **Spring** season, with fertility, healing, poetry and smith-craft.

The **Goddess Brigid** was 'syncretized' with **Saint Brigid** during the middle ages. This was a process whereby the practices, beliefs and traditions of a **Christian Saint** were merged, blended and assimilated with an earlier often mythological character.

It is no coincidence that both **Brigid** the actual **Saint** who lived in **Kildare** and **Brigit** the mythological **Goddess** of old **Ireland** are both associated with the coming of **Spring**.

**Saint Brigid is celebrated on February 1st each year.** This is also the liturgical celebration of **Candlemas** in the **Catholic Church**. It is customary on **Candlemas** to bless candles; the candles to be carried in the procession, the candles that will be used throughout the liturgical year, and candles that are given to the congregation to take home.

It is this day that also happens to be the date of an annual **Gaelic Pagan** festival called '**Imbolc**', marking the beginning of **Spring**!



# GARDENING THE MEDICINE WAY

## ROOTING CUTTINGS



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

**Spending wintertime in your Florida garden means more than just tending our herbs and veggies. Maybe you are also creating a colorful and eye pleasing landscape.**

As we prune our ornamentals in time for new Spring growth, we can save money and double your landscape bounty by rooting the cuttings from many of your ornamental plants. **Florida** natives such as *firebush*, *passion flower* and *beauty berry* will quickly grow from cutting and benefit our native ecosystem.

Non Native favorites such as *hibiscus*, *crotons* and *crepe myrtles* grow easily from cuttings and add lushness and color to your landscaping. These types of plants are referred to as ‘**softwoods**’ and some are ‘**deciduous**’ meaning they **DECIDE TO** lose their leaves in winter. It’s best to prune while the plant is dormant and has lost all of its leaves (usually in **January** or early **February**.)



Hibiscus cuttings

Although cuttings from some shrubs root easily, others are more difficult. Materials can be applied to promote rooting, known as **rooting hormones**.

When taking cuttings, remove the small branches with a sharp knife. **Softwood** cuttings should be approximately 4 to 6 inches long. Pinch off the leaves on the lower half of the cutting. Also remove any flowers.

Make a fresh cut just below the point where one or two leaves are attached to the stem and then dip the base (cut end) of the cutting in the root-promoting compound.

Make a hole in your prepared potting soil with your finger or a pencil. Insert the cutting approximately 2 inches deep.

After all the cuttings are inserted, water the cuttings and medium and let it drain. Water is critical to the survival of the cuttings. Place the cuttings in bright light, but not direct sunlight. Inspect the cuttings daily. Remoisten the soil if it begins to dry. Rooting of most deciduous shrub species should occur in 6 to 8 weeks.

It may take several years for a rooted cutting to become a nice size plant. However, many gardeners find rooting cuttings and growing the young plants to be fun and rewarding.

*Happy gardening and Blessed Be!*



Plumeria cuttings



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# UNCONDITIONAL SOUL LOVE: CAN WE STILL LOVE SOMEONE EVEN IF IT DOESN'T WORK OUT?

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

## **We loved each other too much to be together.**

So often on social media, we hear about a linear version of love. People are either posting about their new relationship with butterflies in their stomach or they're sharing about the heartache of their breakup. It seems that there is a start and an end point to the story of love. I always struggled with this concept, as it felt very conditional to me: "I love you as long as..."

What if we learned to love people in their totality? It is why I choose to hold my former partners in reverence, even that ones who hurt me. I didn't love them because they validated my self-worth by being with me or because they made me feel happy.

I loved them for who they were, who they are, and who they're becoming, knowing that like me, they have their own journey to walk. They are not the source of my happiness—I am. They are not the cause of where my self-worth is; they are a reflection of it.

The people we attract are the most sacred mirrors to our internal story line. And how we choose to love, or not love, tells us how much we've grown, how ready we are, what we're willing to sacrifice, and what areas we still need to work on.

For some people, they take a risk going after someone, and if they don't get the result they want, they disregard that human being as if there is no value to that person outside of the relationship container they were seeking.

Over the years, I've seen lovers become friends, and long-term friends suddenly become lovers. I have learned to love in close proximity and also how to love from afar.

There is only one kind of love that I want to experience. Authentic, soul-based love. It is a holistic approach that focuses on seeing and appreciating the essence of a person's soul, rather than an attachment to a physical outcome. It is feeling grateful for the journey, instead of basing the authenticity and the depth of the love on what form it takes.

So I choose to switch up the social media narrative and share this love story with you all, to challenge what you consider a happy ending in the pursuit of love.

## **WHEN A LOVE INTEREST DOESN'T WORK OUT, DO YOU PERCEIVE THAT AS A FAILURE?**

What if we can expand our perception of love from a linear goal-oriented venture to an expansive multidimensional experience?

I ran across a woman named **Nalaya** Chakana who runs women's retreats in **Peru**. One thing I was seeking in my next partner was a woman who is stepping into her power, and **Nalaya** embodied that. I was instantly in awe of how she carried herself and what she offered to the world.

If we didn't explore what was there, it felt like it would have been a disservice to the conscious spiritual partnership we both thought we were ready for in our lives.

After many flights and countless hours to meet this woman, I was finally at her door. She opened it and my heart pounded through my chest. In a state of total

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Apollo Love

## CAN WE STILL LOVE SOMEONE EVEN IF IT DOESN'T WORK OUT?

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fluster from being overwhelmed with a mixture of excitement and fear, all I could think of saying as my first words to her were: ***"Nope! Can't do this!"***

I then turned around and walked away. Then, I laughed and of course ran back to give her a hug.

Now, even though that moment was just a joke, perhaps there was some truth to that initial reaction that my body had to run—to run from all the potential she represented of what I looked for in a conscious partner.

The thing that we want the most is often times the thing that scares us the most when it finally arrives.

We both showed up with complete vulnerability and a willingness to dive deep. We showed each other all our childhood wounds and held each other beautifully. We were so compatible and complimentary in so many ways, even though we came from two different planets.

Yet, even with such comfort and a sense of home, our feelings would get jumbled up and leave us both feeling confused. The closer to the heart somebody gets, the more fear there is. The higher you fly, the more painful it will feel if you fall. But even with our defense mechanisms, at the end of the day, there was nowhere for us to hide.

Love is the flashlight to the darkest corners of our hearts.

Thoughts came up that suggested that maybe we're not supposed to be intimate partners. And that very well may end up being true. We may discover that we're just meant to be friends. Or visionary partners.

We eventually landed in a place of not needing to know. We were both willing to let go of what "this" means, or what's going to happen next. Our time to-

gether was a constant practice of opening up and then closing again. And then finding our way back into love in order to open up one more layer deeper.

It was a practice in staying present with the lessons of each moment. It is such a gift to have someone be able to hold space for your deepest wounds. The emotional confusion eventually took a back seat to the opportunities to dive deep with each other and take it day by day.

There are times that you think it's love when it's not. And there are times that you don't think it's love, when it is.

## WHAT IF OUR FEELINGS SOMETIMES LIE TO US?

Throughout most of my life, I have experienced relationships as an initial rush. Our eyes would first land on each other and our hearts would skip a beat. We both would be interested and pursuing and hoping and wishing. The lust and attraction that we're feeling would be so strong, that we both would want it to be real.

We want it to be real so much that we will create a narrative to reinforce our feelings. We spiritually romanticize what often times is just a biological reaction to what we are attracted to, or what we feel is missing in our lives that this person can provide.

When somebody falls in love with us, it gives us an amazing feeling of being enough. We are chosen. All of our childhood wounds where we felt unchosen or unseen suddenly get washed over with joy and love.

Love is blind because it filters out red flags. After all, those red flags are enemies to the positive emotions we feel when we fall in love. And on the flip side of that, focusing on the other person's positive traits actually magnifies the soothing feeling we have when we fall in love.

It's cognitive dissonance at its finest.

We ignore the fact that we actually know nothing about this person. We have zero data. We don't know who they are when they fully let their guard down. We don't know their biggest insecurity or their darkest shadow.

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# HERB CORNER

*...continued from page 10*

tration. It contains rosmarinic and carnosic acids which help protect brain cells from damage. It preserves acetylcholine and lessens free radical damage to brain cells. Using its essential oil externally also improves memory by positively acting on neurochemical pathways that improve cognitive functions.

**Basil** in a tea internally or as an oil externally has long been used for reducing mental fatigue caused by stress or an illness, for improving focus and memory retention.

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The constituents in **Ashwaganda** breakdown beta-amyloid proteins or the plaque that builds up in the brain that can lead to **AD** or **dementia**.

Research has also found the **curcumin** in **Turmeric** has been found to cross the blood-brain barrier. It binds to and reduces the amyloid plaque by up to 30%. Studies have also found that **curcumin** reduces inflammation and oxidative stress helping to regenerate new brain cells.

These are just some of the herbs that may help aid the aging mind there are others like **Yerba Mate**, **Oatstraw**, **Passion Flower**, **Skullcap**, **Lavender**, **Lemon Balm**, **Maca** and **Green tea** that can benefit the brain.



## SETH SPEAKS

*...continued from page 13*

"You are dreaming who believe you are awake; for the terms are meaningless. You make your tomorrow out of your desire, as you form your present and your past. Your gut awareness is a god in you laughing, so rejoice!

"Within your experience now is the joy of your being--and that fine, astute, pure nature--rousing itself up through stems of flesh and limbs of arms, looking out through your own individual eyes at the Universe it has created, and finds it good. What is gross about your being? Only your belief! You shine with reality that in other universes appears as stars, and they look and they say, "What beauty, what distance, and what fine, undefinable existence is this?"

"As all of you know, but as all of you need telling--not from me, but from yourself--spontaneity knows its own order. If you did not distrust yourselves so thoroughly, you would not worry about your responsibilities.

"Being yourself automatically fulfills any responsibility. The gods created the Universe out of joy and playfulness and creativity, not because they thought they had to. Your being is blessed and spontaneous because it is. And fulfilling it with nature automatically fulfills your purposes and, in your terms, your responsibility.

"If you are the self that you are, you use your abilities out of joy. When you use your abilities out of responsibility you distort them. You help because you think you should, not because it is a joyful part of your being. And you begin to question, "Who needs my help most?"

"Can you imagine the sun thinking, "Who needs my help most? Should I send forth my rays upon this flower, or that one? Which flower needs my help the most?"; or the rain saying, "Which blade of grass should I bless with myself?"

"No; The sun is itself, as you are yourself, and through your being you bless yourself and all others. Being yourself, you can trust yourself; then your responsibilities are automatically fulfilled. But if you do not trust yourselves, there is no responsibility that you can fulfill, and no one that you can truly help.

*"If you could but perceive the miraculous nature of your own reality in this particular moment that you call the present, how dazzled you would be, and how little you would think in terms of purposes. Your reality is purpose and knows itself.* What a rich, undefined miracle exists in each of your beings now! You look at paintings-or a poem-and call them great. If you could feel the miraculous structure of your own being now, and appreciate it, how you would wonder!

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Esther Hicks

# ABRAHAM HICKS

*...continued from page 7*

question that is coming out of this discussion, and let's savor the question for just a moment: Is it necessary for so much time to go by in a person's life before they return to the realization that they are worthy?

**Here's another inspired question:** Why is it that if we are extensions of Source Energy, and at the basis of that which we are is love, how is it possible that we would get separated so much from our understanding of our individual value? Isn't there a shorter route back to it?

**Another question:** How is it that joy, which we've all come clearly into recognition is the target and that, if we focus upon it, everything else will fall into place... how is it that something that we want so much and recognize so easily, can be pushed to the back shelf, while motion forward, responsibility and cooperation take front place?

**How do we get so far from our willingness to just be happy when we are so naturally happy?** How did so many layers of responsibility pile on top of our nature? And so, then we say, just look around and watch the way people are behaving with people, and you'll see it every single time... and then you just be an example in the world of someone who is living joyfully and successfully - and the measure of success is joy as far as we are concerned, but there are a lot of other trappings to - joyfully and successfully in your happy, positive, loving approach to life. Be an example... teach through the clarity of your example, not by pushing against the misunderstanding or misguided approach that so many are offering to life. But, by offering your joy-based, conscious awareness of life.

*Let your answer be to anybody who asks you, "How is that you are doing so well?" "I decided that I wanted to be happy and I gave that my top priority." "What? That seems like madness?!" "I know. It seemed weird to me at first too, but it really worked, it really worked." "Well, what did you do?" "Well, I just kept saying to myself, 'I can say that better.' And by better I meant I could say that in a way that feels better, I can think that better, I can say that better, I could approach that better, I could perceive that better. And I just sort of hooked up with a broader perspective."*

**GUEST:** That's a piece in bridging motivation to inspiration because... we spoke yesterday and you articulated it far better than I did, and I can't find it now... but we spoke about the intersection of desire and belief generating the emotion...

**ABRAHAM:** ...which is the intersection between what I think and what Source thinks... because your desire... Source now holds and that's also an intersection. It's an intersection where you meet You. That's the best way to say it... where you meet You.

**GUEST:** And then, the question of the "whys" and the "hows." Why do I want this? How would it feel? How would I experience this that I desire? And tuning into yourself...

**ABRAHAM:** When we ask you the question, "Why do you want that?" And your answer is every time, "Because it feels good." Then, you're there. "Why do you want that?" "Because I believe that I will feel better in the experiencing of that, and I wanna feel good."

**GUEST:** And then, the wobble-factor is how much belief exists within you versus how much resistance is created...

**ABRAHAM:** So let's take that a little further, "How much permission am I willing to give myself to feel good without justification?" Which means, "How...willing... am I to sync up with the Source within me who asks for no justification, as compared with syncing up with others who all are asking for justification?" Or nearly all. Almost all humans are asking for some sort of justification from you. And so, if you put them in the equation ahead of your own alignment, then you deceive yourself temporarily.

**GUEST:** Right. I totally get that. I totally get that... When I found that desire and that belief, and the emotion, the emotion being the waves of the goosebumps... I know then in my creative workshop that my work is done because what I have found in my own experience is the waves of goosebumps are my divinely recognizable, tangible feeling of Breakthrough. Clarity. Alignment. A repeatable approach. A gaining of momentum. Creating the leverage.

**ABRAHAM:** If this is truly a co-creative experience. And if you are, as we say you are, and you are... the Leading-Edge of that which is us... then, when that energy runs, when you have that recognizable harmonic experience or manifestation, emotional manifesta-

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# ABRAHAM HICKS

*...continued from page 28*

Esther Hicks

tion - hold that thought, that's so good - then, can you acknowledge that it wasn't you being led to something that Source already knew, it was you and Source collaboratively moving forward in creation.

Evolution. You have to accept the premise that you are Creators. You have to accept the premise that we are Co-Creators. And then you'll understand what those feelings are. In other words, we've talked about it in lots of different ways, as we've been bringing you into your awareness of what that alignment is. But when we say to you that those feelings of goosebumps are a breakthrough, we mean not just for you, we mean for All-That-Is. That's that sensation of momentum, of moving into a new place. And it is essential to the eternalness that we all are. And it is natural to the equation.

And when you start doing it on purpose, when you start understanding, when you get these fundamentals under your belt - and you have them... you've got these fundamentals under your belt, you are living this - you are now ready to co-create with Source.

And, until you are deliberately co-creating with Source, you have not yet begun what you came here to do. You didn't come to regurgitate something. You didn't come to compare yourself to others. You didn't come to resist each other. You didn't come in competition with one another. You came as collaborative, co-creative inspirers of more.

And when and only when you get into that modality, into that framework, into that approach, into that experience, then and only then are you Who-You-Are. That's the juncture where you meet You, you see? Yeah.

And you know, when you meet others, and when you hook up with other humans, don't you just love conversations with those who are on your wave-length, but who are not trying to teach you what they know, they're willing to hear what you know and, together, you know something that neither one of you knew before you got together. That's co-creating at its best. And now, put that on steroids and play with your Inner Being!



# ASK PSYCHIC MICHELLE WHITEDOVE

*...continued from page 14*

War has been with us since the beginning of time. When will we learn? We must stop killing each other in the name of religion and God, over territory and intolerance too.

We must stop making excuses for ourselves and find peace. Love your brother as you love yourself - unconditional love is the answer.

## DEAR WHITEDOVE, I'VE BEEN HEARING A LOT ABOUT SPIRIT ANIMALS, BUT I DON'T GET IT!

**DEAREST:** In Spirit we each have **Animal Totems** that represent a teaching or power; they are spiritual characteristics that influence us in our daily lives. As we have two **Guardian Angels**, we also have two **Animal Totems** that are with us at all times. In times of need, crisis or emotional stress other **Animal Totems** can offer us guidance. They are connected to **Mother Earth**, the fairy realm and the earth angels.

In our everyday life, animals unfamiliar to us can cross our paths, when these unusual events occur we know that **Mother Earth** is talking to us and sending us a message.

Recently a friend was walking in a new neighborhood where there were small man-made ponds. All of a sudden she sees a big white swan. It walked right up to her. She talked to it, and then it went back to the water, all alone. She called to ask me about this meeting as a sign. So I relayed that **Swan is the Seer, Swan represents Grace. It also represents the late bloomer in life. The gift of sight later in life. The ability to work in the dream time. All traits that seem to be falling into place for her in this stage of life.**

For anyone who wants to know more about the spiritual aspects of animals and their meanings I'd highly recommend the book **ANIMAL SPEAK** by Ted Andrews.



Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 11*

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

Sometimes they went on expeditions for restaurants with atmospheres that would sustain moods they had never had but would like to. They maintained an inventory of atmospheres and milieus by charting the seas of uneaten at **Chinatown** restaurants, like mapmakers trying to pin down the exact location of whirlpools, mermaids and sea monsters.

This particular day they were wandering around trying to decide which restaurant would match their current mood. They stood in front of numerous restaurants with an ambivalent right foot and an indecisive left foot when a distinctive but uncertain smell knocked on the door of their nose.

"Do you smell it?" **Reb** asked.

"Smell it? I can taste it." the **Man with the Ladder** replied, "Let's follow the scent and eat whatever it is."

"Where do you suppose it's coming from?" **Reb** wondered.

"I don't care if it's coming from a linoleum factory, I'll eat anything that smells that good."

They followed it for a surprisingly long distance up to the doorway of a store front. Except for the smell wafting out of some unseen vent, there was little sign that it was a restaurant.

"I don't see any menu in the window, or food for that matter. Do you think it's a restaurant?" The **Man with the Ladder** asked **Reb**.

"We can always ask." **Reb** decided, venturing through the door. They found themselves in a large room empty except for some folding tables without table cloths, bare bulbs hanging from the ceiling and no eating utensils in sight. An old crone dozed in a nook in one corner, her head resting on a glass case. As the door closed behind them she lifted her head and squinted at them then resumed her nap. There were no other customers eating.

"I believe," the **Man with the Ladder** prophesied, setting his Ladder down near the wall, "in a place like this one we're sure to get a meal... the likes of which we have never eaten before."

"My thoughts exactly, let's get out of here."

Before **Reb Dunzel** could make a run for it a waitress appeared and pointed vaguely to one of the tables. He was about to bolt anyway but the waitress glanced at him through long silky tresses and he found himself moving in slow motion then stopping. She smiled ever so slightly, looking at him over high, beautifully shaped cheekbones. It was the face of an oriental princess, a **Madam Butterfly**, or **Mata Hari** but certainly not the face of a waitress. If the truth be known it was the face of one of **Reb's** fantasies.

The **Man with the Ladder** retrieved his namesake and headed for where **Reb** stood by the door.

"Where are you going?" **Reb** asked a confused **Man with the Ladder**, ushering him back towards a table.

They sat down at a table with no menus on it. The waitress moved lithely to their table and stood silently waiting. The **Man with the Ladder** noticed a short yellowing list of what looked like the day's specials for the last decade, attached to the wall but nothing looked appetizing.

"What would you suggest?" **Reb** asked the waitress.

"Dumplings." she said, without thinking.

"Anything else?" the **Man with the Ladder** prodded.

"That's all I like." she said, screwing up her face as she scanned the list of specials on the wall. "Well beside the dumplings, maybe, pan fried shrimp. Chef bought new pan."

**Reb** was thinking about another restaurant where the waitresses wore dresses slit up to... She looked at him as if she was reading his mind. His fantasy evaporated instantly.

"That sounds fine by me." he said, though he had not heard what she had actually recommended and only hoped it didn't involve frog or eel parts in any way.

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# CRYSTALS, ROCKS

## KUNZITE

Photo by Karin Wolf



Sharron Britton

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This love is unconditional and it belongs to all of us. It creates us and we create it. When we are separated from that infinite fountain of life, we will attempt to find it at any cost.

The crystal that I like to use to help reconnect with our essence and source - love - is **kunzite**. It is the pink to purple variety of the mineral **spodumene** (a **lithium aluminum silicate**) and the first major deposit was discovered in **California** by **George Kunz** in **1902**. The lovely color comes from manganese.

**Kunzite** opens hearts that have been shuttered by trauma and fear, allowing the empty space to fill with the energy of unconditional love which is our birthright. I have worked with many people who have struggled with addiction to drugs and alcohol. I remember one woman who told me that the first time she hit the crack pipe she felt an ecstatic rush of joy. *"Everything was perfect. I loved everyone and everything. I could feel what it was like when everyone loved everyone else. I kept trying to reach that place again, but I never could."*

That place is the **Source of unconditional love**. Since that love is the essence of who we are, the separation is an illusion. **Kunzite** allows us to remember who we are. This provides the strength we need as we struggle to love ourselves and those around us.

I often recommend it as a crystal to help those who are trying to move past addictions of any kind. Wearing or carrying **kunzite** can remind us that we are love and we are loved which can give us the support we need to overcome the temptation to succumb to our addictive patterns.

You can find **kunzite** in most rock and mineral shops, on line or in a jewelry store. You will want to display it out of strong sunlight as it can fade. Rinsing **kunzite** in water to clean or clear it is fine. Whenever you want to remember that all you need is love, grab your **kunzite** and smile. **Happy Valentine's Day** and unceasing love to you all!



Betsy Chasse

# TIPPING

## SACRED COWS

*...continued from page 9*

There I was, a zombie, standing in limbo, looking around surreptitiously to see if I was with my plane-tribe, and there he was again, the smooth monk, standing with a cart and waiting for his luggage. It dawned on me that maybe it was odd for a **Buddhist** monk to be waiting in baggage claim, because wasn't not having stuff kind of the point? Then, rousing from my zombie stupor, I watched the utter absurdity of this little man fighting gallantly to pull not one, not two, but three **Tumi** suitcases off the conveyer belt. And these weren't the imitation **Tumi** either. These were designer--steel, with the four wheels that go in all directions. Very fancy for a monk. Hell, they were fancy for me and everyone I know. The moment totally tickled my irony bone.

I watched, delighted with the incongruity, as he muscled the luggage onto his cart and headed for the door. I gathered my fully realized, and fully cheap, **Walmart** duffel bag and headed for the curb myself. And there he was, yelling into a cell phone: *"Mom, I told you I was landing at three today, not tomorrow. God dammit!"*

I decided I could take trekking through the **Himalayas** off my list in my search for enlightenment, because clearly it wasn't hiding there.

The monk's stories about his spiritual journey to find enlightenment and my own journey to baggage claim and what it illuminated in a different way made me think about my own enlightenment in general. Could I really do what I thought enlightenment meant? Could I really walk away from everything in my life just so I could live in perpetual lightness and bliss? I couldn't imagine my kids thinking an orange robe was enough clothing, a shaved head was a good look, or that eating only one bowl of soup once a day was awesome. Would it be worth it? Was it possible to be enlightened and still have a life? What was enlightenment, and did I want it?

I find that sometimes getting back to the basics, digging down to the core of a concept and gaining clarity about its meaning, helps me know exactly what it is I am seek-

*...continued on page 32*





Betsy Chasse

# TIPPING SACRED COWS

...continued from page 31

ing so that I may actually find it. In order to do that, I think it's important to understand the origins of the terminology, to figure out where the philosophies and ideas came from and what their original meaning was. If I understand what it really means, then I can decide if, in fact, it is really what I seek.

Not unlike modern organized religions, much of modern Western spirituality has been pulled from many different sources. People have pulled a little from here, a little from there, so that our sensibilities can accept and make sense of spirituality in the lives we live, which are vastly different from the lives of the people who originally undertook such noble paths. I (probably) would not be willing to go through some of the practices the ancients' schools of wisdom used to put their young disciples through. Think pits of snakes and starvation. Just say no.

Many ancient schools and traditions had very specific practices and steps to guide followers along the path. Now, with the hodgepodge of mix-and-match spirituality, it's easy to become lost in the quagmire, falling deep into the rabbit hole. This can sometimes be a good thing, but often we just end up more lost and confused, frustrated at ourselves and the world around us. Mainly because we're not even sure of what we're looking for or if we really want it.

A lot of the time, when we take our first step onto the "spiritual" path, when we ask those first questions, the idea of enlightenment is held out before us as the illustrious piece of cheese at the end of the maze. It seems like the pinnacle of all we are searching for, and we spend our lives wandering through corridors, salivating, endlessly turning from one hallway to the next, the smell of that cheese driving us forward. Once you're enlightened, you've arrived! But . . .

**WHAT IS ENLIGHTENMENT?** Etymologically speaking, the English word *enlightenment* is actually a word with other word elements hooked on: *en*, *light*, *en* again (a different meaning from a different root), and *ment*. We can kind of follow the course of its arrival and attendant meaning into our modern Western un-

derstanding by starting with the word *light*. The root of enlightenment comes from a very old (think Dark Ages) noun form of the word *light*.

We find it in the **Old English** word *leoht*, which is related to the **Old Saxon** and **Old High German** word *lioht*, which more than likely had congress with the Gothic *liuhap*, all of which mean brightness, radiant energy, luminous, and beautiful. Not that anyone was focusing on light in the **Dark Ages**, but I digress.

From there, our **Dark Age** word makers hitched on an *en*, to get *lighten*, which started as *nian*, and also originated from **Old English** usage. *En/nian* was a word bit whose sole point of existence was to be added to a noun or adjective to make it take action, making the noun *light* into the verb *lighten*, and so *light* gets to shed light upon, illuminate, and brighten. Apparently, at some point between the first and fourteenth centuries (I'm guessing 1066--think the **Norman** invasion of the **British Isles**), this verbing of light did not conceptually say what it was trying to say strongly enough, because the word-intensifier *en* from the **Old French** was added. *En* had been pulled into the **Old French** from a previous relationship with the **Latin** *in*, which means in or into. And so *en* and *lighten* became BFFs.

We have now arrived at *enlighten*, which is really a way of saying "to seriously shed light, super-duper illuminate, and hella-brighten," which is pretty cool. And it's actually double cool because structurally, the preposition-ness of the **Old French** *en*/**Latin** *in*, meaning in and into, infers the idea that we are *inside* or *moving inside* the action of shedding light upon something. It is the sense of being inside it, not just acting on it, that intensifies the meaning. Being inside the action means we are entirely *being* the thing we are *doing*. Deep.

The figurative sensibility of *enlighten* was further developed while still in its **Old English** form *inlihtan*, and it came to mean "to remove dimness or blindness from one's eyes or heart." This shift into symbolic meaning was more than likely from the truly epic connection made by the Church between godliness and the concept of *light*.

At some point, as **Old English** swung into a more modern version of itself, the word *enlighten* met up with a renewed interest in the teachings of the old philosophers--you know, **Plato** and other contemplative dead dudes--and the action of removing dimness to illuminate became a "something" to attain, a "someplace" to be. So they added the suffix *ment*, from the **Latin** *mentum*, which indicates that the word it is attached to is

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Betsy Chasse

## TIPPING SACRED COWS

*...continued from page 32*

now a result or product of the action it used to be. In short, the noun *light* became the verb *lighten* and then to intensify it, it became an even stronger sense of the verb by becoming *enlighten* and then it was shifted again, and the verb once more became a noun as *enlightenment* was born. We went from something that is to something that does, then back to something that is, but with more panache.

But I still have no idea what that something is, even if it is cooler and improved. In the **Western New Age** or **New Thought** movement, the words *enlightenment* and *enlightened* have been thrown around more than a football on **Thanksgiving**. Everyone is talking about it, everyone's looking for it, but do you know anyone who has actually found it? Yeah, me neither.

I admit it: I got caught in the frenzied search for that illustrious hunk of cheese, reading every book and walking over every coal, thinking that one day I would suddenly go poof and ascend into masterdom, levitate magically into the realm of the gods, and hang out with the other enlightened, cool people.

I've done a whole slew of random and even bizarre things in the name of becoming enlightened. Sadly, the "random" and "bizarre" part of that is not hyperbole. I've spent hours blindfolded, walking a football field and searching a fence as I looked for a card on which I had previously drawn a picture.

The picture was supposed to represent what I wanted to manifest in my life, so if I wanted a Rolls Royce, I drew a picture of it, and if I miraculously found my card after hours of searching blindfolded, I should be able to walk out into the parking lot and find my fancy new car--spoiler alert, I never found the card and the new car never happened. Clearly I was failing at this enlightenment thing.

**MORE next month.**

Can't wait? Get a **FREE Digital copy NOW** of *Tipping Sacred Cows* by joining Betsy at [www.betsychasse.net](http://www.betsychasse.net)



Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 30*

When the dinner came the dumplings were spectacular. They tasted of **China**, probably a specific place. A map drifted into **Reb's** head and he could imagine the spot, see the terraced hills and rice patties outside the city, and smell the alluring smell of frying dumplings and soy sauce. The pan fried shrimp was also excellent but the chicken **Confucius** style left all the room for improvement.

"It tastes like someone cooked a drawing of a chicken." The **Man with the Ladder** decided, "Crayolas and construction paper, I think," he said, not able to get the taste out of his mouth.

The idea of cooking a picture of a chicken was much more appealing than the actual dish and they spent the rest of the meal weaving a story about it.

"Have you noticed," **Reb** whispered to the **Man with the Ladder** as they finished off the last of the pan fried shrimp between them, "that since we have sat down to eat a number of people have come in but not one of them sat down to eat?"

"They headed straight for the kitchen and came out with what looked like books." the **Man with the Ladder** observed.

"What does a restaurant have to do with books?" **Reb** in turn asked the waitress as she passed.

"That's where we get all the pictures of chickens." she said, her hands covering her mouth trying to hide her laughter. It echoed loudly the minute she made it back to the kitchen.

She was composed again when she returned with their favorite course, the fortune cookies. They tasted distinctly of old tea leaves and were as stale as the fortunes inside. "You like **Chinese** food." **Reb's** told him with amazing accuracy. The **Man with the Ladder's** fortune was even more controversial, "You will have an interesting day, but not to excess."

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Frank DeMarco

# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 17*

to an image, or an experience, but so far, I can't. It is all I can do to remain receptive.

**TGU:** Revert to a previous image we played with, of all existence as a vast LP record or CD or something, and of the present moment as the needle or focusing beam, choosing among

**DeMARCO:** No, that really doesn't work. It doesn't account for the orderliness of it.

**TGU:** Slow very much down, now. Set your slide-switches to maximum focus, receptivity, and clarity. Create another switch on the polarity between acceptance and rejection. Call it Credulity, say. Set it (for the moment, you understand; not forever) to maximum credulity, which is a different nuance of maximum receptivity. Reader as well as writer: Take a moment and do this, for best results.

**DeMARCO:** Done. I'm hearing that what you propose to explain is easily brushed aside as nonsense.

**TGU:** Well, it's fragile, at first, put it that way. Switches set? Then -

You cannot experience the 3D world as separate, not really. To do so requires a certain willful - pretense, you might almost say. Conceiving your life in its greater dimensions is thus not a matter of imagining something, but of ceasing to maintain a barrier of pretense - the equivalent of a scrim on stage. Thus, easier than you would think, and hard to believe, because it doesn't come with bells and whistles and an aura of strangeness. It seems too natural to be "supernatural," too easy to be real, "too good to be true."

Remember, you are on both sides of the stage. You are actors and audience, both, and blocking out the "other" aspects of your life makes it easier to concentrate on the one you want to concentrate on.

**DeMARCO:** And now we want to concentrate on both, because now we want to see actors and audience in their togetherness rather than merely in their respective otherness.

**TGU:** That's right. And when you are dead you will experience your "past" life in just that way. But remember, you are that "dead" self now! You already extend to every moment of your "when" and to every extent of your "where." So, to experience what is on the other side of the mystery, you need merely extend your awareness to it. You don't need to wait until some imagined transformation occurs, or some given amount of time passes. (Whatever "time passing" means to you.)

**DeMARCO:** It is simple. That doesn't mean we find it easy to do, or even possible.

**TGU:** The first step is allowing the possibility. That's why we advocated the slide-switch to allow you to temporarily accept as true what your considered judgment might not let you consider for a moment. For some this will be a slight barrier; for some, a great one.

You are spirit and soul, individual and community, "internal, subjective" world, and "external, objective" world. If you can make this real to yourself, even in a never-never-land sort of way, only because you set your slide-switch to maximum temporary credulity, then you have the place to stand, the jumping-off place for clearer understanding of many facets of reality that necessarily are not easily associated with sensory cues. But if you cannot allow yourself to tentatively experience the absolute oneness of things, much of whatever follows will be merely words to you, incapable of helping you.

**DeMARCO:** In the sense, I suppose, that "the spirit gives life, but the word kills." I mean, intuitively grasping something offers possibilities, while clinging to the words themselves, as if they were things, paralyzes the faculty of grokking what can't be said.

**TGU:** Interesting paraphrase, that perhaps we would not have thought to put that way. Quite acceptable.

**DeMARCO:** The hour is up, but I'm wanting to keep going if you are.

**TGU:** The important part is that you realize that all you need to do is see both sides as equally real, equally you. Once you do this, you realize, it won't be any different once you "die"; what will be different is your perception, released from identification with 3D limitation. The separation implied by all those words will be less important, and the identity that is sometimes veiled by the words will be more evident. So, in a way, all this work is an unnecessary result of your (our) impatience! It will all become clear in the end.

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# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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**DeMARCO:** Very funny. But yes, I can see that it's true as well. But given that we are so strongly drawn to do the work of coming to that beyond-3D understanding, I have to assume there's a good reason for it.

**TGU:** And there is, of course. But in this case, what is at stake is the gradual creation of the successor civilization to yours, which will proceed under very different assumptions. This little bit may have its part in helping build that new culture. Not these sessions, nor any use you may make of these sessions, but the diffusion to even a few prepared minds, who of course will be thereby communicating to the strands they comprise, which of course extends indefinitely in all directions. But each of you need merely paddle your own canoe; you are not required to pretend to tow the QE II.

**DeMARCO:** It is a different thought - that I think follows - that we will also identify with spirit, not only with soul.

**TGU:** Indeed you will, except that the word "will" is misleading. Can't you identify with spirit now, given that you do so "at some point"? This is the key to many things, and we should proceed from this point next time.

**DeMARCO:** And this session was -?

**TGU:** Call it "A greater unity," perhaps. But what you title a given conversation is less important than that

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you do so. The process of trying to associate any given bit with all other bits is what is essential, or, anyway, is quite helpful.

**DeMARCO:** Till next time, then, and our thanks as always.

**TGU:** Someday you will see that is you thanking yourselves, which is also true. Till then.



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# HOROSCOPES FEBRUARY 2022



## **ARIES – (March 19 – April 18)**

### **ARIES: MOOD FOR FEBRUARY 2022**

Not very romantic, but determined to get what you want, you work to make your place in the Sun. You don't see the time passing, as February urges you to exploit your talents to stand out and take pride in them. You are reconciling with life, and you are smiling again. Your combative energy and charm seduce and make people want to follow you.

### **ARIES: LOVE FOR FEBRUARY 2022**

In February, you are mobilized by your business affairs which require determination and commitment. From the 18th onwards, it's time to reflect and take a step back from events before launching a new expansion cycle in full possession of your means. You will benefit from inspirations that will put you on the right track. You will act with strength and power to orient your emotional life towards the kind of existence that suits you. You know what you want and who you love.

### **ARIES: MONEY FOR FEBRUARY 2022**

If you've recently diversified your activities, you're making the most of your new potential and making those who employ you want to reward your talents. You are receiving precious help from fate. This is an opportunity to assert yourself and show what you are capable of. Your audacity is appreciated and rewarded. If specific projects mobilize your vital forces, you will have to wait before reaping the fruits of your initiatives. But there's no indication that you're short of money.

### **ARIES: WORK FOR FEBRUARY 2022**

Count on Mars to lead the way. You communicate your plans, but then step back and act wisely, considering past experiences. You invest a great deal of time and effort in your work to make your mark in the public arena and to make a difference. Count on discreet support and on your talents to shine. Debates and negotiations that started last month will resume from the 4th. At the end of the month, count on Mars to support your proposals and impose yourself in high places.



## **TAURUS – (April 19 – May 19)**

### **TAURUS: MOOD FOR FEBRUARY 2022**

In February, you have no lack of enthusiasm or energy to make progress and win over those who appreciate your dynamism and entrepreneurial spirit. The climate is favorable to your achievements. It allows you to federate, please, and enjoy sharing moments likely to reinforce your assets. Mars gives you a lot of energy between the 7th and the 20th, and, from the 12th, Jupiter invites you to make plans. This is an excellent opportunity to forget about past inconveniences and project yourself with joy into a future that inspires you. Some stagnant exchanges will start again, calming your anxiety and re-launching the debates. Mars boosts your energy and assures you of a winning mentality at the end of the month.

### **TAURUS: LOVE FOR FEBRUARY 2022**

You want to open up your future to your own ideas, and you gather partners for projects that will seduce and delight those around you. From the 18th, the Sun strengthens your support. In search of more freedom, you advocate a plan that is beginning to take shape. You wonder about the meaning you wish to give to your future, how you want to live your relationship, and your links with the outside world. At the end of the month, count on Venus to reconnect you to an inspiring life project.

### **TAURUS: MONEY FOR FEBRUARY 2022**

Supported by those around you who like your ideas, you will manage your finances well. Count on Jupiter to get the funds you need to finance your ambitious projects. You benefit from the practical support of a group ready to accompany you. Do not hesitate to solicit goodwill and financial contributions. Rely on your willingness

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# HOROSCOPES FEBRUARY 2022



to push your limits and on your power of seduction to clear the way for imminent projects.

## **TAURUS: WORK FOR FEBRUARY 2022**

Count on buoyant energy and a supportive environment to make an impression. If negotiations are on the agenda, hang in there. If you want to move forward with a project that could free you up, be prepared to seize any opportunity to expand your horizons. You want to have enriching experiences that will bring your destiny more in line with your expectations and the evolution you have accomplished over time. Count on Mars (from the 20th) to boost your energies and ambitions.

## **GEMINI – (May 20 – June 19)**

### **GEMINI: MOOD FOR FEBRUARY 2022**

Very busy with your career plan, you have conquering energy and high morale. After an anxious year, in February, you will benefit from the precious support of Jupiter, a major ally in the race for power and success. You have taken the time to question yourself about what has been motivating you since last year. You are now ready to mobilize yourself to respond to a request that emanates from the depths of your soul. This will encourage you, give you the energy and desire to fight for what inspires you, and believe in yourself and your destiny.

### **GEMINI: LOVE FOR FEBRUARY 2022**

You are preoccupied with the efforts you need to make at work to achieve your ambitions and get what you want. Your sentimental aspirations are relegated to the background. Still, they will return to the forefront when you have completed your goals. Venus will adorn you with a magnetism that is likely to attract the attention of your loved one. If discussions about the evolution of your private life have been dragging on, they will start to flow more smoothly from the 4th onwards. At the end of the month, count on your determination and your sense of strategy to bring you closer to an ideal life that inspires you.

### **GEMINI: MONEY FOR FEBRUARY 2022**

Take advantage of Jupiter's positive influence on your career plan to ask for a raise, a promotion. You negotiate to your advantage at the beginning of the month. If last year your ambitions were frustrated, count on the energies of February to open up new fruitful avenues for you, even if money is not one of your current priorities. You have an ideal in your mind and heart to serve

rather than a burning desire to fill your accounts, but one does not prevent the other.

## **GEMINI: WORK FOR FEBRUARY 2022**

Work is where the game is played in February. Jupiter favors your flights of fancy, and you can count on Mars to boost your energy and your thirst for evolution. This alchemy will pay off at the beginning of the month. Count on Mars to reinforce your conquering energies and move the situation forward by imposing your difference. During change, you mobilize your life forces to increase your chances of achieving your goals. Whether it is a life mission to fulfill, a cause to serve, you can only be interested in an ideal that inspires you. Count on strategic energy and a willingness to act from the heart to impact and score points.

## **CANCER – (June 20 – July 21)**

### **CANCER: MOOD FOR FEBRUARY 2022**

Count on Jupiter to help you take flight. You'll benefit from a powerful fuel to take on challenges and reach new heights in full possession of your means. You're back to dynamism and enthusiasm you've forgotten for a while. You can count on Mars and Jupiter to make an impression. You have no lack of energy or charm this month! You propose to those around you to adhere to your projects, which will seduce and convince them with the strength of your ideas and the height of your vision. It will affect everyone.

### **CANCER: LOVE FOR FEBRUARY 2022**

Jupiter connects you to high ambitions, sentimental or professional, and you will use your power of conviction to convince others to believe in you and follow you. From the 18th, the Sun takes over. You aspire to take off in excellent company, to find the rare pearl. If Saturn forces you to deal with restrictions, you can count on Mars and Jupiter to breathe more freely. Venus favors tender exchanges, happy encounters, and your exchanges with others will flow more smoothly. Don't hesitate to share your inspiring vision of the world and a future together with those you love or wish to embark on an adventure.

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# HOROSCOPES FEBRUARY 2022

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## **CANCER: MONEY FOR FEBRUARY 2022**

Jupiter has increased your income or expanded your knowledge. You are closing the Jupiterian loop, better off than before. Saturn may be drying up your bank account and thwarting your expansion plans. Still, Jupiter comes to the rescue and reconnects you to success. However, you seem to be more concerned with an ideal relay and partners to convince than with strictly material profit. But the one does not prevent the other. Nothing prevents your initiatives from also paying off.

## **CANCER: WORK FOR FEBRUARY 2022**

You have no shortage of arguments to convince your superiors that you are competent and that your directives must be respected. This authoritarian tone is not displeasing if it is backed up by a real plan and personal ambitions, and concern for others. Despite a sensitive backdrop, you have the energy to open up a new field of possibilities in February. From the 4th onwards, you will find it easier to communicate with associates and partners. Take advantage of this newfound fluidity to re-launch debates and propose to your hierarchy a mission that goes beyond your personal interests. In short, sell the dream.

## **LEO – (July 22 – August 21)**

### **LEO: MOOD FOR FEBRUARY 2022**

You do not lack the energy to move forward, progress at a fast pace, and make the most of the movements underway. Jupiter is the active ferment of an evolution that meets your expectations: to change the way things work, to change your horizons. Count on the giant planet to offer you an excellent launching pad. You will find a margin of maneuver that will free you, you can act as you please, you will find a smile and exploit your ability to achieve your objectives at the end of the month.

### **LEO: LOVE FOR FEBRUARY 2022**

Count on the influence of Jupiter to change what needs to be changed in your relationships. The benevolent planet will allow you to do so in the best possible conditions, towards an opening and a positive evolution of your emotional life. If your partner leaves you free to act as you wish, everything will be fine because you are unwilling to make concessions on the essentials. If minor stewardship problems short-circuited your daily life

in January, you would regain a fluidity more favorable to exchanges from the 4th. Take advantage of this time to help guide your destiny. It is a question of giving meaning to your emotional life or your life in general.

## **LEO: MONEY FOR FEBRUARY 2022**

Whether it's a matter of earning more money through suitable investments, getting an annuity, a bonus, benefiting from a bequest, an inheritance, you flirt with abundance rather than deprivation. You do your best to be rewarded, to be offered career development. You also act to define a new life orientation that becomes more essential as time goes by. Your ideal is to increase your earnings, even to make a fortune.

## **LEO: WORK FOR FEBRUARY 2022**

Jupiter's support will help you support your business and your associations and hope for a well-deserved return on investment. The beginning of this month is favorable to your expansion. You aspire to change your position, your job, even your life. Count on a context supporting your evolution to hasten your transformation and take your destiny in hand. Blockages will dissolve, and you will act more efficiently daily, managing your tasks without feeling hindered in your movements. At the end of the month, you feel guided towards a path more in line with your desires and the evolution you have accomplished.

## **VIRGO – (Aug 22 – Sept 21)**

### **VIRGO: MOOD FOR FEBRUARY 2022**

Rather combative and bold, you impose yourself on the public scene and in your love affairs. Take advantage of your energy and magnetism to dare without giving others the feeling that they don't have a say in the matter. You have no time to dawdle this month if you want to prove that you can be counted on and endorse your out-of-the-ordinary proposals. From the 4th onwards, you will find your room for maneuver. This is an opportunity to show what you are capable of and express your talents and feelings. Count on these more fluid currents to assert your will.

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## **VIRGO: LOVE FOR FEBRUARY 2022**

Jupiter invites you to get closer to those you love, to commit yourself. Count on Mars to endow you with boldness and even a thirst for conquest. It will help you convince the other to accede to your wishes, unite with you, or try an adventure together. You will learn from your reflections and make bolder choices with the desire to develop your emotional ties. You are no longer content with banal stories. You are looking for relationships that make a difference. If your emotional exchanges drag on, wait until the 4th, when the dialogue will start to flow more smoothly. Invest all your fighting energy in an ideal relationship that Venus will crown with success at the end of the month.

## **VIRGO: MONEY FOR FEBRUARY 2022**

You will do everything to get yourself noticed and to be chosen. You have precious assets to make others collaborate with you in good associations. You seek to impress the gallery, to shake up mentalities so that your collaborations evolve. Your proposals please and bring you a lot. Whether it is in esteem, recognition, or admiration, you have every reason to be satisfied.

## **VIRGO: WORK FOR FEBRUARY 2022**

You spend a lot of energy imposing your style, methods, and desires on partners. You do not procrastinate, are determined to push your limits, surpass yourself, to provoke your professional entourage. With your audacity and ability to propose different projects, you score points. From the 4th onwards, re-launch the debate, defend your ideas, and express your creativity. You will have no difficulty seducing your partners and interlocutors who will become your admirers. Your charm and your striking force will work wonders.

## **LIBRA – (Sept 22 – Oct 21)**

### **LIBRA: MOOD FOR FEBRUARY 2022**

Your day-to-day life values your skills, and your ambition is to manage the family business to fit with your vision. You're not lacking in energy or in the ability to stay in charge. You're not afraid to run the family operation, and you leave your loved ones with little choice but to follow you. You are pretty happy with yourself, and you appreciate that exchanges will become more fluid from the 4th onwards. At the end of the month,

rely on your apparent goodwill to contribute to the blossoming of your loved ones. Put your family life on the right track.

## **LIBRA: LOVE FOR FEBRUARY 2022**

Your daily life is opening up! Whatever your priorities, you are taking advantage of a period of expansion to direct your private life so that it meets your expectations. Rely on your authority to give a new impetus to your exchanges with those around you. You want to free yourself from rules and constraints that limit your expression at home, within your couple, or your family. Opportunities are offered to you to find your place. At the end of the month, you can rely on your determination to reach a form of daily ideal, to clarify family life, so that harmony settles in and you can blossom without ambiguity.

## **LIBRA: MONEY FOR FEBRUARY 2022**

Jupiter contributes to your professional development. You are gaining stature, finding a more exciting job, or joining a team that recognizes your talents. From there to be rewarded for your merits, it's not far. Jupiter reinforces the everyday terrain with the possibility of being promoted and evolving in your activities. Whatever happens, you'll get your money's worth, whether it's in cash or in contentment. Making a fortune is not your primary concern in February. Above all, you are looking to live in peace and harmony with those around you. You want to establish a fulfilling atmosphere in your family. Everything in its own time.

## **LIBRA: WORK FOR FEBRUARY 2022**

Jupiter allows you to broaden your skills, to serve with more responsibility the collective interest while putting your personal mark on it. Continue on this path. If you are spending your energies building your private life following your aspirations, count on Jupiter to improve your daily life and better manage the stewardship. Whether it is a raise, a more attractive, or a more remunerative job. However, continue collaborating, team up and share your fruitful inspirations with colleagues and associates. At the end of the month, you'll be drawing on exalted creativity to serve the common cause.

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## **SCORPIO – (Oct 22 – Nov 20)**

### **SCORPIO: MOOD FOR FEBRUARY 2022**

Determined, even offensive this month? Count on Mars to strengthen your entrepreneurial spirit. Charismatic, you impress the crowds with your dynamism which leads to success in love and business. Your entourage is impressed by your conquering energy. You can seduce anyone you want and get what you want. The sky of February reinforces your joy of living and your dynamism. You want to push the discussions and exchanges to the top, and you deploy a specific authority to achieve this.

### **SCORPIO: LOVE FOR FEBRUARY 2022**

Jupiter puts your love at the forefront and offers you the opportunity to keep the flame alive. If you are looking for a soul mate, open your heart. You will work with passion around the 4th to make your exchanges with the one you love more exciting, to live intense moments in love or with your children. Count also on Jupiter to exalt your creativity, make the relationship evolve, and change things. Suppose you aspire to find your soul mate, to live an ideal relationship. In that case, you express your aspirations with ardor, in communion with the other person (or even with your children).

### **SCORPIO: MONEY FOR FEBRUARY 2022**

Even if you are not thinking primarily of filling your bank account this month, count on the results of your initiatives and undertakings to influence your income upwards. Your foreseeable successes will help to swell your coffers. Even if this positive return is not your primary objective, your talents and merits will be rewarded. You seem to be more interested in expressing your gifts, feelings, and ideas than in increasing your income. There is a time for everything, and for the time being, you are more interested in the high realms of dreams than in money.

### **SCORPIO: WORK FOR FEBRUARY 2022**

You use your exalted creativity with fervor. You defend your point of view with ardor, and Jupiter reinforces your shooting power. You will not go unnoticed. You will make an impression. You dream of expressing your talents while managing your work, your relationships with your colleagues, hierarchy, and associates in a more flexible way. You deploy arguments likely to convince others of the legitimacy of your demands in open and productive exchanges. You are inspired. Your determination, your offensive communication allow you to be heard.

## **SAGITTARIUS – (Nov 21– Dec 20)**

### **SAGITTARIUS: MOOD FOR FEBRUARY 2022**

The atmosphere is favorable for your personal and family development. Take advantage of this to fill up on happiness and strengthen the bond between you and your loved ones. The situation favors your personal growth and supports your initiatives and requests. You are looking to lighten your schedule, manage more freely your stewardship, and evolve in a pleasant family atmosphere. You have all the assets to achieve this. Concentrating on your personal objectives, you will find the means to conclude financial negotiations to your advantage from the 4th.

### **SAGITTARIUS: LOVE FOR FEBRUARY 2022**

It is your home, your family, that mobilizes your vital forces. Count on Jupiter and Mars to provide your loved ones with the ideal living conditions to flourish. You work at this with ardor and determination, and your efforts will pay off. You aspire to arrange your daily life to your liking and manage your schedule to offer you enough freedom to maneuver and fulfill yourself on a personal level. In February, you will benefit from flows that support your desires, and the cosmos seems to be conspiring for your happiness. You don't skimp on the means to finance a real estate purchase or the beautification of your current world.

### **SAGITTARIUS: MONEY FOR FEBRUARY 2022**

You are not sparing any efforts to strengthen your income, and you demand the reward of your talents and merits. You want to enjoy an environment that makes you feel secure. Use your energy to push for a raise or even a promotion. Count on Mars to give you more money, independence, and recognition so that you can live more comfortably with your family at your own pace. You will find the necessary funds to carry out a project that touches your private world. Mars gives you the determination to get your way and the money you need.

### **SAGITTARIUS: WORK FOR FEBRUARY 2022**

You are determined to make the most of your opportunities and make the most of your potential to improve your income and living conditions. Take advantage of the first two weeks to develop and express your talents to build your career or even create your own business. Mars

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boosts your desire to increase your financial income and manage your business as you see fit. If you are feeling too much pressure daily, ask for more autonomy! If your hierarchy is not responding to your needs, consider starting your own company. Financial matters finally take their course from the 4th. Your efforts are more focused on improving your private life than achieving your social ambitions.

## **CAPRICORN – (Dec 21 – Jan 19)** **CAPRICORN: MOOD FOR FEBRUARY 2022**

No one is stepping on your toes in February, and you're putting out impressive energy. If you feel the pressure building, invest in a punching bag or expand your relationship with joyful escapades. Voluntary and seductive, count on Jupiter to communicate and seduce. You want to surpass yourself, to reconnect with a freedom that makes you smile. Mars endows you with beautiful energy, and Venus exalts your power of seduction. You'll have a great time with people you care about.

## **CAPRICORN: LOVE FOR FEBRUARY 2022**

In February, you will not go unnoticed. Offensive and charming, determined to impose your will on those around you, you can convince and seduce. Jupiter favors your radiance. Take advantage of it to enrich your address book. Venus adorns you with an irresistible aura, while Mars endows you with a beautiful tenacity to obtain what you covet and make your emotional life evolve. Jupiter transforms your relationships and gives them new life. Mars reinforces your energy and thirst for conquest while Venus endows you with an irresistible charm. This is the time to get out of the shadows and renew your ability to seduce. You can bewitch anyone you want at the end of the month.

## **CAPRICORN: MONEY FOR FEBRUARY 2022**

You'll be selling or monetizing your talents in February, and you'll have no trouble convincing those around you that your abilities are worthy of a reward. Count on Jupiter to put forward arguments likely to trigger generosity. You are back to daring communication that has an effect. You want to surprise, to change things in love rather than amassing material wealth.

## **CAPRICORN: WORK FOR FEBRUARY 2022**

You have no lack of audacity or courage to make yourself heard. Rely on this exceptional strength to get your important messages across, assert your authority, and find new allies to support your initiatives. If you want to tint your activities with fantasy, humor, even provocation, count on Mars to be daring and Jupiter to get your messages across without worry. You will make an impression without antagonizing anyone. Stagnating exchanges will be re-launched more productively from the 4th onwards. At the end of the month, count on your fighting energy and undeniable charm to make an impression and score points.

## **AQUARIUS – (Jan 20 – Feb 17)** **AQUARIUS: MOOD FOR FEBRUARY 2022**

A fine strategist, you hold back your impulses to place yourself in the right place without rushing the movement. You find yourself in a certain euphoria that reinforces your morale and makes you want to accomplish feats. A frustrating period ends in February. Jupiter invites you to explore and develop your potentials, to energize the financial field. Keep control so that your horizons broaden and your life opens up in other ways, even elsewhere. You don't take any decision lightly, in love or in business. Tune into your inner compass to keep a course that holds.

## **AQUARIUS: LOVE FOR FEBRUARY 2022**

Your love life is not the focus of your attention in February. You still have the positive energies of Jupiter at your disposal to increase your income, develop your potential and discover other fields of experience. You are taking advantage of this good situation to make your move. You are completing a reflection phase concerning your emotional life, a return to yourself and your past to eliminate what no longer suits you. You are led to make quality choices, signify your priorities, and find the means to achieve them. Don't be afraid to revisit the past as you benefit from the exercise. Connect with your intuition, your feelings to catch the right vibes that will lead you to make the right choices.

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## **AQUARIUS: MONEY FOR FEBRUARY 2022**

Since the end of December, Jupiter has supported you in your initiatives to increase your income and fully exploit your talents. From the 12th, you are rewarded for your efforts and patience and have the opportunity to earn more or invest in real estate. Whatever your desires, you want to break away from a way of life. You want to free yourself from a past that has plagued you. You are exploring other avenues, favoring activities that allow you to exploit your talents. Still, it is not profit that guides your quest but searching for a path that inspires you.

## **AQUARIUS: WORK FOR FEBRUARY 2022**

Sharpen your plans, don't rush into anything, but prepare initiatives that quickly take shape. Jupiter favors the development of your talents and your economic expansion. Take advantage of February's energies to prepare the ground that will take you far and high. Mars invites you to prepare for the future. Still, haste is detrimental to your plans, and you'd rather play strategic rather than be a bulldozer. You can count on a return on investment, a reward, and the possibility to invest a lot to change your life. At the end of the month, rely on your emotions and a well-channeled strike force to guide your steps and actions and ride the right wave.

## **PISCES – (Feb 18 – March 18)**

### **PISCES: MOOD FOR FEBRUARY 2022**

Determined to get what you want, you lack neither strength nor enthusiasm to make an impression. Count on your unstoppable energy to move in the right direction, and people will stop putting obstacles in your way. As a result, you'll find your fighting spirit and a high level of morale. Your head and heart are full of projects that you are burning to achieve, making you want to fight and get involved. Whatever happens, you have the opportunity in February to make your dreams come true and see your morale soar.

## **PISCES: LOVE FOR FEBRUARY 2022**

You feel more concerned with launching your projects than with your love life. You are mobilizing your forces to launch a new cycle of expansion. Jupiter favors your personal development, and you do not miss any opportunity to set the scene you like. You are coming out of a period where you felt alone in the world, and you can now count on effective celestial relays to reconnect and communicate more freely. Take advantage of this to make yourself heard and open a new chapter in your personal history. Exchanges gain in fluidity from the 4th. Count on beautiful energy at the end of the month to realize a dream. You have no lack of determination or inspiration to achieve it.

## **PISCES: MONEY FOR FEBRUARY 2022**

You're looking to get into a new pattern of living and grow into it, not necessarily to make a fortune. Your main objective this month is to stay alert and open a new path in line with your needs. You are negotiating in this direction, even though you are more determined to grow personally than get rich. You are too romantic to worry about material matters; it is the dream that prevails over a very realistic view of the world.

## **PISCES: WORK FOR FEBRUARY 2022**

Jupiter favors all initiatives designed to chart a new course, to launch a new life cycle. You can also count on Mars to stimulate you and give you the charisma to motivate your troops and make others want to team up with you. In February, you're back in the game and taking power over your own destiny, which you wish to shape according to your own ideas. If negotiations concerning your future have been stalled since January, wait until the 4th to re-launch the debate. Your arguments will be better received and heard. At the end of the month, count on your strength and an ideal to reach your goals.



Mokshapriya Shakti

# ESSENTIAL LIFE HACKS

*...continued from page 15*

**3. Samshay - doubtfulness.** With a doubtful mind we cannot do anything. We must believe in what is to be done; that is why we do things.

**4. Pramaad – a certain kind of ego.** Even if we are not doubtful, there is pramaad. If all opportunities are provided, you know that it is good, and you want to do it, but the mind does not let you do it, then it is this ego. We think so highly of ourself in the subconscious mind, that we do not need it and therefore do not do it.

**5. Aalasya - physical laziness.** This is not physical inability.

**6. Avirati - absence of detachment.** Through attachment to the objects of the world we lose mental control. Mind will always follow that which we love or are attached to.

We look at these six and this way we do not need to disempower ourselves with judgement. These tendencies are part of the mind, even though the conscious mind tells it want to do. We need to accept the possibility and set out to overcome them. Any time we judge ourselves, we steal our ability.

**Self-discipline** or **tapas** is necessary to develop mental strength. Some practices are: yoga, physical exercises, prayer, meditation, journaling, gratitude etc or any thing that we do on a regular basis to develop a healthier body and mind. One of the best ways is mindfulness.

Mindfulness means being aware of what we are doing at all times. How many times have we misplaced something and are looking for it because we where not mindful?

Being mindful in every action, especially in the morning is discipline.

When we get up, immediately we begin to think of the day and what needs to be done and do the morning routine on auto pilot while the mind is going on and on.

But this is the time to reflect and become mindful, so that the day will go smoothly.

After the initial, ***I have to get up and go to work today***, just be very mindful of every action. In the shower feel the water running down your back, feel the toothbrush going into all the corners of the mouth, taste the toothpaste etc. This is practicing tapas in the morning.

Then sit down and do some breathing exercises and stretches. Taste the breakfast as if it is the first time you tasted it. Become aware, be in the moment. Do not allow the mind to run all over the place. When it does, just remind it gently to return to being mindful.

For spiritual students we recommend that every part of life becomes tapas. In the **Bhagavat Gita** it states ***“Offer all actions to me.”*** That means all of our life and thoughts are to become a Divine instrument.

***“Oh Lord use me until I can not be used any more.”*** Then all conflicts and all joys become a means towards returning to the source.

When we endeavor to practice anything on a regular basis we immediately reprimand ourselves if we skip a day or two. When we do that, we remove our power. Accept it, and just move on and start the practice again. Do not give up. Look at the six tendencies of the mind and know it is not your weakness but just a mental tendency. This attitude will give us the power to accomplish what we have set out to do. **Tapas** or **discipline** is bitter in the beginning, but sweet at the end.

Andrea/Publisher writes: I subscribe to the **Yogashakti Yoga Center YouTube channel**, it's a great addition to my morning practice. I met **Mokshapriya** at the Palm Bay ashram in the 90's. Like her predecessor my beloved **Ma Yogashakti**, she exudes very definite, palpable energy. Give her vids a watch. They educate, comfort and inspire me. You can watch the **Yogashakti Yoga Center YouTube** channel at [https://www.youtube.com/watch?v=w\\_LJwgiYIO0](https://www.youtube.com/watch?v=w_LJwgiYIO0)





Dr Joe Dispenza

# EMBRACING CHANGE

*...continued from page 8*

tinue to enact meaningful change in your life, you must embrace continued change in yourself.

Not just “why;” not just “what;” but - “how”?

If you’ve been following my work for any amount of time, you know we’re committed to giving people the tools of transformation.

*We don’t want to talk only about the “what” and the “why” of meaningful change; we want to inspire the “how.”*

Many people ask me, what do you do?

**At the end of each year**, I go back to basics. I take time to self-reflect. I write down the thoughts, behaviors, and emotions I want to change. I want to become so aware of these unconscious thoughts that I will never let them slip by my awareness unnoticed.

**I make the effort to remember** how I no longer want to act - or react - in my life. I remind myself that these unconscious habits aren’t consistent with the person I want to be.

*The act of changing unconscious behaviors requires committing them to my conscious memory so I don’t forget - and returning back to that same person in my waking day.*

**I make the time to do an inventory:** What are the major emotions I live by every day? Are these emotions loving to me?

**Even more important, I challenge myself to list the thoughts I want to experience and believe.**

I take time in my meditations - with intention and attention to repeat them by firing and wiring those circuits - until they become the new voice and automatic belief in my head. I mentally rehearse the new behaviors I want to demonstrate in certain situations that reflect a greater state of mind and body.

*In my mind, over and over again, I review a better way to behave until it’s become so ingrained that I can do it with my eyes open.*

*It’s the art of mental rehearsal that primes the brain to look like we’ve already done the act. Practiced enough times, we install new hardware in the brain - which, in time, ultimately becomes more like an automatic software program. We’ve programmed our brain to behave this way. It’s no different than an actor mentally reciting a script, an athlete internally reviewing their moves, or a musician rehearsing a song in their head.*

**Last, I ask myself: what will the emotions of my future feel like** ... and can I practice bringing them up, again and again, until I can do it on command during my waking day - with my eyes open?

This is the process of overcoming the old self and staying conscious ... the process of remembering - and not forgetting.

## PUTTING THE TOOLS TO WORK FOR YOURSELF

If you’re looking for some guidance, one of the tools we would suggest is [The Formula Online Course](#), designed to help you create the life you envision.

For those who are new to our community, [The Formula](#) is a great introduction to learning how to condition your brain and body into a new future. And for students who already are familiar with our work, this is an excellent opportunity to review the basics and deepen your understanding - and your practice.

It offers an accumulation of more than 10 years of independent research on people who have studied and applied this work, and distills the resulting data into digestible 30-to 40-minute courses - with five meditations - that teach the techniques to realize brain and heart coherence. You’ll learn how to combine a clear intention with an elevated emotion to change your mind and your body - and, ultimately, your life.

Think of it as an experiment. You get to be the scientist in your life — and your life becomes the experiment in which to measure the effects of you, at cause. Significant change doesn’t have to be mystifying. You can apply this simple, two-fold method for changing your thoughts, behaviors, and emotions ... and change your life in the process. Info: <https://drjoedispenza.com/products/the-formula-online-course-by-dr-joe-dispenza>



Mitch Ditkoff

# THE GIFT OF LISTENING

*...continued from page 16*

## 5. THE LISTENER DOES NOT TRUST OR RESPECT THE SPEAKER:

Here's the bottom line: If the person being spoken to is not experiencing trust, appreciation, or respect for the person who is speaking, there's a high likelihood that he or she will find a way to end the conversation abruptly. And one of the simplest ways to do that is to trot out the "I already know that" phrase -- a not-so-secret code for "Excuse me, I have better things to do than talk to you right now."

### Of course, there is always the flip side of this coin.

While all of the above conversation inhibitors are quite common, there will be times when the listener's declaration of "*I already know that*" is both appropriate and well-founded. Perhaps the speaker IS obsessing, being neurotic, or repeating themselves for the tenth time. It happens. It does.

But even when it does happen, the listener always has the option of moving the conversation (and the relationship) to higher ground. How? By assuming the best in the speaker and responding with graciousness, receptivity, patience, and presence.

### Here's another way to think about this dynamic:

If someone looks into your eyes and says "*I love you*," you responding with the words "*I already know that*" probably isn't the best way to establish intimacy. Or if your child comes running into your bedroom and says "*there's a monster under my bed*", you responding with "*I already know that, you told me the same thing last night*" isn't likely to calm your child's fears.

Those kinds of responses, while rational, are not what's needed in the moment. What's needed is something else -- receptivity, curiosity, empathy, care, and presence -- all of which are the pre-conditions for genuine communication.

I am not suggesting you become an easy target for another person's neediness, neurosis, or projections. Nor am I suggesting you waste your time entering into conversations you really don't want to have. *What I'm suggesting is this: Any time another person seeks you out to speak their mind or express themselves, it's a golden opportunity for you to be of service -- a simple act of human kindness that can be accomplished in three minutes or less. Let go of your fear of being overwhelmed. Your day is not about to be ruined. You are not about to be sucked into a rabbit hole you can't get out of.*

*All that's being asked of you is to receive the other, honor their need to express and, by so doing, increase the odds of genuine communication taking place.*

### Towards that end, you have choices. Here are two healthy alternatives to the "I already know this" routine:

**1. Pause, take a breath, and become present:** In other words, for the moment, let go of your TO DO list and the spinning hard disk of your mind. Unplug from your momentum! See the person standing before you as the perfect person to be standing before you and know that your respectful attention has the potential to work wonders (without taking a whole lot of time).

**2. In a gracious way, let the speaker know you DO understand** what they are about to say -- then give him or her a chance to express themselves more fully, i.e. "I hear you. I know this is a huge topic for you. Is there anything else you need to say to me about this?"

- "Yup. I totally get that this topic has been on your mind for a while. What do we need to do to resolve this situation?"

- "Hmmm. I can see we have some unfinished business here. Is there anything you need from me to get closure on this?"

- "Thanks for speaking up. I know how important this topic is for you, but this moment isn't a good time for me to have this conversation with you. How about we dig in later tonight?"

- "Oops! I thought we had already resolved this matter. But maybe not. What do you need from me in order to feel complete about the topic on the table?"

*"Give me the gift of a listening heart."  
-- King Solomon*



# SETH SPEAKS

*...continued from page 24*

"The appreciation must come from yourselves. You think you are aware with techniques which you read about. Listen to just one cell within your body, and hear it sing with purpose, and integrity, and joy! "Feel a leaf! Feel the petal-like quality of your own thoughts. Be yourselves in the moment and, again, what is the power of the present! I demonstrate it for you, but it is your own, and it is within you now, the energy that you perceive.

"You each have the same energy and it sings within your being. You need not be shy of it. It is your own! You need not look to gurus, or gods, or **Seths**. It dwells within you!

"There is a spirituality within your tissues. Physical existence is sacred and good. There is nothing wrong with it. Atoms and molecules, they are holy. Your consciousness is holy, and so is your little toe. You can aspire--you must aspire for that is within you. But **All That Is** is now within you.

"You do not have to traverse worlds; you do not have to meet hopeless little gods at doorways to let you know whether or not you can enter or follow through on tests, as some psychics tell you. You do not have to take upon yourselves definite rituals. You have only to look within yourself for the source of exaltation, creativity and song....

The teacher is within each of you, and you are yourselves the teacher that you do not recognize, And the voice that speaks in your dreams is the voice of yourself that you do not recognize speaking from the ancient founts of knowledge that are your own.

"I have told you often that I am no spooky guide that speaks in the night. I am myself, but I am also the speechless portion of your own selves. I am height that you have reached and do not know that you have reached. I am your own heartbeat. I do have my own individuality, yet this in no way means that there is not a meeting ground between what I am and what you are.

"I want you to understand that in this moment in your time, your very cells respond to what I say not because

I say it, but because your cells also speak through my voice and the forgotten portions of you to which you do not listen. The voice that cries in the wilderness is your own, and the voice that answers from eons of time that you do not understand is your own.

**"You have counterparts you are not alone. You have brothers and sisters that you do not recognize.** Stratum that fly through the night, in your terms now, have known consciousness and song. The air that brushes past your cheek is alive. It too has known love and exaltation and will again.

"Remember, therefore, that your own vitality is without bounds; that it is ever new; that it sweeps through your own frame as easily and as naturally as the energy sweeps through this form; that you have only to accept it and acknowledge it. The vitality of life is not quiet; it is not adult; it is not dignified; it is! **All the alleyways down which you have traveled have openings. Any disasters that you have worked upon yourselves have openings. Any energy that you need to direct to any part of your physical image is yours for the asking. Any thought that you have is creative.**

"As easily and miraculously as a flower grows or as a hair grows out of your skull or as a thought rises from your brain, that energy resides within you. That energy is your own--your own divinity rests within it. The bridge ways that you form and that all of you know are made of this vitality. In silence it grows and is nurtured, but it is not of itself quiet. It is vigorous and it is not afraid of quiet. It forms you. Get on good terms with it and do not deny it.

"I ask you to identify with the power behind this voice and to feel it within your very cells, for it is your own power, your own energy, your own knowledge, and the divinity from which you have sprung and which is a part of each of you. The voice that answers is your own, then listen to it with love and understanding.

**"There is nothing more stimulating, more worthy of actualization, than the desire to change the world for the better. That is indeed each person's mission. You begin by working in that area of activity that is your own unique one, with your own life and activities.** You begin in the corner of an office, or on the assembly line, or in the advertising agency, or in the kitchen. You begin where you are.... When you fulfill your own abilities, when you express your personal idealism through acting it out to the best of your ability in your daily life, then you are changing the world for the better."





Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 33*

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

They did not plan on returning and the next time they were searching for a restaurant in **Chinatown** the **Man with the Ladder** suggested someplace quiet but intense and **Reb** leaned toward something traditional but unique. They were mentally pursuing their inventory for a quiet traditional, intense but unique establishment when that same haunting aroma shanghaied their noses and they found themselves in front of the same restaurant.

"I don't know if we should bother, the food wasn't that good." the **Man with the Ladder** reminded him.

"But the dumplings were wonderful."

"I don't know if good dumplings are enough criteria for choosing an entire meal. Remember the time you chose that restaurant because the waitresses wore silk dresses."

"Well you were the one who picked out the meal." **Reb** replied.

"The menu was in Chinese."

"Well even with pot luck you think you could have done better then ordering three different varieties of algae."

"Is that what it was? I was afraid to ask, those waitresses looked a little fierce up close."

They ended up giving the place another try. The waitress seemed to recognize them and treated them with a rough familiarity. She pointed to the specials on the wall and leaned close to whisper, "Don't order anything made from animal with four feet no matter what I say if hostess passes by." She subtly nodded her head toward a stiff old crag of a woman who looked like she should be staring down at them from a throne. As it was she was staring down at them from behind the glass case in the cashier's nook. A sign by her elbow said in block letters '**Hostess**'.

They were still pondering this mysterious communication when she announced, "The pork is very fresh today." Out of the corner of his eye the **Man with the Ladder** noticed the old crone laboring toward them.

"Empress of Mott street." the waitress giggled when the hostess had passed.

"How many feet does a sesame chicken have?" the **Man with the Ladder** asked **Reb**.

Two of the three dishes they ordered were exceptional.

"But how can chicken **Confucius** style taste like cardboard one day and ambrosia the next?" **Reb** wondered aloud.

"It's like sex." **Reb** heard someone say from behind him. He turned but all he saw was the waitress with her hands covering her mouth giggling her way to the kitchen.

She returned with their fortune cookies which also tasted different.

This time they tasted like Styrofoam packing material.

From that time on whenever they found themselves hesitating over a choice of restaurants, the same haunting smell would catch their nostrils and the rest of their body would soon follow. The **Man with the Ladder** associated the smell with the delicious dumplings but **Reb** suspected it wasn't the food at all. He was convinced that it was some primitive scent attached to the waitress that attracted helpless passersby. Or so he fantasized.

Each time they ate there the food seemed to get better and better though there was always some disastrous dish masquerading as the delicious one they had had only the week before.

"It's like a symphony with a madman playing second fiddle, then the piccolo, then the tuba." is how **Reb** described it, "You never know where the discordant element will pop out at you next."

In spite of this unpredictability or perhaps because of it, their creative juices always seemed to flow, especially in expectation of what the meal would look like, and afterwards finding words, both good and bad, to describe the panorama of taste sensations experienced. .

The fortune cookies also ran the gambit from bad to unspeakable. When the most recent batch tasted decidedly like plaster of paris, the **Man with the Ladder**, trying hard to be polite, asked the waitress, "There isn't any chance you mistook ashtrays for fortune cookies is there?"

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Jim Egan

## STORIES THAT BEND REALITY

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

She just covered her mouth and giggled uncontrollably. At least that ritual remained constant as well as the unexplained commerce in books that also took place on the premises.

Strangely enough what they found most unusual about the restaurant was that it seemed to fit all their moods and the ones in the middle. It was like **China** itself if you knew what to ask for you could find any human drama.

"Something's dreadfully wrong," the **Man with the Ladder** solemnly announced after finishing the last of the **Beef Chow Fun**.

"You mean the old crone?" **Reb** asked.

"No, what's wrong with the old crone?" he asked, looking up.

"I may have imagined it but I thought I saw her smile at me."

"No, that's not it."

"The waitress?" **Reb** asked breathless. She was wearing a traditional silk dress with a slit up to...

"No, I'm talking about the food," the **Man with the Ladder** clarified.

"What do you mean, everything was delicious."

"Precisely, not a single dish was disappointing. Where's the other shoe going to drop?"

"Maybe on the fortune cookies." **Reb** suggested.

"They're always bad, how could they get worse?"

"I'm not even going to look at mine." **Reb** announced, "maybe it will explode or something."

When they arrived they glistened like they were real gold. The **Man with the Ladder** was still suspicious even when his cracked open delicately like a porcelain shell, disgorging its fortune openly. "Mourn in your victory, the death of possibility."

"That's a mouthful!" the **Man with the Ladder** exclaimed.

**Reb's** cookie opened to his touch like a flower. The fortune lay there exposed. "Learn your lessons while they're easy."

It was a day like any other when that familiar smell lead them through narrow side streets just in time to see fire engines pulling away. The fire was not a large fire but a descriptive one, it had wormed its way into the heart of the restaurant, the kitchen, and killed it, burned it dead, then extinguished itself. The smell of charred building floated in the air but mostly it was the haunting smell that had led them to the restaurant in the first place.

"The other shoe has finally dropped," the **Man with the Ladder** eulogized.

"I've lost my appetite." **Reb** complained.

They ended up arguing over where to eat which was not their custom and settled for one of their former standbys though neither found the food as good as they remembered it. Not a chant or a hint of a story leaked from their conversation and although they ate their fill they still felt vaguely hungry as if their creativity had gone unfed.

The next time they set out for **Chinatown** they sadly began anew their search for the ultimate restaurant. They turned down **Mott Street** arguing over which way to turn next when they stopped and looked at one another. The smell.

"I know I smell it too." **Reb** admitted

"Do you think they could have rebuilt it so soon?"

"Not likely."

They tried to ignore the aroma but it kept tickling their noses and enticing their salivary glands. Though they purposely tried to move in the opposite direction they found themselves walking down the block where the restaurant had been. The lot showed signs of recent work.

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Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 49*

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

"With all this wood lying around you'd think it was a lumberyard or something." The **Man with the Ladder** observed.

"It is a lumber yard." **Reb** patiently pointed out.

From the inside they could hear the sound of a saw slicing lumber.

"Maybe one of the workers knows where the restaurant has gone," **Reb** hoped.

The **Man with the Ladder** shied away from asking questions, he would rather make the same mistake a dozen times than ask for directions once. **Reb** was just the opposite; asking questions was like getting something free.

A man in a hard hat walked past the fence.

"Excuse me," **Reb** tried to get the man's attention, "Excuse me sir. We're looking for the restaurant that used to be here."

"There's the menu." the man said solemnly pointing to a charred wall where sure enough the remnants of the days specials could still be made out. "What do you want?"

"We'd like to know if the restaurant relocated." **Reb** asked.

"You have trouble with **English**? I said there's the menu, what do you want?"

**Reb** stood there confused.

"I'll have the **moo shu pork**." the **Man with the Ladder** offered.

The hard hat turned and yelled some long convoluted message in Chinese to someone in the back of the yard. The saw stopped buzzing.

"And you?" he asked **Reb** who was still a little confused.

"I was looking forward to chicken **Confucius**." he admitted.

"Sorry, all out of chicken pictures." he said solemnly. A familiar giggle rang out from the wood shed.

"How about **Roast Duck**?" **Reb** replied.

The hard hat gave another yell to the back and began picking up some two by fours.

They noticed a semblance of a table made of a piece of plywood resting on two wooden horses. They had only just sat down when their usual waitress walked out dressed in coveralls carrying a tray with their meal. The coveralls only made her features look more exotic. **Reb** made a note in the back of his mind to come up with some fantasy involving this beautiful woman and coveralls. The meal had its moments, and **Reb** and the **Man with the Ladder** quickly found themselves weaving tales and profound thoughts around the meal, which they hadn't done lately. After the meal they waited.

"Anything else? Oh," she said, forgetful, "You want fortunes?"

She called to the person working the saw. The man ripped off the top page of an orderbook and scribbled on it in pencil. He tore the page in half, crumpled both pieces and tossed them over to the waitress. She carefully flattened out the papers and turned to the **Man with the Ladder** and read: "You can't cut down tree without going against the grain."

To **Reb** she read: "You eat chicken pictures, but not to excess."

She handed them the bill which was for fourteen board feet of 2 x 8 x 2/4.

The next time they went to eat in **Chinatown** there was no question where they would eat. They headed for the lumber yard. They walked by it twice before they realized in the place where the lumber yard used to be was a stock broker's office.

"We can always ask." **Reb** advised.

Inside it was a stock broker's office all right, on the wall an electronic sign ran quotes from the Japanese market, but strangely enough in the background they thought they could hear the whine of a saw.

*...continued on page 50*





Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 49*

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

The construction was partial at best; a list of wood and cost per running foot were still on one of the walls and the piece of the menu from the original restaurant still had not been painted over. Even the commerce in books appeared to have continued. In the air the familiar smell of their favorite restaurant was still there mingled with the smell of sawdust and carpet cleaner.

"Yes, how can I help you?" asked a portly man in a business suit looking up from his computer.

"We just wanted to know about the lumber yard." **Reb** went on undaunted.

"What is it exactly that you want?" the portly man inquired.

"Well," **Reb** hesitated, "This may sound ludicrous but we're really looking for a place to eat."

"Okay, so what do you want?"

"We thought you might know where--"

"You hard of hearing or something?" he asked quite loudly.

"I'll have pan friend shrimp." the **Man with the Ladder** blurted out.

The stock broker swung around to his computer and typed furiously. The sawing stopped. He gestured to a desk which had been cleared off and two swivel chairs.

"Its non-smoking, it's all we have." he apologized.

Their meal was brought by their usual waitress, who they barely recognized in a gray business suit and skirt.

"This would make a good story," the **Man with the Ladder** decided over his pan fried shrimp, "but for the life of me I can't figure out what the moral is."

"I think it's in Chinese." **Reb** offered.

"Well then don't ask me to choose it," the **Man with the Ladder** cautioned, "or it will end up having something to do with algae."

The familiar giggle rang out from the back room.

"Anything else?" the stock broker asked them when they were through with their meal.

"Fortune cookies would be nice." the **Man with the Ladder** mentioned.

The stock broker reached into what looked like a rolodex file and produced two fortune cookies. They opened at the touch. "Change is collective pretend." said the **Man with the Ladder's**, "Easier to parallel park **Himalayan** mountains than take Spirit of **China** out of **Chinese**." said **Reb Dunzel's**.

"Just like spirit of restaurant," the waitress nodded, handing them the bill, scribbled on the back of a fax, "Once you get hold of spirit of something you never lose it."

They pondered this idea for a while. The stock broker interrupted their two handed meditation.

"How did you like the food?" he asked.

"Well," the **Man with the Ladder** said gingerly, "the pan fried shrimp was excellent but the **gum bao ji ding** was..." he searched for a word, 'horrible', 'disastrous', 'inhumane', all presented themselves but he left them unsaid.

"Well what do you expect--this is a stock broker's office." the stock broker reminded them.

"I've had better **Chinese** food in lumber yards." the **Man with the Ladder** whispered a little too loudly to **Reb**.

The stock broker looked offended, he was only slightly mollified by the generous tip.

The next time they were in **Chinatown** they found themselves on their usual block but walked right past the place without realizing it. They backtracked keeping eyes and nose peeled for whatever it's current embodiment might be, not being sure what form it might take.

*...continued on page 49*



Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 50*

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

When they stood in front of their former restaurant/lumberyard/stock broker's office, it was clear something was drastically wrong. Not only was it completely remodeled without a vestige of the previous structures, the familiar smell was noticeably missing. The front of the building was all glass but when they peered in all they could see was palm trees and mirrors, not a trace of the old specials for the last decade on the wall. They entered to inquire after the last occupant as they had done before.

"I don't see any saw horses or desks, do you think they serve food?" the **Man with the Ladder** asked **Reb**.

"Of course we serve food-- we are a restaurant if you haven't noticed." a startled maitre d said testily.

The menus on the table were a bad omen and the meal arrived borne by a young **Chinese** man in white, certainly no food for **Reb's** fantasies. The meal was even less so.

"Even the stock broker's office served better **Chinese** food," **Reb** announced loudly, "and I think he was **Greek**."

One thing that reminded them of the good old days, the fortunes were as lousy as they ever were: "You like good food and drink but not to excess" **Reb's** told him. The **Man with the Ladder** made up his own: "Time to look for new lumberyard."

After that their search for the ultimate restaurant took bizzarrer and bizzarrer turns. They figured that the spirit of their old place had merely changed forms again and alighted somewhere else. They diligently inquired after it in lumber yards and business offices and even travel agencies. They did find several good **Hungarian** places and several good pizzerias masquerading as **Mafia** front houses and a couple of computer stores masquerading as shirt stores, but they never found the embodiment of their old restaurant.

Weeks went by but somehow they just couldn't recapture their old creative spirit and their meals often hung heavy with a feeling of irretrievable loss.

One day over a particularly unspeakable meal, the **Man with the Ladder** turned to **Reb**, "What I won't give for a cooked drawing of a chicken right now."

**Reb** started to laugh but turned around suddenly, "Did you hear that?"

"Hear what?"

"A giggle, it sounded like the giggle of our old waitress."

"Wishful thinking..." the **Man with the Ladder** started to say when that old distinctive smell found his nostrils, "Wait a minute, do you smell what I smell?"

"Smell it? I can taste it!" **Reb** said, jumping up and turning sharply to the left and then the right, trying to determine from what direction the smell was coming. It seemed to dissipate as quickly as it came.

**Reb** cornered the head waiter. "Do you have a waitress, very pretty, looks like a princess?"

He looked at him strangely.

"What about books?" the **Man with the Ladder** chimed in. "Do you sell any books or stocks or lumber?"

He shook his head and looked around as if to see if there might be a few unused straight jackets nearby.

"Let's check the kitchen for chicken pictures." the **Man with the Ladder** suggested.

They might have too, so great was their excitement, but the swinging door to the kitchen opened, revealing a large man holding a proportionally large meat cleaver.

"Maybe we should check for chicken pictures outside." the **Man with the Ladder** decided suddenly.

From that time on all they had to do was mention a detail of the old restaurant and the old smell would linger in their nostrils as fresh as ever, and as the ideas and wit started to flow, in the midst of their laughter was a high pitched tremor that sounded remarkably like a giggle.



Apollo Love

## CAN WE STILL LOVE SOMEONE EVEN IF IT DOESN'T WORK OUT?

*...continued from page 23*

We don't know how they show up in a relationship or when they're triggered. We only know the initial story of them. Yet, we're willing to put our entire heart on the line just in the hopes that our projected stories may be true.

But I came to this realization: love isn't something that is found. It is something that is grown.

If, right now, I handed you several seeds and told you to choose which one will grow in the healthiest way, you wouldn't be able to tell. The only way that you will know is with time and with nourishment.

Time is not the enemy of love. Rather, it is the best friend of truth.

Because all fictional story lines eventually fade away with time, and after life sifts through these illusions, what's left is the only thing that is real. So, what if we learned to love that way from the beginning of our interactions? What if we learned to love the essence of each person we explore with? What if the only way to get ready is to be in the situation that makes us so uncomfortable?

I understand the desire to run away from intimacy—especially after you experience a few heartbreaks. It's easy to think that something is wrong with you and you just need to heal wounds on your own before you step into another relationship.

We oftentimes have this story that getting ready means doing that self-work solo. And sometimes it does. However, it's also limiting to how deep you can go into certain wounds, because ultimately, we are relational beings.

We can spend years doing our healing work as individuals, and then enter a relationship and have all of our attachment wounds come back up to the point that we don't even recognize ourselves. Or perhaps we feel disappointed that we aren't further along as we thought we were.

This same concept is why **Ram Dass** says: "If you think you're enlightened, go spend a week with your family."

Because ultimately, no matter how much work you do, you can't complete your healing out of context with the situations that bring up your wounds.

This doesn't mean to intentionally activate them. It means to pick up the emotional regulation and communication tools on your own, so that when you find yourself in a relational context that is challenging, you are better equipped at dealing with your self-sabotaging, triggered reactions.

**Nalaya** and I eventually took away the possibility of jumping into a relationship at this point in our lives, and we both were able to breathe a little easier once we did. We let go of the titles and the subconscious expectations and the hopes. And when we got past all those future-focused thoughts, we landed in a place of "zoomed out" love.

The more you zoomed in to someone, the better you're able to see and love their details. But it can also prevent you from seeing the wider scope of all that the other person is, and the beautiful sovereign being you initially fell in love with.

Zooming out gives us a bird's-eye view on the situation, outside of our tunnel-visioned filters and projected stories.

And once we do that, we're able to go back to an open palm version of love. We're able to see each other's wholeness again.

At the end of the day, there is a difference between love, sexuality, compatibility, and life alignment. We can have either one without the other three, or we can have all three of them without one. For a relationship container to work, we often need all four.

Just because two people are in love doesn't mean they're meant to be together.

Their lives may have different purposes on this planet. But just because you didn't enter a romantic partnership with the one you desired to doesn't mean that it won't happen in the future, nor does it mean that you can't love each other right now. If your love for a person is based on what they give to you, then your love is conditional.

*...continued on page 53*





Apollo Love

## CAN WE STILL LOVE SOMEONE EVEN IF IT DOESN'T WORK OUT?

*...continued from page 52*

My ego wanted a specific outcome. But my soul just wanted pure love. It knows that love is infinite and expansive, and that it exists both within and beyond any container that can be set.

For now, we choose to walk our own path. But a bond has been formed that will last a lifetime, and one that I would have missed out on if I only saw her in one way. We choose to support each other's visions. We choose to love each other as is. We choose to love ourselves enough to not stray away from our own path in the pursuit of something that isn't currently in alignment.

It is one of the most beautiful things in life—to be able to see and to be seen, to love and to be loved, not for what we give to each other, but for what we give to ourselves.

So yes, this is an unconventional love story of two people that are in awe of each other and truly love each other—so much so that they chose to not be together.

And from all that I have experienced, this type of love is far more healing and far more real than the grasping kind of love that is attached to outcome. This isn't based on running away, fear of commitment, or fear of attachment. It's based on honoring what is instead of clinging on to what could be.

Don't miss out on your best friend just because they didn't become your lover. There is power in what can be cocreated between two people who have opened their hearts up to one another. The world can be healed by that kind of love.

There are many reasons why two people fall in love and there are many purposes to two hearts coming together—being in a romantic relationship is just one of those many possibilities.

Don't cut yourself off from the potentiality of soul love and all that it can create because of your preconceived notion of what falling in love must look like.


You can't put conditions on love and then call it unconditional. Love that person and honor their journey, even if it's not walking side by side on yours.

Honor your connection. Honor the lessons you gave each other. And stay open to all the lessons that are yet to come. If you can do that, you will tap into something much more satisfying than just another earthly relationship that ends and makes two people go their separate ways.

Instead, you'll get to experience true unconditional love for another soul. An unbreakable bond that can last a lifetime.

How do you choose to love?

*Reprinted with Permission from <https://www.elephant-journal.com/2019/01/unconditional-soul-love-101-can-we-love-someone-who-it-doesnt-work-out-with/>*



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# HORIZONS MAGAZINE

## MISSION STATEMENT

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

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

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

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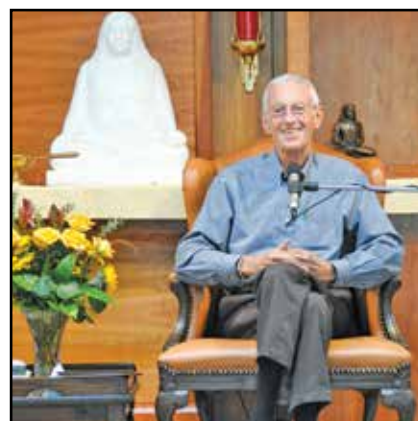
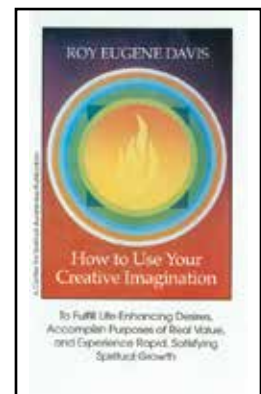
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