

Andrea de Michaelis presents

HORIZONS

FEBRUARY 2024

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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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Image by GrumpyBeere

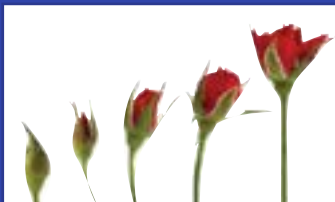
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Co-incidence has meaning. If you find yourself reading these words, there is a message for you.

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



Horizons thanks everyone willing to take the risk

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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

HELLO AND WELCOME TO THE FEBRUARY 2024 HORIZONS MAGAZINE.

This is a good edition, I'll keep this short so we can get right into it. The following message was so Universal, I had to share. Our problems are not always what we think they are and the solutions are far simpler than we anticipate.

I had a session with someone I'd not read for before. She told me (1) her problem was that she's a metaphysical healer and teacher and she is always running into people who try to stop her from doing God's work.

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

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

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

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

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

I told her to take a look through the PDF at this free website of mine (no ads, no pop ups, no email list) and it will help her get to where she wants to be with dollars. You, too. You're welcome.

<https://secret2dollars.com/>



Andrea

Enjoy our offering this month. Hari Om.

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ABRAHAM-HICKS



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

ON HEALTH INSURANCE:

"It's not likely that I'll get into the Vortex, so I better get some Health Insurance." The ultimate Health Insurance is just get into the Vortex. The reason that people get Health Insurance is the reason that the medical community exists as it does at all; is because people don't believe in their ability to create their own reality. And so if you don't believe in your ability to create your own reality, you then put some safety nets there, to sort of catch you when you fall.

ABRAHAM-HICKS ON SICKNESS:

"If there is no source of illness, why are there so many sick people? It is because they have found lots of excuses to hold themselves in vibrational discord with wellness. They are not letting it in. And when they don't let it in, the absence of it looks like sickness. And when enough of them do it you say, "Oh, there must be a source of sickness. In fact, let's give it a label. Let's call it cancer. Let's call it AIDS. Let's call it all kinds of terrible things, and let's imply that it jumps into people's experience." And we say it never jumps into anybody's experience. It's just that people learn through trial and error, and – through banging around with each other – patterns of thought that don't let it in."



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ON GETTING WELL AGAIN:

"Wellness that is being allowed – or the wellness that is being denied – is all about the mindset, the mood, the attitude, the practiced thoughts. There is not one exception, in any human or beast, because you can patch them up again and again and they will just find another way of reverting back to the natural rhythm of their mind. Treating the body really is about treating the mind. It is all psychosomatic. Every bit of it, no exceptions."

THE DIFFERENCE BETWEEN MOTIVATION AND INSPIRATION:

"Inspiration comes forth from within. It's what the light burning within you is about, as opposed to motivation, which is doing it because if you don't do it, there will be negative repercussions. Motivation is making myself do something that I don't really want to do. Inspiration is having the clear picture of what I am wanting – and letting Universal forces come into play to get the outcome."

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NON - RELIGIOUS SPIRITUALITY

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

5 THINGS I LEARNED FROM THE BARBIE MOVIE

It seems that everything that could possibly be said about the Barbie movie has been said. I recently saw it and decided to share five things I learned from it.

1. IT'S NOT ALL ABOUT ME

There were some men who were not happy because they felt that the **Barbie** movie cast a bad light upon them. I personally did not feel this way, but everyone has a right to feel what they feel. But here's the thing, in my view, the movie was about **Barbie** and by extension, the struggles and hardships around what it really means to be a woman outside the confusing, contradictory and unrealistic expectations of society, particularly male culture.

To investigate this idea further one could read, **The Second Sex by Simone de Beauvoir**. But I learned it's not all about me... as a man. It's okay for there to be a **Barbie** movie, it's okay for women to give voice to their journey and struggle to fully be themselves. Though I didn't feel the film was man-hating, it wasn't the job of the **Barbie** movie to coddle men and not offend them. If men are this upset by it, go make a **Ken** movie to tell the story of the difficulties of being a man.

2. IT'S ALL ABOUT ME

I couldn't watch the **Barbie** movie as a casual observer. It forced me to own the ways I have been complicit in perpetuating harmful patriarchy. Doing so consciously or unconsciously, the harmful consequences are the same. My religious conditioning programmed me with an untrue, flawed, inadequate and harmful view of women. I have documented this before. For example, here are at least several ways religion corrupted my view of women:

Women brought sin and death into the world

Women are to blame for the fall of the human race

Women are inferior to men physically, mentally and spiritually

Women were intended to be subservient to men

Women are not capable of exercising authority and leadership

A godly woman is a silent, submissive, and domestic woman

Women are responsible for the sexual temptations and transgressions of men

Women are weak, emotional, and irrational

Women are expected by God to stay in demeaning, damaging, destructive, or abusive relationships

Women should deny and repress themselves in order to serve and satisfy others

Women who act assertively and defiantly, enforce personal boundaries, or express anger are ungodly

The **Barbie** movie pressed upon my heart a deep sorrow for any belief, mindset, attitude or action that perpetuated a damaging view of women, or placed unfair limitations and expectations about them. The world (men and women) have suffered greatly as a result of preventing women from actualizing their fullest potentialities and possibilities.

I discovered in the movie that I was completely ignorant about **Barbie** the doll. The **Barbie** doll represented all the possibilities of what it could mean to be a woman. As early as **1965** there was an astronaut and space scientist **Barbie**. **Barbie** has been a teacher, veterinarian, member of the armed forces, business executive, doctor, police officer, computer engineer, architect, paleontologist, judge, etc. The **Barbie** doll line has evolved over the years to be culturally diverse, body image diverse, has included women with disabilities and been inclusive all around.

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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

HOW I LEARNED TO CHILL OUT & LIGHTEN UP

If things go wrong today, I pretend I'm in a TV sit-com and foul-ups are all part of the plot.

I find ways to joke about problems and about my typical reaction to problems. I find ways to poke fun at the human condition and amuse myself in the process.

When I "chill out" and "lighten up," I do myself (and others!) a huge favor. Feeling relaxed and happy is my natural state of being.

When I regularly feel good, my body heals itself, my finances and relationships improve, and I start finding myself in the proverbial right place at the right time.

To jumpstart a light-hearted perspective, I can maintain and review scrapbooks of my favorite cartoons and jokes.

I give myself permission to act zany and silly. I initiate light-hearted banter with family and friends.

When things go haywire, I try to imagine what my favorite comedian would say in response to the situation.

I can become so adept at turning bleak experiences into hilarious ones, that I no longer try to avoid trouble.

It's all just material for my act - the act of enjoying my life.

AD RATES ON PAGE 4

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TRYING TO EXPLAIN THE INEXPLICABLE

There are people in the world committing shocking, repugnant, inexplicable acts against fellow humans. Nevertheless, the amount of time that most people go about their lives untouched by tragedy is exponentially greater than anything reflected in the nightly news.

Well-being is far more likely than disaster. The deck is dramatically stacked in humankind's favor.

It is not my job to figure out why some people perpetrate atrocities. It is not my job to try to stop terrorists, warmongers, and the like.

My job is always the same - to keep my focus on that which uplifts me, makes me happy, helps me feel good.

As I keep my thoughts as upbeat and positive as possible, I align with my joyful inner self and easily and automatically manifest my needs and desires.

My focus is powerful.

When I agonize over world events, I actually feed them more energy, helping no one. But when I choose optimism and joy and model that for others, I give a wondrous sweet gift to the planet.

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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 2024

FEB 1ST, IMBOLC celebrates the midpoint between the winter solstice and the spring equinox, embodying the increasing daylight and the gradual return of warmth. Imbolc is a word of **Celtic** origin meaning 'in the belly or womb.' **Imbloic** is sacred to the pagan goddess **Brigit**, also known as **Saint Brighid**, who was evoked in fertility blessings and oversaw poetry, crafts and prophecy

FEBRUARY 2 CANDLEMAS is observed at this time in the Christian faith, as the candles that will be used in the church during the coming year are blessed. **Candlemas** marks the return of light, a symbol of protection and prosperity. Make motivation like a sacred flame to you. Imagine it always burning in your belly.

FEB 10 THRU 24TH: CHINESE NEW YEAR AKA LUNAR NEW YEAR. Year of the Dragon. Lunar New Year is the celebration of the arrival of spring. It is also known as the **Spring Festival in China**. With colorful street celebrations and parades, family reunions also mark this lunar celebration.



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FEB 3RD: SETSUBUN, SHINTO. **Setsubun** is not a national holiday but is a traditional festival that is held on February 3, the day before the start of Spring according to the **Japanese lunar calendar**. The most common form of **setsubun** ritual is to scatter roasted soy beans around the house or shrine to drive out evil spirits and draw in happiness.

FEB 5TH: HINDU, VASANT PANCHAMI. Celebrates the beginning of **Spring** and **God-goddess Saraswati**, the deity of learning, music, art, science & technology. This day is very auspicious; people start new work, get married or start anything new on this day.,

FEBRUARY 9TH NEW MOON IN AQUARIUS

FEB 14TH ASH A holy day of prayer and fasting in many **Western Christian** denominations. It is preceded by **Shrove Tuesday** and marks the first day of **Lent**, the six weeks of penitence before **Easter**

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 15 NIRVANA DAY, BUDDHISM.

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

FEBRUARY 18 THE SUN ENTERS THE SIGN OF PISCES.

Per [CafeAstrology](#): With the **Sun** in **Pisces**, we are guided by altruistic feelings. We are less motivated to DO than we are to feel, imagine, and dream. Pisces rules empathy, selfless love, devotion, and wisdom. Its shadow side can include self-pity, a feeling of being victimized by life, passivity, and elusiveness.

FEB 24TH FULL MOON IN VIRGO.

This moon is known by the names **Snow Moon, Ice Moon** and **Hunger Moon**. Observe this moon time with rituals of cleansing and intention setting.

Blessed Be!

HERB CORNER

Cecelia Avitabile 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

RSV Respiratory Syncytial Virus

According to the CDC "RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two."

This virus has been around for some time now it can become serious for infants, older adults with --- or for pregnant women. The symptoms of **RSV** show up within 4 to 6 days after exposure.

You may notice symptoms like a fever, runny nose, decrease in appetite, coughing, sneezing, difficulty breathing, body aches or a headache much like many other flu symptoms.

They can be mild or appear in stages. It's important to remember that **RSV** can be contagious for as long as 4 weeks, and you may even be contagious a day or two before you start showing signs **RSV**.

RSV typically shows up beginning in fall and peaks in the winter months, the months we travel most. But the timing and severity of **RSV** can vary from year to year.

It spreads when you come into contact with the viral droplets of infected people who do not cover their cough or sneezes. And then you touch the surface that the virus droplets have landed on, like a doorknob, toys, shopping cart, etc. and then touch your face before you have had a chance to wash your hands.

HERBS play an important role in the prevention of viruses boosting the body's own ability to produce the natural killer cells that destroy viruses, increasing the activity of the whole immune system.

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CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf



ASTERATED LAVENDER ROSE QUARTZ

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.

I am in Tucson at the Gem and Mineral Show enjoying the gathering of people from all over the world and all walks of life joined together by a common love of minerals, gemstones and crystals - gifts from the earth. When I had my rock shop, I would teach a class every year when I returned from the show titled "*The Earth Gives Us What We Need - the Stones of Tucson.*" Whatever the prevailing energies of the time, there were always crystals to help us take advantage of the insights needed to enhance our lives and create new pathways forward.

Bringing these crystals home so everyone could access their beauty was one of the great joys of my life. I think there is much to be learned by the forces generated by so many kinds of people with so many different ideas and beliefs coming together in one place to share their wares, stories and lives with one another. All of us here love the rocks. From this love of rocks comes an openness to all the others who share this love.

I believe that love is the force that binds our universe together. When we are open to love, we are happy. We are in harmony with all that is. All of our humanisms and schisms do not drive us into fear and unconsciousness because we can appreciate them in the proper perspective. Then we can respect other viewpoints without feeling that our own are threatened and it is possible to work together to take on the challenges that are looming here on the earth plane.

The crystal I want to share with you this month is **asterated lavender rose quartz**. Rose quartz is generally pink, but sometimes it is found with a lovely lavender but from **magnesium** or **titanium**. When it is clear and of high quality, it can be polished into spheres or palmstones that can show **asterism**. This means you can see a six-rayed star glowing on the surface. This effect is caused by the difference in refractive index between



Lavender rose quartz sphere, Madagascar

the rose quartz and tightly grouped **rutile** threads (also known as silk) inside. **Lavender rose quartz is the premier stone of unconditional love.** It helps promote a sense of peace and tranquility, allowing stress and tension to recede into the background so we can be open and receptive to the knowledge that love is not only always present but an inseparable aspect of our being. It is what we are made from.

The star that floats above the surface represents transcendence. Rising above the issues that consume us can help us see new potentials and solutions to difficulties that seem insurmountable without ignoring their existence. As we do this, we are healing our own hearts. The picture of the **lavender rose quartz sphere** seen in this column was bought yesterday by my son as a gift for his daughter from the gem show. He spent a long time selecting just the right one with a perfect star. Before he left the house today, he handed to me and asked me to charge it up for her. This is love. Person to person, father to daughter, son to mother. May that love flow from the personal to the political to the universal. We are all on the same path in our infinite variety.



PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues.

She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

**Dear Whitedove,
The world is full of celebrities and famous people. I'd like to know if fame is predestined or if there is potential within us all?
– Seeing Stars in Seattle**

DEAR SEATTLE,

Positions of power and influence are often times karmic roles that specific souls are destined to play out. If you've ever read about the search for **Tibetan** leaders called **Lamas**, they have an understanding of this soul path and destiny.

This is true for many world political leaders and also the heads of religious orders. They came in with a soul contract to do this work as their mission, not so much for their personal karma but for the betterment of humanity. They are aware of the risks, but incarnated on **Earth** to fulfill their spiritual mission and **Great Spirit's** plan to create **Heaven on Earth** once again.

As for performers of theater, film, music and artists like painters, photographers and poets, habitually these artistic souls return because their soul longs to bring joy and beauty to humanity. Lifetime after lifetime they like to reincarnate and utilize their creative talents and hone new skills.

Then there are other souls that jump into a new arena to test the waters: brave individuals that learn about manifesting their reality by creating a new paradigm through experiences.

Every one of us has the potential to use our free-will to shift gears and create a new life; one which can lead to fame and influence. This is a grand spiritual adventure that we call Life... and manifesting anything is possible.

**Dear Michelle,
When an unexpected tragedy comes to a loving family like ours it's hard to get your bearings and move ahead with living life. We've had to deal with the knowledge that comes with a gruesome murder. It's so hard when you feel that they must have suffered immensely. Can you give my mother some solace? From his sister in Houston**

DEAR SISTER,

It's hard to find the words that will actually give comfort to a mother who has lost a child to a senseless act of violence.

I can clearly see that the perpetrator had a psychiatric break and acted out in a blinding rage. Sadly events like this are happening more frequently because there is an emotional, chemical and spiritual imbalance in the world.

What is most important to know about the passing of your sibling and deaths of this type is that **God** allows the soul to step out of the body within the first few minutes.

Why? Because on a spiritual level there is no reason for the soul to experience all that will be inflicted. In fact, these souls stand by in their spirit form and watch the event play out without any concern for the physical body that they just shed. They witness the scenario with detachment and then the soul is transitioned into the wondrous realms of **Heaven**.

So please tell your mother that her son did not suffer in the way that she has been visualizing it.

Let her know that her son is alive and well on the other side.

I see his smiling face; he wants her to know that he checks in on her and has been trying to ease her grief.

He also says that in her elder years, it will be he that will greet her when the angels usher her to **Heaven**.



ARM WRESTLING THE CIA

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

One of the good things about being the 22 year-old night desk clerk at a seedy hotel in Cambridge, Massachusetts is that you are invisible to most people.

If you're looking for a place to disappear and still make a living, this is about as good a place as any. To begin with, it's the night shift, so mostly everyone is asleep. And secondly, the few people who are still awake are either drunk, stoned or fumbling for their room key so they don't really notice you.

You are, for all intents and purposes, part of the background. Like a potted plant or the maximum occupancy sign.

Invisible to most people, however, doesn't mean invisible to ALL people and, on this particular night, the exception was the rule.

Staring at me from across the lobby was a very large man -- at least 6'5" with broad shoulders and an ill-fitting suit.

"HEY!" he shouted, walking in my direction. "I DON'T LIKE HIPPIES!", an obvious reference to the length of my hair which I'd been happily growing for the past three years.

I paid no attention to him, but the man kept coming, moving at a gait that suggested he probably should have left the bar at least an hour ago.

"Do you know who I am?" he bellowed, now separated from me only by the front desk itself.

"No sir, I don't," I replied.

"**CIA!** I'm with the **CIA!**".

"Oh," I said, "that's nice."

But no matter how much I ignored him, he would not go away. Standing to his full height, steely-eyed, unflinching, he spoke.

"I challenge you to an arm wrestle."

"You WHAT?" I replied, not believing what I was hearing.

"You heard me, my little hippie friend. I said I challenge you to an arm wrestle!"

"OK, you're on," I replied, me not being one to back away from a challenge and realizing, at the same time, that I had absolutely nothing to lose, him standing almost a foot taller and weighing at least 100 pounds more than me.

What my opponent didn't know about me was two things:

First, I was a very good arm wrestler and always had been. And second, I was a student of the martial arts -- **Aikido**, to be more exact -- and had recently learned a very powerful visualization technique called "**The Unbendable Arm**", a "martial your forces" method where you imagined an endless stream of energy flowing through your arm and out of your fingers for 10,000 miles.

Done correctly, no one could bend your arm. No one.

When **Mr. CIA** put his massive arm on the marble-topped desk between us, it dawned on me that I was at a massive disadvantage because of the extraordinary leverage he would have.

So I looked straight into his beady little **CIA** eyes and told him that the only way this arm wrestling contest was going to happen was if I put a few books under my elbow to even the odds.

Impatient to begin, he agreed.

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

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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

THE POWER TO CHANGE CONDITIONS

"Many of the ideas given here can be used most advantageously to solve personal problems. If these concepts are understood, then the individual should realize the freedom he has to operate purposefully within the structure of physical life.

Many of you are so used to looking outward - and accepting the physical world as the criterion for reality - that it has not occurred to you to look within.

The entire framework of your existence, therefore, is constantly flowing from within outward and being projected into those physical symbols that you mistake, then, for reality.

The interior drama, therefore, is always the important one. The "story of your life" is written by you, by each reader of this book. You are the author. There is no reason, therefore, for you to view the drama and feel trapped by it. The power to change your own condition is your own. You have only to exercise it."

Translation: Don't spend thought time lamenting WHAT IS if it's not to your liking, spend that thought time imagining your world as you'd like it to be and watch it unfold for you. It will call you to it.

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SPIRITUAL GRAFFITI

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

“Be Here Now!” We can’t. We have too much trauma in the way.

“The Power of Now!” sounds good, but first we have to deal with the “Power of Then.” Worst things, first.

It’s easy enough to talk about being in the ‘now.’ But what are we even talking about?

‘Now’ through the mind?
Through the heart?
Through the body?

What does it even mean to be fully present?

Many of the people teaching ‘nowness’ are head-tripping, meditation-addicted spiritual bypassers. What do they really know about presence?

The truth is that we are all trauma survivors, and that includes every spiritual teacher I have ever known. Almost every one of them has confused self-avoidance with enlightenment, blaming the mind for their problems and issues while conveniently side-stepping their wounded hearts.

Bottom line—we can’t be in the present, because our emotional and physical body are tied up in trauma knots. Threads of our consciousness are still back there, locked into the originating wounds.

If we want to truly BE HERE NOW, we have to BE THERE, THEN.

We have to untie the knots and heal the core wounds. Then, and only ‘then,’ will we know the true power of NOW.



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>

The root of every "evil" is looking to time and space for meaning, solutions, or identity; for friends, love, and laughter; for wealth, health, and harmony.

The source of all material things is spirit, which is molded by your thoughts and then, without judgment, forms into matter. Trying to get what you want by looking to time and space is like trying to change your reflection in the mirror without its source.

Instead, go within. You can create anything you want by imagining what you truly want as if it already existed.

You are pure source energy,

The Universe

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BARRY AND THE OLD MAN

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

Barry was, once again, confused. He went to the coffee shop where he knew he would find the **Old Man** who was his unofficial mentor.

Barry: "I am so frustrated. Why is love so mystifying?"

Old Man: "Because it's the most important thing."

Barry: "I don't think I will ever understand it."

Old Man: "You aren't meant to. You are meant to experience it, all of it. The joys of it, the pains of it, its power to open you up and transform you, even scare you like nothing else can. If you wait to understand it, you will miss it. Just don't confuse the concept of love with love itself."

Barry: "I don't understand."

Old Man: "Well, this is something men sometimes do. No doubt women do it too, but it seems to be mostly a man-thing. You believe you are coming from love, acting from your heart, but what you are actually doing is unconsciously coming from some mental concept of what coming from the heart should look like. It's a subtle distinction but they're 2 entirely different things."

Barry: "Did you ever do this?"

Old Man: "Probably more times than I am aware."

Barry: "How did you sort it out?"

Old Man: "I'm still working on it."



Photo credit: David A. Cronin

ESSENTIAL LIFESTYLE HACKS



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ACCEPTING WHO I AM

It would be wonderful if we could accept who we are without self-criticism. There seems to be a corner of the mind that has an unstoppable record player that keeps repeating the same sentences. “I am not good enough, I am too tall, too short, too fat, too stupid, too whatever.”

Very rarely does it repeat “I am smart, I am healthy, I am abundant, I am happy, I am amazing.”

No one criticizes us more than our own mind. And worst of all, we do not even know that we are doing it. Most thoughts when we are not engaged are mental repetition. These thoughts are in the background. They come from our subconscious mind. If you are just sitting doing nothing and I ask what you are thinking. You will respond *I do not know*.

Jack Kornfield in his study of mindfulness explains it this way: “In mindfulness, the most common insistent visitors are the repetitive thought patterns we call the **Top Ten Tunes**.”

Normally when thoughts arise, we can simply acknowledge them and name them softly “thinking, thinking,” and in the light of loving awareness they will vanish like a cloud. However, the **Top Ten Tunes**, whether as words, images, or stories, will persist and return no matter how often they are noticed. They play like old records, repeating a theme over and over.

Unfortunately, the majority of those thought patterns are negative. Every day, when our mind is not engaged, it repeats negative affirmations which reaffirms the concept *I am not good enough*.

We need to keep the mind engaged. This is why mindfulness is so important. It makes us aware of what the mind is doing. Our thoughts, conscious or unconscious attract similar thoughts and circumstances. We need to be vigilant of what we are thinking.

We can have good self-esteem and still not think we are good enough. Self-acceptance requires us to embrace every aspect of ourselves, both strengths and weaknesses.

From the moment we are born, we are influenced by elders. This will impact how we see ourselves. If we are given love, encouragement, and acceptance we will be different than those who experienced the opposite.

Also, we come into the world with previous impressions and attributes. Some children’s attitudes are naturally happy while others are grumpier.

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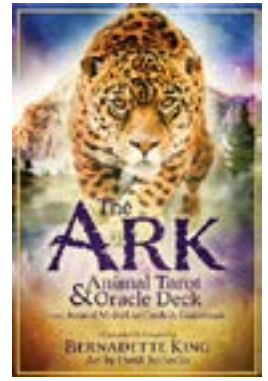
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WHAT IS MY SPIRIT ANIMAL



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

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



AXOLOTL SYMBOLISM & MEANING

“Enchanting” is a word summing up **Axolotl**’s personality. The creature is akin to a baby **Tiger Salamander** content to remain as a gilled, aquatic animal while embracing the inner child humans often forget. The **Axolotl** remains forever young due to neoteny: The ability for maturing without metamorphosis. **Axolotl** can be an “adult” while still embracing their youth.

One look at the smiling face of **Axolotl** and you cannot help but fall in love with the creature. **Axolotl** is sometimes called the “**Mexican Walking Fish**.” Its name comes from an **Aztec** myth beginning with a king named “**Xolotl**” who fears his enemies. To hide, he transforms himself into the **Axolotl**, but could not shapeshift again to walk on land. So, **Axolotl** never evolves into a full **Salamander** to this day.

Axolotl has the appearance of a tube sock that sprouted legs and a tail. Their digits are long and expressive, seeming to ever-reach for something or coax you toward them. Yet, the **Axolotl** prefers the solitary path.

A unique feature among **Axolotls** is using an uncommon combination of abilities for experiencing their environment: The sense of smell, chemical cues, vision, and the ability to sense electrical fields. Among people, the latter characteristics translate as the ability to see or sense auras. **Axolotls** also have no lids on their eyes, meaning they’re always open, perceptive, piercing, and searching: This translates a heightened awareness, enlightenment, and the ability to see the true nature of whatever one encounters within the environment.

While most amphibians possess some level of regenerative abilities, the **Axolotl** outdoes them all. They can lose any part of their body, including half their brain, and still grow it back with no scarring. Scientists believe this is because of their highly complex chromosomal structure, which is larger than humans. It’s like the **Axolotl** is an invincible superhero so long as their head stays attached. What an amazing emblem for renewal, restoration, and rejuvenation! With their ability to regenerate dependent on their head “remaining attached,” **Axolotl** also symbolizes the need to “keep your head on your shoulders” during chaotic conditions.

The **Axolotl** comes in a variety of colors, including gray, black, gold, pink, or even speckled. The color varieties of the creature extend their symbolism further. For example, the gold **Axolotl** embodies sensitivity to higher energies, such as Angelic or Devic. The pink **Axolotl** offers a friendly, welcoming, and hospitable grin. Gray or black represents the ancient mysteries, since amphibians were around before the dinosaurs, witnessing early history in the making.

AXOLOTL SPIRIT ANIMAL

Axolotl as a **Spirit Animal** is a great healer; it arrives in your life when you feel torn apart and do not understand how to put your spirit together again. The creature is a gentle Guide leading you back to wholeness. You need not walk the path alone. Partner with **Axolotl** in your recovery, making one small step towards greater well-being at a time.

Axolotl, as a **Spirit Animal**, resonates with the power of new beginnings. Even when it feels like you’ve exhausted every resource, **Axolotl** opens a new doorway revealing a path around obstacles. Remain patient and ready to focus on yourself for a while.

The **Axolotl Animal Guide** swims to a very personal cadence. One message it bears is that you cannot always grow, move, think, and feel in ways people expect. Spirituality is not about keeping up with perceived talents or accomplishments in others. Your



WHAT IS MY SPIRIT ANIMAL

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spiritual journey is your path to walk; your challenge, and only you, with **Axolotl's** assistance, can determine the best speed for success, happiness, and fulfillment.

Axolotl reminds you all the “changing something just for the sake of change” is silly and often harmful. As the saying goes, “If it’s not broke, don’t fix it.” Before you make such a leap, stop for a moment, and think; is the new situation in your life healthy for you, or might it prove toxic based on your ethics and vision? Take a cue from the **Axolotl**: Trust your inner voice and Higher Self! Sometimes you can stand perfectly motionless and still accomplish much through meditation and thoughtfulness.

Matters of faith often get the **Axolotl Spirit Animal's** attention, too, prompting this wise creature’s arrival in your life. If someone is pushing you or challenging your beliefs, **Axolotl** says, “Stand firm!” Look at **Axolotl's** independence as a gift. Step back, get some perspective.

Axolotl shows you how to energize your inner child again. Don’t give up on the sweet perspective where everything has a little magic if you just dare to believe. You spend much of your youth “growing up.” **Axolotl** understands the truth, but says: “Go wish on a star, drop a penny in a well, and daydream while watching the clouds above!”

AXOLOTL TOTEM ANIMAL

People with an **Axolotl Totem Animal** are characteristically gentle peacemakers who use humor and innovative thinking for problem-solving. **Axolotl** people rarely seem “old” no matter their age. If **Axolotl** is your **Birth Totem**, you’re idealistic, curious, and smart. You know how to use your magnetism, particularly with children, for positive interaction and results.

Your wit and seductiveness extend to relationships. You attract the people you want in your life, including lovers and partners. However, within this setting, sometimes you come across as needy and wanting shows of affection and admiration. Remember, a solid connection means neither person is more important than another to make things work. Don’t expect more than people can give.

People may see you as being delicate or defenseless. Yet, you know how to survive. No matter what life hands you, no matter the setback, you seem to resurrect yourself quite handily—something astounding to even long-term friends.

You still know how to see the world through a child’s eyes. But you still keep your adult-self handy for decision making and gauging people’s motives. Walking with **Axolotl** means needing periodic alone time. Retreating allows you to get your thoughts together.

Career-wise, those with **Axolotl Totems** dislike the same repetitious efforts day-in and day-out. It would be great if you were wealthy enough just to run and play-carefree, but most **Axolotls** do not stumble into this kind of opulent fortune. Rather, they direct their career toward creative or artistic things with variety and visual appeal.

AXOLOTL POWER ANIMAL

The **Axolotl Power Animal** within offers you many wonderful qualities. When you feel you are the only person acting like an adult in your life, the **Axolotl** puts you back in touch with youthful, carefree vibrations.

When you know you need alone time but can’t seem to find it, look to **Axolotl** for some advice. It may be a matter of communicating your urgency to those in your inner circle. Should you feel your survival instinct needs a boost, the **Axolotl** signature energy is just the ticket for a tune-up!

What about when your psychic senses seem “off?” **Axolotl** has strong abilities in this area. Dig deep and let **Axolotl** teach you how to heighten your awareness.



AXOLOTL SYMBOLIC MEANINGS KEY

- | | |
|-----------------|----------------|
| Auric Awareness | Healing |
| Charm | Idealism |
| Durability | Inner Child |
| Friendliness | Shapeshifting |
| Gentleness | Transformation |



NON--RELIGIOUS SPIRITUALITY

...continued from page 8

It was men who sexualized and objectified **Barbie**. Yes, the original **Barbie** was petite, shapely, and had long legs. This was partly so the doll could be played with easily - for example, the long legs so that **Barbie** could be walked around in play. The **Barbie** creator (**Ruth Handler**) was not intending for **Barbie** to be sexualized. Look people (men) **Barbie** was a ficken doll. Women have breasts and may be shapely in other ways. So. Get over it. There's nothing wrong with that. That doesn't mean a shapely woman (or doll) was created to be a sex object. Religion has historically required women to cover up their body so as not to tempt men. Maybe men instead should address the root issues that cause them to objectify women.

3. AND THEN THERE WAS ALLAN

There has been a lot of discussion about who **Allan** was meant to represent in the **Barbie** movie. The **Allan** doll was named after the son-in-law of **Mattel** co-founder **Ruth Handler**. The first **Allan** doll was released in **1964**. He was marketed as **Ken's** friend. In the **Barbie** movie, who **Allan** represented to me is someone who doesn't fit in... someone who is always on the outside looking in, someone who no one takes the time to really get to know, someone who doesn't feel they belong, someone for whom the labels and categories don't make sense, someone who is hardly noticed, someone who wants to be accepted, celebrated, desired and loved for who they are, someone who is likely to befriend the marginalized, victimized and oppressed because they can relate.

The **Allan** character in the **Barbie** movie deeply touched my heart, and I could relate to this character in many ways. It's that feeling that you weren't really made for this world and there is no place where you truly seem to fit. I always have my radar up for **Allans**. I consider it to be one of the greatest gifts in life to express to an **Allan** how special, worthy, and loved they are.

4. IT'S NOT EASY BEING KEN

In my view, the **Barbie** film also depicted how difficult it is to be a **Ken**. Some of the key questions for men I got from the movie are:

What does being a man mean, once the traditional patriarchal scripts are torn apart?

What would it mean as men to heal our broken mindsets, attitudes, beliefs and relationship with women?

What would it mean to not be threatened by women or competing against women, but to see women as our allies and cultivate mutually empowering relationships?

Where or what is our true source of worth and identity as men?

What would it mean to grieve and heal from the confusion, hurt, dysfunction and loss of how we once did manhood and masculinity?

5. TAKE MY HANDS. CLOSE YOUR EYES. NOW FEEL.

I don't think I can ever forget the ending of the **Barbie** movie. There **Barbie** was - wanting to give up all the scripts and the pressures to be perfect, all the denials, pretense, inauthenticities, filters and fake smiles of her made-up **Barbie** world. She asked **Ruth** what she needed to do to say goodbye to **Barbie world** and be human in the real world. She was told to close her eyes and feel... to feel it all... to feel what it really meant to be human.

The deal with being human is that there is 10,000 joys and 10,000 sorrows. You don't know what will kill you first, the beauty of the world or the sorrow of it. The sorrows don't prevent the joys, and the joys don't spare you of the sorrows. Look, it's not easy for anyone to leave **Barbie world** and be real. But after seeing and feeling all of it, **Barbie** said, "Yes." What is that "yes"? It's the "yes" of truly being present for it all. Being all there.

Maybe what I learned most from the **Barbie** movie is the need to say "yes" to being human and lived human experience... all of it. Maybe that means learning how to say "yes" to the joys and sorrows of your own life, and saying "yes" to the process of healing and becoming more whole inside. Maybe it's also men and women saying "yes" to each other - "yes" I am sorry if I hurt you, "yes" I want to start over and learn what it means to truly accept, love and be there for each other.

I love my daughter more than anything else in this world. I am so proud of the woman she has become and is becoming each day. There are so many good, beautiful, extraordinary and brilliant parts of her. The deepest wish in my heart is for her genuine happiness. The **Barbie** movie invited me to carry that wish in my heart for every woman.

"Yes."



Mitch Ditkoff

ARM WRESTLING THE CIA

...continued from page 14...

With my free, right hand, I reached over to my night's reading and chose three books: **The Complete Poems of Rilke, the I Ching, and Trout Fishing in America.**

Now we were ready. This was the moment of truth, the **CIA** agent and me, alone in the lobby of the **Homestead Motor Inn**, aligning our arms on the cold marble-topped desk at 2:00 am.

It was clear to me, as we readied ourselves, that my opponent was planning on taking me out in one power move.

Yup. He was going for the kill and I had to be ready for that, which is precisely what I did as I adjusted books and arms -- me remembering the teachings of my **Sen-sei** and concentrating on an endless stream of energy flowing through my arm and out my extended fingers for 10,000 miles.

"OK." I said. "Are you ready, bro? Here we go. On the count of three. 1... 2... 3!"

As expected, he made his power move, putting everything he had into it, one gigantic burst of force. But I was ready. He could not budge me. Not an inch.

Shocked, he tried again, this time grunting, his face getting redder by the second. And still the same result. None.

His arm and mine were still in their same original positions. No movement had been made. He made a third attempt and still, nothing -- the only visible proof of his effort, the veins in his neck bulging.

I could see the look of doubt in his eye. Confusion, too. I mean, here he was, almost a foot taller and a hundred pounds heavier, and he had nothing to show for his efforts. The more he tried, the more exhausted he got.

I was not trying to win. All I was doing was standing my ground, mano a mano, living the teaching of a **Great Martial Arts Master** here in the lobby of the Homestead Motor Inn.

After another minute of non-budging, it became very clear to my opponent that his strategy was not working.

That's when it hit me. NOW was the perfect time for me to strike.

And so, I made my power move, putting everything I had left to take him down. Shocked that I was going after him, he rose to the occasion, shifting into his own 5th gear of energy to parry my attack, beads of sweat now forming on his forehead.

A second effort, I reasoned, made no sense, as it would only weaken me. So I did nothing.

The two of us just stood there, frozen into some kind of eternal arm-wrestling mudra on the front desk of a second rate motel.

"Shall we call it a draw?" I asked in the most neutral voice I could muster.

He nodded, stood to his full height and, in slow motion, backed away, one step at a time, to the center of the lobby, holding my gaze the entire time.

Then, with a smile, he brought his two hands together in front of his chest, bowed from the waist and returned to his full height. Following suit, I brought my two hands together and bowed once to him, as well.

Then he turned to the elevator, walked the rest of the distance across the lobby, pushed the "up" button and was gone.

AD RATES ON PAGE 4

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HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



Esther Hicks

ABRAHAM HICKS

...continued from page 7...

ABRAHAM-HICKS ON HEALTHY LIVING:

"How damaging are tobacco and alcohol to our bodies? On a scale of 1 to 100 where 100 being really bad and 1 being inconsequential to our health we would say alcohol, or tobacco - either one - would be about a 5. And guilt or any negative emotion would be about 99."

ON ALLERGIES:

"Do you know what has happened to someone who has a sensitivity to food? They're insensitive to their emotion, until it got big enough in the form of an allergic reaction to get their attention. You don't have a sensitivity issue, you have an insensitivity issue, you haven't been aware that you weren't in the **Vortex**."

You'll discover that you're not allergic to food, you don't have hyper-sensitivity to food, you're allergic to being out of the Vortex. You're allergic to negative emotion, you're allergic to things that make you worry, you're allergic to things that make you feel overwhelmed, you're allergic to things that make you feel resentful. That's the operative word: resentful.

We just think it's a wonderful thing, where if something's got your attention and you're not in the Vortex and you don't know it, don't worry, it'll get bigger, and if you still don't know it, don't worry, it'll get bigger, until it gets big enough, that you say, 'this is uncomfortable, I think I need to do something about this.'

Just don't do the crazy thing and start to eliminate food from your experience. That is what makes you feel deprivation. That's not the answer to what you're looking for. You're looking for **Vibrational Alignment**, not omitting the culprit. This is a **Universe** based upon inclusion. You can't push unwanted things out of your experience. When you're outside the **Vortex**, anything and everything can cause an adverse reaction.

We see you scrambling around trying to figure out, 'it might be this food, it might be that, I wonder if it's the Sucralose, I wonder if it's the sugar, or the carbs, I wonder if it's the wheat, I bet it's the gluten' and we say,

it's not any of that, it's because you're not in the Vortex, and you've got other things that you're focused upon that is keeping you from being in the Vortex. Period. Period. Period!"

"If we were standing in your physical shoes, we would do these things everyday:

- 1). We would meditate for 15 minutes
- 2). We would go outside, no matter what the weather and move around in it in appreciation of this planet. We would look up and around and we would find things to acknowledge, and we would talk about them right out loud: 'you are my favorite bird in the tree, you are my favorite flower in bloom, you are my favorite tree'
- 3). We would buy a notepad, call it my **Book of Positive Aspects**, and we would fill 3 or 4 or 5 pages of positive aspects. Five different subjects and write the positive aspects of it.

And then there is one last thing that we would do EVERY SINGLE DAY, we would look upward and outward, best if you do it outside or standing near a window, and we would acknowledge that there are **Universal Forces** that are focused right at you, and we would say:

*'I acknowledge that I AM the object of your positive attention, and I'm appreciating your continual gaze on behalf of my well-being, and today, no matter where I am, no matter where I'm going, no matter who I'm doing it with, I will be in conscious awareness that you too are there with me, appreciating me, supporting me, assisting me, acknowledging me, inspiring me, guiding me, having fun with me, helping me, aware of me, loving me, showing me, uplifting me'----*get into an endless loop of that kind of acknowledgement, AND WATCH WHAT HAPPENS IN YOUR LIFE AS SOON AS TODAY.

Your **Vortex** is filled with specific requests that you have put there, and that you are deserving of the realization of. And it's time for those realizations to be flooding into your experience at a rate that will astonish those who surround you. It's time for you to remember what you put there and bring it forward-active in today's experience. YOUR LIFE HAS FOREVER CHANGED, WE DON'T SAY THAT IN EVERY SEMINAR, BUT IT'S TRUE TODAY. WATCH FOR THE EVIDENCE OF IT."

...continued on page 29 ...



ABRAHAM HICKS

...continued from page 28...

Esther Hicks

ON TRANSFORMING THE WORLD:

Make lists of positive aspects. Make lists of things you love—and never complain about anything. And as you use those things that shine bright and make you feel good, as your excuse to give your attention and be who-you-are, you will tune to who-you-are, and the whole world will begin to transform before your eyes. It is not your job to transform the world for others—but it is your job to transform it for you. A state of appreciation is pure Connection to Source where there is no perception of lack.

ON CHANGING YOUR PERSPECTIVE:

"We're asking you to trust in the Well-being. In optimism there is magic. In pessimism there is nothing. In positive expectation there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing. What you're wanting to do is redefine your relationship with the Stream. We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is. What we ask you to do is practice moving your gaze. Practice changing your perspective. Practice talking to different people. Practice going to new places. Practice sifting through the data for the things that feel like you want to feel and using those things to cause you to feel a familiar place. In other words, we want you to feel familiar in your joy. Familiar in your positive expectation, familiar in your knowing that all is well, because this Universe will knock itself out giving you evidence of that Well-being once you find that place."

CHANGING THE WAY YOU FEEL ABOUT THINGS:

"We're not here talking to you at all about the condition that is labeled as Cancer, because all that is, is an INDICATOR of vibration. The knot in your stomach is an INDICATOR of vibration, and the disease in your body is a vibrational indication that is the same. It isn't a death sentence, it isn't a proclamation of who you are, *it's just an INDICATOR of vibration. It's an INDICATOR of the THOUGHTS that you have been thinking.*

And it's not DOING something about the Cancer that we are here to help you with, it's *doing something about the THOUGHTS that you've been thinking, which the Cancer is the INDICATOR of.* Can you get that? When you understand that all it is, is an INDICATOR of vibration, and then you say: 'Hey, I can change my vibration, and then get another INDICATOR'-----THAT'S THE CURE THAT MEDICINE IS LOOKING FOR."

ON WHAT HAS BEEN HOLDING YOU BACK:

"The only thing that has been getting in your way holding you up, the only thing that has been troubling any of you, is one thing: you have not been appreciating you. You've been looking at you, seeing lack and vibrationally closing down the energy that allows you to get what you want. That has been it."

ON GAINING BY GIVING UP CONTROL:

"You don't eradicate anything, you just emphasize something else. How do you eradicate darkness from a room? Turn on the light. There's not a source of poverty. Poverty is pinching off the source. So you don't pinch off the pinching off the source, you open the valve, you turn on the light.

When you decide to just GIVE UP trying to control anything, give up trying to control their behavior, give up trying to control their actions, give up trying to control their beliefs, give up trying to control their vibrational patterning....give up trying to control it, and just tune in to the Source that is you, now you gain the leverage that you always gain from alignment and radiate your signal, which, if they're ready for it, they'll catch hold of it.

ABUNDANCE is EVERYWHERE. You're on a treasure hunt, it's available to you, you just haven't been looking in the right places. It's a FEELING PLACE---an EMOTIONAL PLACE. Abundance is a FEELING----without the FEELING, the EVIDENCE cannot come."

ON ENJOYING WHAT YOU CREATE:

Many tell us that they are so busy making their money that they do not have time to enjoy it... for when you rely on your action to create, often you are too tired to enjoy your creation. Once you not only understand the power of your thought, but you deliberately direct this powerful tool in the direction of things that you desire, then you will discover that the action part of your life is the way you enjoy what you have created through your thought.

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ABRAHAM HICKS

...continued from page 29...

Esther Hicks

HOW TO TAKE IT TO THE NEXT LEVEL:

"This is the tripping point: 'I accept where I am. Like it pretty good. I know that there is more. Want it NOW.'

And we say, you can't have it both ways.

If you accept where you are and you know it will evolve, then there is something about the complete acceptance of where you are that ALLOWS everything you've been asking for to come in the comfortable incremental you've been asking for.

This is the piece. This is the missing piece. This is the piece you are hearing. Conceptually it makes sense. You just have to practice it.

And as you feel angst dissolve. And that lovely feeling ensue...

So what it comes to is when you find yourself shifting emotionally into the Vortex, with nothing changing that you can see. But it doesn't need to change because you are accomplishing what you really wanted anyway. You shifted into the Vortex. Because it was all for the emotion anyway.

But then - because you are in there - now you have a clearer view and all this inspiration and manifestation of stuff that you want starts revealing itself to you. Vortex first. Then Vortex accomplishing the manifestation."

ON THE BEST USE OF MY LIFE:

Everything is about life. The only question that, if we were standing in your physical shoes, we would ask ourselves is, "In this moment, am I making the best use of my life?"

In other words, "As the idea of my mother comes, am I choosing the most uplifting thought about her? As I focus upon my mate, am I choosing the most uplifting thought? As I focus upon my physical body, am I choosing the most uplifting thought?"

And most of you are not. Most of you are choosing the loudest thought. Most of you are choosing the most present or the most obvious. When the question is, "Am I making the best use of this moment, am I choosing the thought that is of the highest vibration -- which

is the same thing to say as "Am I choosing the thought that feels the best?" ...

Then you cannot help but live out your experience in the way that you have intended.

ON BEING IN HARMONY:

The thing that we would be asking ourselves is, "What proportion of my day am I in vibrational harmony with my desires, which means, how much of my day am I happy, glad, eager, fulfilled, satisfied, complimentary? And what percentage of my day am I ornery, irritated, frustrated, or blaming?" And you don't have to do 100%, you don't have to do 90%, you don't have to do 80%. If you could even get around 55% feeling better, than not feeling so good -- you'd have significant movement in what begins to happen in your experience.

ON BEING HAPPY:

We are really advocates of just getting as happy as you can be--which takes care of everything. Even if you don't have reason to be happy, make it up. Fantasize it. Make a decision that you're going to be happy one way or another--no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. I'm going to be happy."

ON FEELING THE FLOW OF ENERGY:

Something you might do that is a very delicious thing to do is put yourself in your bed and summon the energy. Whether you're summoning it to your face or to your toe, pick a spot on your body and say, "Work on this for me, will you? Psychic cellular surgeons, come forth and work on me. Plump up this cell to its most extraordinary state of well-being. And I will lie here in the most relaxed state of being that I can find with an expectation of that."

And what you will feel is literally a sensation within your body. You will literally feel... Pick a spot and feel it. Choose a spot on the back of your neck, or in the pit of your knee, or across the small of your back. Pick any spot, and as you lie there in that feeling...

If we could keep you here for as few as 15 minutes you would begin to actually feel physical movement. Watch Esther's face for a minute, you're close enough to see... is there any question about the energy moving there? (No, it's very obvious.) If it were a dark room she would be glowing.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 19

Once we start school, we are measured according to our performance and our assimilation with our peers. Later in life, how we are treated by others can influence our self-acceptance.

Self-forgiveness is used by some therapists which incorporates responsibility, remorse, restoration, and renewal. Others use self-compassion.

Self-compassion includes talking to yourself as if you were giving advice to a friend. Putting the situation into perspective. Engaging in self-care like exercise, meditation, and healthy eating.

Of course, we cannot control outside circumstances, but we can try to change them.

Simple practices of setting goals like exercising or walking daily and keeping to them brings about change.

We will begin to look at the brighter side of things. Everything can be seen from many angles.

We need to value our abilities, even if they are as simple as making a wonderful meal or being a good friend. Or maybe you work hard.

Whatever our strength is, no matter how big or small we need to appreciate and acknowledge and refer back to them when self-criticism arises.

We need to be able to say no to those friends who always look at the negative aspect of life. Let us surround ourselves with people who accept us for who we are.

We are living and we will make mistakes and have disappointments. It is important to forgive ourselves. If one does not, then those mistakes block our vision.

When our dreams are not fulfilled, it is easy to feel disappointed, this is natural. But we need to move on. Accepting our failures does not mean we are settling. They are our stepping stones for self-introspection and leading us to our positive qualities.

We need to take time out for self-acceptance. It is something that needs work and development.

We spend years of effort to become a doctor, lawyer, artist, or mechanic, but no time to develop self-esteem and self-acceptance.

We feel it is something we either have or have not. Both need to be developed. Both need effort. Both are the key to success in all other fields in life from professions to relationships.

The first step from a yogic perspective is to control the mind. To become aware how our mind talks to us.

Mindfulness is very important. Our mind is depicted like a monkey that jumps from branch to branch of thought.

We need to control this monkey mind through mindfulness.

Thinking of what we are doing at this very moment is mindfulness. This does not allow that record in the background to play.

When we are totally engaged in the present moment, without thought about past experiences or expectations of the future we go into meditation and our true self is revealed and intuition and knowledge are revealed.

We all came to this earth with special gifts to share with others. Some are inclined towards service, others towards building, others towards business and others towards the arts. Whatever our special gift is needs to be explored.

Just as every item in a motor is needed for it to run smoothly, our gifts are needed in this world. It is our dharma. Once we fulfill this dharma, we will feel that self-acceptance otherwise there will always be a nagging of lack.

Taking an honest inventory of our gifts and our weaknesses is the true steppingstone towards self-actualization and feeling that we are good enough. No one is perfect, but we are perfect the way we are.

"Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her." — Lao Tzu



SETH SPEAKS

...continued from page 16...

THE VALUE FULFILLMENT OF OTHER CREATURES AND ENTITIES

Flowers are not just brightly colored for MAN'S enjoyment,... but because color is a part of the flowers' own esthetic system. They enjoy their own brilliance and luxuriate in their own multitudinous hues.

The insects also appreciate flowers' profusion of color and ALSO for esthetic reasons. I am saying, therefore, that even insects have an esthetic sense and, again, that each creature and each plant or natural entity has its own sense of value fulfillment, seeking the greatest possible fulfillment and extension of its own innate abilities.

SETH ON LIVING JOYFULLY:

"When you love life very deeply, then it is very easy to despair. And, when you compare ideal human relations to the relations that exist in the world as it is, it is very easy to despair.

But, *if you give in to despair, then you cannot see the beauty that does exist, for the despair will eat it through like lye. So hold on to the beauty and guard it and the vitality of your thoughts and emotions and your natural vitality as you would your life, for it is your life.*

"Peace is truly joyful and exhilarating, it can be as good and better than any trip, so, if you are going to go on a trip, then trip through the bright, green forests that grow in your own mind, and derive your strength and peace from these" (your most positive, hopeful daydreams and imaginings. **Translation: Keep seeking the beauty in every moment so that in off times, you have beautiful memories and hopeful aspirations to ponder.**)

BEING YOUR SPONTANEOUS SELF

"If you will forgive the same analogy, for I use it often, can you imagine a flower in the garden in the morning saying, "I must fulfill my responsibilities; therefore, my leaves must go out so-so [gesturing], and my head must be up and pert, and I must smile at the sun."

And so all the time while our poor deluded flower is trying to bear the weight of its responsibility, its head grows heavy, and its mouth drops lower, because it must be so certain that it does the right thing.

But when our flower forgets, and remembers that it is a FLOWER, then it is. And in its being, it fulfills its flowerhood and, therefore, in those terms, its responsibilities.

Trust yourselves, and do not treat yourselves with a heavy hand; and do not over-criticize yourself, or step apart from yourself so you can examine yourself better. You are the self who examines and the self who is examined, and they are together and not apart, and let them be friendly with one another."

I'm not "nice"...

I'm **CHAOTIC GOOD**

[Etsy.com/shop/TheChaoticGoodLife](https://www.etsy.com/shop/TheChaoticGoodLife)

HERB CORNER

...continued from page 11...

duction of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus.

In my opinion, herbs have the advantage here because they are so complex, containing upwards of 100 different compounds in a single herb engaging all the immune system.

For instance, **Echinacea** has been found to contain many compounds that enhance the production of **interferon** and deactivate and **destroy viruses** making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill.

Garlic has been known to be one of the top herbs in the fight against many strains of viruses and bacteria. It **activates the immune system** helping to prevent infections from taking hold especially within the respiratory system. Garlic contains sulfur compounds that are active against many viruses, especially the influenza virus.

Elderberry has been used for **respiratory** infections for centuries. Recent studies found it to be effective for all forms of the **influenza** virus.

St. John's Wort typically thought of as an **anti-depressant** herb it also has strong **anti-viral** activities.

Licorice contains glycyrrhizic acid, which is known to help the body create **interferon**, a potent anti-viral found to inhibit the replication and growth of many viruses.

Astragalus contains polysaccharides that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong **anti-viral** compounds.

These are just a few of the many anti-viral herbs that may be of benefit to **RSV**.

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ARIES – (March 19 – April 18)

ARIES: MOOD

You don't want to limit yourself. You aspire to be noticed in society, at work, at home. But you must channel exuberance that worries those who observe and admire you but find you too demanding.

Love

ARIES: LOVE

Your charm works in society; use it to showcase your talents, merits, and an originality that sets you apart. Count on Venus to mingle with your loyal circles, friends with whom you enjoy reshaping the world.

In a relationship: Your ability to surprise earns you favors in high places, and your social skills allow you to shine in society. But don't overdo it.

Single: You have everything to charm if you don't abuse your charm or your ability to surprise, to bluff to get more than what others are willing to grant you.

Money

ARIES: MONEY

Jupiter favors your expansion. The expression of your talents can bring in significant returns; wait patiently for your time rather than rushing.

Work

ARIES: WORK

If you are talented at innovating and if your initiatives are appealing, don't spoil your chances by ostentatiously displaying your originality, which may be perceived as eccentricity. Don't pressure your professional circle to follow you at all costs.

Leisure

ARIES: LEISURE

Uranus and Jupiter strengthen your potentials. You want to express certain underutilized talents. This is the time to dare something different, even if it means stepping out of your comfort zone.

Key dates

ARIES: KEY DATES

- The 7th: Your originality and audacity allow you to leave an impression, as your charm works in society and elsewhere.
- The 8th: While some listen to their inner voice to act, others tend to stand out. Don't seek attention.
- The 14th: Another life direction is emerging. You are advancing your projects on a new path.
- The 25th: Your projects have everything to charm, but don't expect unconditional financial support. Don't worry your surroundings with unrealistic projects.
- The 27th: Forcing your way won't convince your interlocutors to believe and follow you. Temper these demands that harm you.

Advice

ARIES: ADVICE

While the astral situation encourages you to fully exploit your talents and show audacity, it also recommends that you channel any excesses that may harm you.

TAURUS – (April 19 – May 19)

TAURUS: MOOD

Diplomacy is not on the agenda if you neglect nuance. Certainly, your need to assert yourself in your authenticity must be expressed, but don't constantly provoke those around you who won't back down.

Love

TAURUS: LOVE

Uranus continues to influence your worldview and behaviors. In love, you avoid the fusion-confusion version of the relationship and maintain your autonomy. Count on Venus to shine in society rather than engaging emotionally.

HOROSCOPES FEBRUARY 2024



In a relationship: You no longer sacrifice your free will to meet the other's expectations. Uranus has brought about changes and reconnected you to an inalienable need to be yourself.

Single: Since 2020, Uranus has induced the necessity to preserve your autonomy, to connect with others without surrendering yourself completely. You want to love without belonging.

Money **TAURUS: MONEY**

Rather than money, you demand recognition of your right to act more freely. Usually fond of material possessions, you are starting to detach yourself from your dependencies.

Work **TAURUS: WORK**

Don't loudly proclaim your need for independence, your desire to manage your work in your own way. Your aspiration to emancipate yourself from restrictive rules is legitimate, but don't challenge everyone. You would only invite trouble.

Leisure **TAURUS: LEISURE**

To unwind and channel the nervousness that grips you, take the time to get some fresh air, or even let off steam by joining a gym or investing in a punching bag.

Key dates **TAURUS: KEY DATES**

- The 5th: Discussions about a change of direction take place. The situation is not comfortable, but the metamorphosis is essential for your evolution.
- The 10th: A new cycle begins, and you don't want anyone to prevent you from taking off. This is not a reason to dig in; open negotiations.
- The 14th: Your social life is undergoing significant changes, and you want to shake things up, accelerate the metamorphosis, but avoid using force.
- The 17th: You use your charm to assert your power in high places. Don't try to stand out too much if you want to leave a lasting impression.
- The 27th: Any show of force encourages those in power to curb your enthusiasm. Express your enthusiasm in moderation.

Advice **TAURUS: ADVICE**

Tension is palpable, and you find it difficult to make concessions. It will take time for your surroundings to adjust and accept this new version of yourself.

GEMINI – (May 20 – June 19) **GEMINI: MOOD**

It's uncertain whether you'll smoothly navigate the month. A slight wind of exasperation is blowing, and events seem to conspire against your legitimate aspirations to broaden your horizons. Consider taking the time to reflect on the "why" before rushing headlong. This attitude can help you avoid some inconveniences.

Love **GEMINI: LOVE**

Count on your sensuality to spice up your days and nights. However, you may find it challenging to harmonize your desires for boundless living with the necessity to be patient as things unfold.

In a relationship: Enjoying diverse sensations, you need to navigate within certain imposed limits. Take the time to reflect on emerging situations.

Single: If your sensual appetites are satisfied early in the month, you might feel some frustration when your demands for immediate satisfaction encounter obstacles.

Money **GEMINI: MONEY**

If you express your expectations too authoritatively, expect to be rejected rather than granted. You may be perceived as demanding, or others might resent the pressure you put on them.

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Work

GEMINI: WORK

Some elements from the past, previous behaviors, are resisting change. It's essential to identify and confront them with lucidity for them to fade away. Ignoring them might lead you to fight against illusions rather than effectively addressing the issue.

Leisure

GEMINI: LEISURE

Be sure to channel impatience and counterproductive nervousness. Instead of becoming irritable and irritating, consider venting at the gym or investing in a punching bag.

Key dates

GEMINI: KEY DATES

- The 2nd: Through skillful negotiations, you steer your social situation. If you aimed to serve a cause greater than yourself, you're on the right path.
- The 8th: You're expending a lot of energy to achieve a professional ideal, but your subliminal messages may be difficult for others to interpret.
- The 9th: The new moon emphasizes your social situation. It's time to be convincing and showcase your talents by refining your strategies.
- The 25th: Calm your strong emotions if you don't want the game to slip away. Whether in love or socially, sometimes "better" can be the enemy of "good."
- The 28th: Don't rush things; time is on your side. Prefer reflecting on the consequences of your initiatives rather than skimming over the subject.

Advice

GEMINI: ADVICE

You're not inclined to use the sense of nuance, yet that's what you should do to avoid confrontations. Start by trying to understand what compels you to provoke everyone.

CANCER – (June 20 – July 21)

CANCER: MOOD

If you're in an adventurous mood, your boldness may not be universally accepted. Especially if it's evident that, despite your persuasive words and undeniable charm, you don't have the necessary funds to proceed further. In such cases, refrain from trying to pressure those in control.

Love

CANCER: LOVE

If you share with those around you certain perspectives that excite you, it's not guaranteed that the logistics will follow suit. Before embarking on a project that involves more than just you, make sure you have the means to finance it. This is a prerequisite to avoid disappointing anyone.

In a relationship: Be careful not to commit to a bold project without full awareness, especially on the material front. If you lack funds, your partner may reproach you for your lack of foresight or even your tendency to offer false hopes.

Single: You aspire to shape the future according to your preferences and engage in harmonious discussions with others on the subject. While you are seen as inventive and daring, negotiations regarding the financing of your projects pose problems.

Money

CANCER: MONEY

Absolutely avoid taking too many financial risks. No one is giving you a free pass, and you may find yourself in an unfortunate position.

Work

CANCER: WORK

If your vision of the future is intriguing and your arguments seem convincing, your projects suddenly become less appealing if it's noticed that you lack the means to materialize them. Negotiations fall through, hitting a wall. Avoid any use of force.

Leisure

CANCER: LEISURE

To cope with potential stress due to a challenging financial situation, get closer to your loved ones, engage in a sport or creative activity together, and share a dream while waiting to make it a reality.

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Key dates

CANCER: KEY DATES

- The 7th: You continue with a bold project. Instead of pressuring your partner to validate your perspectives, consult them about their feelings.
- The 10th: If your thirst to assert your ambitions is legitimate, continue refining your strategies and approaches until you start from late May.
- The 13th: Rely on irresistible magnetism to influence those in power. Approach your requests gently to receive favorable responses.
- The 14th: You act instinctively to align with your destiny. A powerful energy is paving the way for an ongoing transformation.
- The 29th: Supporters in the shadows help you negotiate the foundations of your future expansion. Demonstrate the value you would bring to a team.

Advice

CANCER: ADVICE

You're investing in exchanges aimed at obtaining the funds needed for a project. Currently, these exchanges may be going in circles. So, simply wait for your time.

LEO – (July 22 – August 21)

LEO: MOOD

Bold and eager to assert your difference, your originality of tone and method is admirable. However, consider sparing those who don't share your boldness and take offense at a freedom they consider provocative.

Love

LEO: LOVE

While your affability serves your interests in society, be careful not to say things that might offend your partner. Your offensive presentation style that doesn't favor harmonious exchanges may not be appreciated.

In a relationship: If you stick to your positions and think you're always right, your chosen one may reproach you. Opt for the gentle method and take a step towards the other.

Single: It's not certain that you'll make an impression if you approach others with a conquering attitude, sure of yourself and what you assert. If you want to charm, start by listening to what others say and lower your tone.

Money

LEO: MONEY

Jupiter favors a potential promotion and the achievement of deserved financial benefits. Ensure that you prepare the ground well by first giving up the belief that everything is allowed and that everything is owed to you.

Work

LEO: WORK

Jupiter favors your social ascent. Opportunities arise to take a step forward and spread your wings. However, even if you aspire to emancipate yourself from rules you find too restrictive and stand out from the crowd, avoid thinking too highly of yourself. This attitude harms your future successes.

Leisure

LEO: LEISURE

If you have plenty of energy and a desire to forge ahead, be sure to nuance your approach. To avoid burning bridges with everyone, consider spending your energy practicing an extreme sport or investing in a punching bag.

Key dates

LEO: KEY DATES

- The 5th: Intense exchanges with your partner, addressing certain issues that disrupt the communication between you and the other.
- The 8th: Roll up your sleeves to steer your destiny according to an ideal that inspires you, demonstrating determination to move things forward.
- The 13th: Double your goodwill to bring about change. Your life takes a different direction, closer to your true nature.
- The 17th: Avoid provoking your interlocutors as you seek to stand out. Some experience passionate exchanges with their spouse or partner.
- The 27th: Provoking everyone won't help you achieve your goals; people don't appreciate you trying to force your way. Prefer to lower your tone.

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Advice

LEO: ADVICE

If you use your energy wisely, convincing without coercing, you can soon hope to make a lasting impression and earn points. Start by practicing humility an excellent exercise to prepare for the exercise of enlightened power.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD

Excessive in your behaviors, you impatiently react to the slowness of others and are tempted to force the passage, exerting pressure on those around you. This attitude should be avoided if you want to convey your messages rather than receive a barrage of criticism.

Love

VIRGO: LOVE

Count on a tendency for exuberance to delightfully provoke the other and involve them in your universe. You aspire to broaden your horizons, to venture off the beaten path, and to express your desires. However, don't impose anything on your loved one or your surroundings that do not validate all your desires.

In a relationship: A touch of madness allows you to surprise the chosen one of your heart and encourages you to try something different. However, be careful not to destabilize loved ones who do not appreciate all your whims.

Single: An extraordinary story feeds your thirst for adventure. Why not give it a try if you don't overturn all established codes and remain accessible in expressing your desires?

Money

VIRGO: MONEY

If you want things to follow smoothly, adopt a less provocative attitude. People will be wary of you if you display your colors without regard for the opinions and preferences of those around you.

Work

VIRGO: WORK

Venus invites you to openly express your unique tone, your ambition to push the boundaries of what is possible, and your own limits. Keep in mind that others may not be tempted by the experiences you propose. Therefore, do not impose anything on them without prior consultation if you don't want your interactions to go off course.

Leisure

VIRGO: LEISURE

To satisfy your thirst for thrills and experience other adventures, prefer engaging in a creative activity that allows you to express your uniqueness. However, don't expect everyone to be eager to bungee jump with you.

Key dates

VIRGO: KEY DATES

- The 7th: You avoid falling into routine, stepping out of your comfort zone in love. Whether solo, seeking the perfect match, or in a relationship, you spice up everyday life.
- The 10th: If you aspire to broaden your horizons, don't forget to keep your feet on the ground to maintain a sense of reality.
- The 17th: Avoid too much eccentricity. If a reassessment of your emotional life is necessary, approach sensitive topics without taking everything too seriously.
- The 27th: Avoid overdoing it; a more reserved attitude would serve your cause better than excessive confidence associated with a display of authority.
- The 28th: If the exchanges lack warmth, they at least highlight the need to speak truthfully—an opportunity to get to the heart of matters without pretenses.

Advice

VIRGO: ADVICE

If your desire to change things asserts itself, it's not certain that you are inclined to do it gracefully. To rally support for a project that is unique to you, pedagogy yields better results than forcing your way through.

HOROSCOPES FEBRUARY 2024



LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD

Confident in yourself and your righteousness, certain that your talents deserve recognition and authority. A slight excess of self-confidence and the belief that you can change everything according to your ideas may lead you to overstep boundaries and encroach on others' territory. To avoid being unpopular, tone it down.

Love

LIBRA: LOVE

You convey your messages as gently as possible to try to change a stagnant family situation. However, be careful not to destabilize your partner too much by imposing your new codes without prior consultation for your desires to come true.

In a relationship: Your initiatives to transform necessary aspects of family life work, but you won't convince your partner to follow you without reservation if you don't give them a voice.

Single: You work with diplomacy and tact to try to change family ties that need transformation. However, your success is less convincing when it comes to involving someone you like in adventures where you alone define the rules.

Money

LIBRA: MONEY

Your current tendency to revolutionize the functioning of your relationship, your business, in short, everyone, may irritate some. Avoid adding to it by asking for a raise right away.

Work

LIBRA: WORK

On edge, you aspire to impose your rhythm, codes, and methods on everyone, convinced that your potential and talents should be authoritative. However, it's uncertain that people will want to follow you without discussion. Try to remain open to dialogue and avoid pressuring anyone.

Leisure

LIBRA: LEISURE

How about delving into an art or practice that goes beyond the usual? Reading the same book repeatedly won't satisfy your thirst for novelty that drives you to extremes.

Key dates

LIBRA: KEY DATES

- The 8th: A firm hand in a velvet glove. But avoid destabilizing your loved one by acting too unpredictably and without prior consultation.
- The 10th: Tone down a demand that irritates your partner; you might be taking your dreams for reality. Your eloquence alone is not enough to convince the other to yield.
- The 13th: You're making things evolve within the family. It's appreciated that you convey your messages gently without trying to impose your codes on everyone.
- The 22nd: If you are sure to experience intense moments emotionally, ease off if you realize you're putting too much pressure on the chosen one of your heart.
- The 28th: Manage things in order, think about the best method to be effective. Reason is your best ally for carrying out constructive actions.

Advice

LIBRA: ADVICE

To avoid irritating everyone, focus on changing what needs to be changed and put your obvious skills in the service of progress, but don't boast too much.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD

Not inclined to be a team player. If you're more inclined to communicate, exchange ideas, and think outside the box, it's not guaranteed that these dispositions will serve your cause. Instead, try to open and maintain dialogue between you and others if you want to end the month surrounded rather than alone.

Love

SCORPIO: LOVE

The connection between you and your significant other is strong, and your love life escapes routine. However, be careful not to destabilize your loved ones who may feel the urge to escape. Watch out for possible ruptures.

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In a relationship: Try to approach family discussions diplomatically if you want to avoid them turning into settling scores or even breakups. Avoid imposing your codes on anyone at all costs.

Single: Some encounters appeal to you, breaking away from the ordinary, but your family may not appreciate your ways. To preserve family cohesion, avoid sparking conflicts with everyone.

Money

SCORPIO: MONEY

You mainly want to stand out rather than make a fortune. If tensions over funds disrupt family harmony, try to prioritize amicable resolutions.

Work

SCORPIO: WORK

Bank on your original tone to charm and inspire others (colleagues, hierarchy, various contacts) to follow you. However, if you run your own business, take into account the opinions, or even complaints, of your employees or partners before making any important decisions.

Leisure

SCORPIO: LEISURE

You are tempted to distinguish yourself, express your unique voice, and change things. Whether in the family, creative, or recreational aspects, anything that stays within the norm will bore you.

Key dates

SCORPIO: KEY DATES

-The 5th: Questions about the meaning of your existence bother you. You need to go back to the sources to uncover what has been blocking you for too long.

-The 8th: Some provoke enlightening exchanges, while others encourage the partner to flee. To channel tensions, remain open to discussion.

-The 17th: There's a storm in the air; your loved ones won't stand idly by. To understand what darkens the family picture, approach those around you gently.

-The 22nd: Reactions are charged with emotions, a conducive context for revelations and overflow. To make the most of this situation, take a step back.

-The 28th: Too much coldness harms the quality of your interactions. Keep your emotions in check, but don't give others the impression that you feel nothing.

Advice

SCORPIO: ADVICE

Family discussions may hit a snag. To try to keep debates open and, more importantly, productive, opt for a respectful approach to others and avoid forcing anyone's hand.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD

Unstable and elusive, you risk disorienting those willing to trust and follow you if you scatter your focus and fail to prioritize. People may perceive you as provocative, and you might encounter resistance to your impulses.

Love

SAGITTARIUS: LOVE

You may struggle to convey your messages, and some of your statements may destabilize those around you. Be careful not to take too many liberties or demand too much from others, as it may leave you unsatisfied by the end of the month.

In a relationship: Your potential desires for independence may not be universally accepted. If you want your wishes to be considered, avoid demanding things that make your partner feel unimportant.

Single: Even if you try to sweet-talk those around you, it's uncertain whether they will take the bait. To influence others with your worldview and relational approach, avoid any attempts to force your way through.

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Money

SAGITTARIUS: MONEY

Jupiter favors promotions and improves everyday life, but using the right method to attract prosperity is crucial. Asking for more might lead you to hit a wall.

Work

SAGITTARIUS: WORK

Jupiter provides numerous opportunities to rise in influence. Your originality appeals to your counterparts, but do not overuse your charm, eloquence, and authority to manipulate events in your favor.

Leisure

SAGITTARIUS: LEISURE

Don't be afraid to unleash your creativity. You have plenty of original ideas and a desire to implement them, but avoid overspending just to please yourself.

Key dates

SAGITTARIUS: KEY DATES

- The 7th: You have talents to change things in daily life, injecting some creativity into a world you find static or even alienating.
- The 9th: The new moon invites you to communicate. Seize every opportunity to share your ideas, but don't force anyone.
- The 13th: Inspired and inspiring, you garner support for your creations. In love, you harmonize with others.
- The 17th: Tensions disrupt the harmony; you may be stubborn. In matters of the heart, some have instinctive reactions that need channeling for better understanding.
- The 28th: If you feel the weight of family ties on your shoulders, don't try to escape your responsibilities. Discuss the matter to clarify any issues.

Advice

SAGITTARIUS: ADVICE

Manage the month by trying to control your desires and appetites, while remaining sensitive to the needs of others as well as your own. This approach is crucial if you want to enjoy the benefits of Jupiter without paying too high a price.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD

Whimsical, bold, and not exactly willing to go with the flow, you rely on your irresistible charm to seduce whoever you want. However, there's no question afterward of doing things your way, demanding that others give in to your every whim or requests that some may find fanciful.

Love

CAPRICORN: LOVE

Do you use your power of seduction to spice up your love life? However, avoid abusing it and asking too much of your partner, who appreciates your touch of fantasy but may not want to fulfill all your fantasies. Don't give them the impression that you are using them.

In a relationship: Your heart's chosen one likes your tendency to add some fantasy to the air and your encounters, but dislikes the demands you express too insistently for their taste.

Single: +Rely on undeniable sex appeal to hit the mark, but then avoid imposing on your conquests to unquestionably fulfill all your desires, risking being perceived as too demanding.

Money

CAPRICORN: MONEY

You succeed best by trying to channel your potentials so that they are understood, but if you scatter, you drive everyone away.

Work

CAPRICORN: WORK

Your unique tone captivates your partners and counterparts, but a tendency to demand too much in return eventually wears out your audience. If you want to make the most of your talents and uniqueness, consider expressing your expectations more within the norms.

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Leisure

CAPRICORN: LEISURE

Anything that allows you to channel a creativity in full effervescence, a wild desire to transgress limits and rules, is to be favored. Whether it's bungee jumping, extreme sports, or artistic expression, unleash yourself, but preferably away from the camera.

Key dates

CAPRICORN: KEY DATES

- The 8th: While some mobilize to carry an ideal they aspire to convey, others ask too much of others and generate tensions.
- The 10th: Whether in love, business, or conquering your talents and merits, you tend to exaggerate your powers, and you will regret it.
- The 13th: Your charm works, and your world has everything to please a conquered entourage. It's time to express what's close to your heart with every chance to please.
- The 17th: A new gift wakes up, a creative potential is ready to surface. Explore this new facet of yourself, but don't ask for too much.
- The 28th: You weigh your words before speaking, you channel your thoughts, and you gain better control over your interventions.

Advice

CAPRICORN: ADVICE

Ensure you maintain a sense of limits in love, at work, or in society. The perfect is the enemy of the good if you only do things your way.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD

More inclined to satisfy your own desires and not too concerned about the opinions of others. Many feel that you are crossing boundaries, that you only think of yourself, even if you explain to them that you are just trying to live well, better. It's difficult to explain to them that you want to break free from certain ties.

Love

AQUARIUS: LOVE

Guided by benevolence, you work behind the scenes to make changes in the family. However, do not assume all the powers and rights that your loved ones contest. Also, be careful not to exceed your budget, even to please your family or fulfill a dream.

In a relationship: It will be necessary to let others speak, as not everyone appreciates your initiatives, especially the way you impose your point of view on everyone. Beware of any manifestation of excessive authority.

Single: You aspire to settle in an environment that pleases you and are ready to invest a lot in this direction. It's not certain that your choices will meet unanimous approval in the family, where you are accused of doing things your own way.

Money

AQUARIUS: MONEY

Be cautious of excessive enthusiasm; an investment may cost you more than expected. Make sure you have the means to honor your commitments if you don't want to find yourself in an awkward position later.

Work

AQUARIUS: WORK

While you seem concerned with ensuring your personal and private comfort and happiness, count on undeniable energy to move forward. However, be careful not to act without prior consultation with your hierarchy, partners, and colleagues who would put you back in line.

Leisure

AQUARIUS: LEISURE

Are you mobilized by tasks to be done in your home, by steps to take if you are determined to invest in real estate, or by difficult family tensions to manage? Avoid decompressing by organizing a shopping day.

Key dates

AQUARIUS: KEY DATES

- The 2nd: You reflect on the broader dimension you want to give to your existence. Rely on your intuition to guide your destiny.
- The 10th: Driven by a deep force, you align your destiny with your true nature. This initiative changes the course of events.

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-The 17th: You need to express your feelings differently. Some pay attention to the messages they convey to the family that do not meet unanimous approval.
-The 27th: Don't pressure your loved ones who don't appreciate your attitude. If your desire to improve family life is commendable, express your intentions with tact.
-The 29th: You put your resources at the service of the community and are rewarded for your initiatives. The atmosphere warms up, the current flows better.

Advice

AQUARIUS: ADVICE

You are tempted to do things your own way, to ignore the advice given to you. If there's only one thing to remember, it's this: don't embark on the adventure, don't dare to change everything without careful consideration.

PISCES – (Feb 18 – March 18)

PISCES: MOOD

Too eager to act, speak, communicate on a subject that does not have unanimous approval, make sure to temper your impatience, a vector of discord, confusion, misunderstandings.

Love

PISCES: LOVE

You communicate with ingenuity and talent about a project dear to your heart, but you would be wise to keep what is being prepared in the shadows to yourself. If you are tempted to disclose your initiatives, you risk frightening your loved ones who find your projects too audacious.

In a relationship: Prefer to cultivate secrecy, say as little as possible if you don't want to provoke tensions within a close circle who finds your projects risky for their taste.

Single: Opt for discretion regarding certain perspectives that you aspire to realize, which are enticing but destabilize worried loved ones who see you embarking on an adventure they deem risky.

Money

PISCES: MONEY

It's better to refrain from negotiating any advantage. You risk alienating those from whom you seek help and who find you disconnected from reality. Prefer to take

the time to sharpen your arguments before requesting anything.

Work

PISCES: WORK

You would do well to master the subject and take the time for reflection, to refine your projects and strategies before launching. If you broadcast your ideas, you risk causing disorder. Spare your partners and interlocutors by revealing your plans only when they are well thought out.

Leisure

PISCES: LEISURE

Try to refocus on yourself. Meditation or an activity that allows you to channel your emotions and thoughts is precious to avoid going off course.

Key dates

PISCES: KEY DATES

- The 8th: You invest in the defense of a project that meets your expectations and receive support from those who feel solidarity with your worldview.
- The 14th: You seek to better understand the relationships you have with your loved ones that pose problems. Explore the depths of the subject.
- The 22nd: Passion enters the debates, through an intense encounter or emotionally charged exchanges. Keep control of your thoughts, words, and instincts.
- The 24th: The full moon invites you to take a step towards others, to collaborate, participate, and stay tuned to the world around you to advance without generating hostilities.
- The 25th: Let your enthusiasm for conveying your ideas not prevent you from presenting them gently to avoid triggering unfriendly reactions in return.

Advice

PISCES: ADVICE

You have a tendency to communicate without considering that not everyone wants to take a leap without a safety net. To convince your interlocutors to follow you, start by creating silence within yourself.

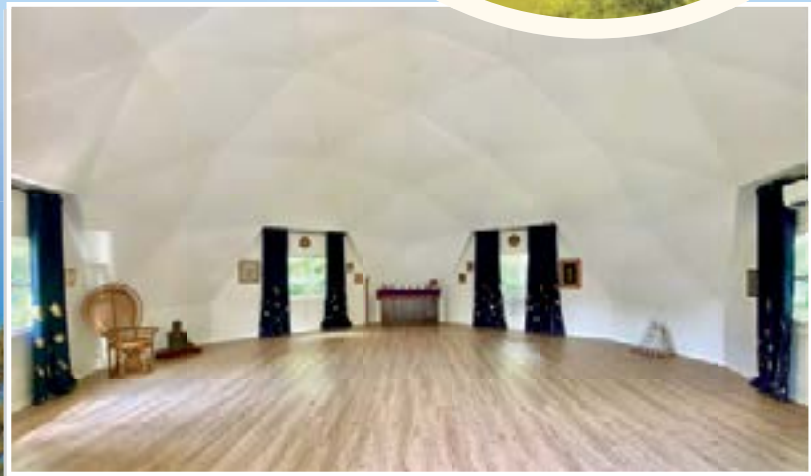


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