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MARCH 2021**

**Andrea de Michaelis presents**

# **HORIZONS**

**Florida's Mind, Body, Spirit Magazine since 1992**

## **A Year of Quarantine**

**MORGANA STARR**



**MARCH 2021**

**Our 29th Year**

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*An Enlivening Power is Nurturing Our Universe  
and We Can Learn To Cooperate With It. Roy Eugene Davis*



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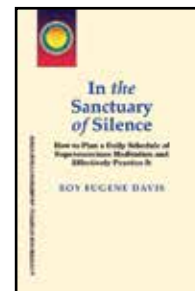
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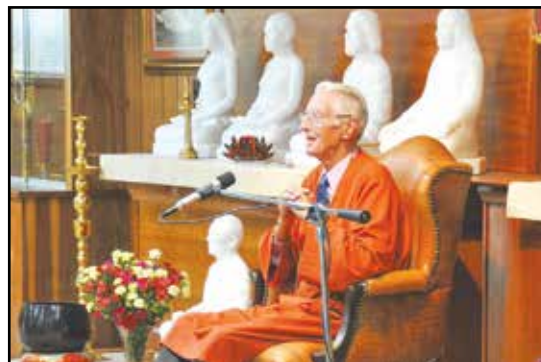
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Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.



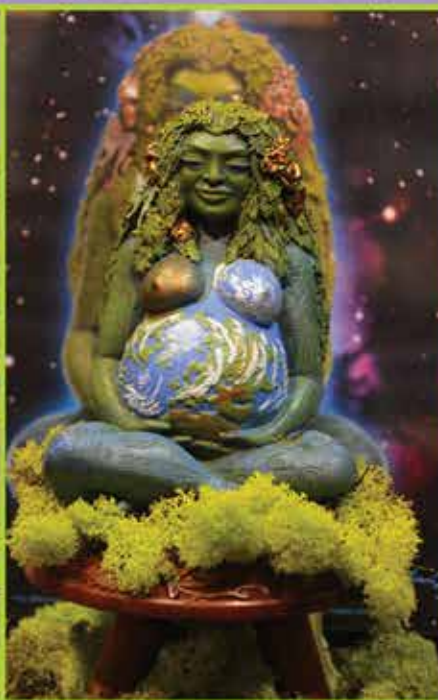


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## HORIZONS MAGAZINE

575 Escarole Street SE  
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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org>      Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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

- 1. Recognition - God\*\* Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of **God**. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure and my talent to my spiritual source.



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



## The greatest optical illusion is separation

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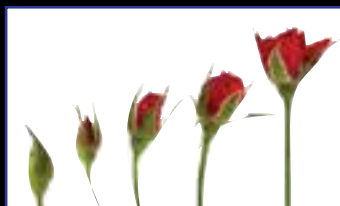
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**Co-incidence has meaning. If you find yourself reading these words, there is a message for you.**

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



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

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

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

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# THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis  
Publisher

**Hello and welcome to the March 2021 edition of Horizons Magazine.** Spring has definitely sprung, As the oaks over my property get their leaves back, the jungle is returning! In **October** when they finished building the house next door, it took away many oaks and pines that shielded my property from view. Suddenly partially exposed, I planted 30+ loquat saplings and 40+ turks' cap bushes just inside the property line and they are all coming up. Sweet!

**In October** I also began growing vegetables and herbs from seed: The bush beans, collards, kale and lemongrass are in the ground and I've been harvesting every few days. On the kitchen windowsill, I harvest daily from the celery, romaine and scallions I grew from grocery scraps. Parsley from seed is taking off in the hanging pots outside. I love parsley. Tomato plants from seeds and slices of Roma tomatoes from the grocery, bell peppers and eggplant from seed in pots and in the ground are getting tall and leafy, not producing yet. Radishes and carrots in grow pots are leafy but no fruit yet. Spinach, zucchini, yellow squash, corn, long beans, gourds are slow or frost got them. I just planted another round.

**Herbs I planted** were 3 types of basil, rosemary and thyme. Sweet basil doesn't grow well for me any time I've bought those little pots of it. Thai basil, holy basil and thyme grown from seed are doing well in hanging pots outside.

**I did a lot of trial and error** and a lot of researching online before I bought seed or planted. I learned that planting during a water sign moon (a **Cancer, Scorpio or Pisces moon**) will indeed germinate seed faster. I had to look at the **Llewellyn Astrological Calendar** to see when those dates were, you can **Google** it online.

**It's empowering to see** that I can grow at least a little of my own food if I want to, or it I had to. It's the reason I've added more articles each month on food independence, so friends can check it out also. That's also part of spiritual practice. Mind, body, spirit is all about finding balance, wherever you are, whatever situation you find yourself in.

**No, I don't think there will be a civil war** and groceries will become scarce, I am just excited at being able to have tomatoes that taste like tomatoes and to never run out of parsley, basil or collards. Growing vegs is not only a fun past-time and gives me the best flavor and personal satisfaction of participating in the process, it makes me less wasteful, more aware of the cycle of birth and 'death,' more aware of the consciousness within everything. Plants talk and listen.

**I get such personal contentment and satisfaction** out of it that I want to turn everyone else onto it, too. I'd like everyone to feel what I feel and see what I see when I look around me. Yes, a lot of sh\*t is going down out there in **Bizarro** world but I'm happy and I'm hopeful. Yes, these are uncertain times and a lot of misguided souls are seeking connection in scary ways, thinking they've found kindred spirits in extremist groups, not knowing what they're getting themselves into. Sometimes we need to remove ourselves from a situation - or relationship -- and leave people to work things out for themselves. Maybe grow a few vegetables. If you're a loner, parsley is a great companion, very talkative. A good listener as well.

Enjoy our offering this month.  
Hari Om

Andrea

## HORIZONS MAGAZINE MISSION STATEMENT

What I'm here to do with Horizons Magazine 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, 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 their 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.**

# ABRAHAM-HICKS



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

## THE POSITIVE ASPECTS DIVORCE CAN HAVE FOR CHILDREN

**QUESTION:** I think my biggest question has to do with relationships and specifically dealing with divorce and helping increase my children's ability to stay in alignment with Who They Really Are...

**ABRAHAM:** First thing we'd like to say about children of divorced parents is that they have a wonderful opportunity to, at an earlier age than others, see Law of Attraction responding to different vibrational points of view. And when they have the benefit of someone up close to them that understands that, then they get an earlier opportunity to understand that they have more control over their life than they might have thought.

When children are born into a sort of feathered nest where two other people are doing everything that they can to make everything be just right, their opportunity for contrast and their opportunity to create their own vibrational escrow is slowed down a little bit, and therefore their opportunity to consciously feel the separation between Who They Really Are and who they are allowing themselves to be has more opportunity (pause)...

Some of those beliefs can become very well entrenched before you become enlightened to your own Guidance System and to that vibrational crevasse between Who You Really Are and what you are doing right now.

So imagine a child who early on is exposed to contrast and has a mentor up close to them who is teaching them that through the power of your thought you can bring yourself into alignment at an early early age, what an advantage that is.

We won't find these children in some environment later on where they are holding to beliefs that are limiting and struggling to break loose of them because they have, at an early age, had an opportunity to understand the power of their own mind and the power of their good feelings.

So, we always say to parents, your children are the teachers because they still remember that All is Well, you see. They're not bucking the current, they're not fighting the flow, they



**Janice Scott-Reeder, AA, BA, Druid**

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Know That... until you get hold of them really good and train that out of them which most parents, in a well-meaning attitude, derogatorily do.

You can't teach your children through your words, you must teach through the clarity of your own example which means you have a hard job in having lived enough life where you're not easily releasing beliefs and going with the flow of Who You Are but that's the effort that you must make. You must reach for the best feeling thoughts that you can.

So let's say that you are discussing the children's father, and let's say that you don't feel all that good when you do. Let's say that you have very strong feelings of disempowerment and even anger within you as you approach that subject.

And so, what we want to impart to you is that when you speak to your children about their father or about anything when you feel that way, you are presenting to them a contradicted being, a contradicted mother, because the Inner Being Mother is over here in this place of Pure Positive Energy and Love, and you are not. And so what you are offering is something that is really hard to hear. It's like the radio dial that is set on 630 while someone is trying to listen on 98.7. And so your children who are much closer to alignment will hear you better when you are in alignment.

*...continued on page 36*



# THREE STEPS TO REMOVE PSYCHIC BAGGAGE

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

**Decades spent on stage and on the road have left me with a back that acts up once in a while.** Luckily, I've found a wonderful masseuse and healer to provide deep tissue relief when the pain gets too bad. Just the other day as he was erasing the knots in my lower back, he shared an insight about his work that I believe also applies to matters far beyond physical aches and pains.

"I imagine my clients going about their day picking up shiny little BBs - each representing an incident of physical or mental stress. Every time a client lifts something the wrong way, deals with a difficult co-worker, or tosses and turns all night worrying, another tiny metal ball goes into their pocket. After a while, they become uncomfortably weighted down with the accumulation of all of this, and they come to me - my job is to remove the BBs. When I'm finished, it makes me so happy to see them walk out taller and feeling lighter in every way!"

In the example of the masseuse, his clients are lucky enough to be able to come to him regularly for relief. But think of how many people hold onto old emotions, traumatic memories, and resentment (what I like to call "psychic baggage") indefinitely - pushing everything down without examining it just to make room for more "BBs." Without a way to regularly dissolve or clear out that energetic junk, it builds up and blocks you - energetically, physically and emotionally.

## SIGNS THAT PSYCHIC BAGGAGE IS HAVING A NEGATIVE EFFECT ON YOU

- 1) You have difficulty experiencing the present moment without dwelling on the past or worrying about the future.
- 2) You keep repeating the same patterns and mistakes in one or more areas of your life.
- 3) In matters of the heart, you're attracted to "bad boys" (or girls), people who can't commit, or otherwise unsuitable partners.
- 4) You feel like you're not always in control of your own reactions or emotions.
- 5) You feel that the work you do is not aligned with your true self, yet you're unable to make a change.
- 6) You often find yourself getting your feelings hurt and taking things too personally.
- 7) Your fears and phobias prevent you from trying new things.

8) You have health issues or chronic fatigue your doctor can't explain.

9) You keep waiting for something to change so your "real life" can begin.

10) People tell you that you're overly defensive or that you can't open up.

There's no precise way to score this quiz, except to go with your gut. You might have checked three or four, and be managing just fine - but if even one of these issues is causing a problem in your life, then chances are you're dealing with some psychic baggage. Now is the time to lighten your load!

## 3 STEPS TO DUMPING THE PSYCHIC BAGGAGE NOW

### 1) BE HONEST WITH YOURSELF.

Let the checklist above be your jumping off point to examining areas where you are blocked. For example, say that #2 on the list above got a big reaction from you. You KNOW that you keep repeating destructive patterns - even when you can predict what's going to happen. Sit with that thought, and explore how it makes you feel. What memories come up - do you recall the first time you had this experience? What do you think might happen if, just once, you made a different choice? What fears or feelings does that bring up? Listen to your intuition, and see if you can discover the root cause of this behavior.

### 2) START PROCESSING YOUR FEELINGS.

Now that you're paying attention, you might find that you are conscious of even more repressed memories and emotions. As they come to the surface, give yourself time to process them. Treat yourself as you would a cherished friend, and give yourself permission to grieve, be angry, feel the loss, and then to forgive. Many of my students find that writing a journal or a letter helps them let go. Writing things down - without judgment or censorship - is very healing. And if you write a letter, it's entirely up to you if you want to share it with anyone. No confrontation is required for healing to take place - just honesty and self-awareness!

### 3) GET HELP!

If simple self-examination isn't enough and you can't release yourself from whatever is holding you back - don't be afraid to get help from a friend or a professional. An objective ear might be just what you need to get comfort, validation and the courage to move ahead. Or, sign up for a spiritual workshop or meditation retreat. In a few days, you'll learn techniques that will change your life. Don't start another year carrying the weight of decades. Start releasing your baggage, one piece at a time, and you'll be lighter (and light-filled) by spring.



# ON THE COVER

## MORGANA STARR

# A YEAR OF QUARANTINE

**Being raised in the wilds of Africa by missionary parents, my dad taught me by example that life was either an adventure or an inconvenience. This is determined all by your own attitude.** When Covid hit, I immediately was grateful for the simple things that we often take for granted, such as running water, electricity, and the internet.

I also began reminiscing about the times while I was raising kids, when I also raised my own food and made everything from scratch. I rewired my thinking back to this way. I had fallen into the trap of being complacent and almost expecting the blessings I had, of being able to go out to eat, the gym, get regular massages, manicures, pedicures, get my hair done, etc.

It was time to readjust my lifestyle. I activated my flexible spirit and my ability to flow with change. We began shifting the way we lived, to a more simple lifestyle.

We started growing produce, being more conscious about recycling, and pausing our hectic lives.

At the beginning of the pandemic, I began cooking my own comfort foods from home, which started to negatively affect my health. I was reminded that my body is a temple and that food is meant to be fuel.


I began to honor my body with foods that it deserved. I adopted a diet that was boosting my health and immune system. When gyms shut down, we decided to convert a space in our home to an exercise room, to help us stay healthy. This helped us maintain our health, both physical and mental.

Prior to the pandemic, we would visit movie theaters weekly. When these shut down, we decided to treat our own living room as if it was a home theater space, and began to enjoy movies from the comfort and safety of our own home. We have friends who visit and all precautions are taken to ensure everyone's safety.




...continued on page 32

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*Morgana Starr & Daena Deva*



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

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# HERB CORNER

Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) 321-757-7522

## STRENGTHENING YOUR IMMUNE SYSTEM NATURALLY

**AS WE LEARNED IN 2020, IMMUNE HEALTH IS MORE THAN JUST A SEASONAL CONCERN.** When it comes to the health of the Immune System (IS) strengthening the body's natural defenses is imperative; this is because as we age our immune defenses naturally declines, leaving us susceptible to viruses, bacteria, and other infections. Especially since as, we have learned everyday life can make us susceptible to any number of pathogens. Thankfully, the (IS) can defend itself against the pathogens that weaken us and make us ill; unless it is compromised and out of balance, then a breakdown can occur and make us susceptible.

Normally the (IS) can recognize and destroy bacteria and viruses; this is because the (IS) has specialized memory cells called phagocytes that remember specific bacteria and viruses so it can react and destroy them in a process called phagocytosis. The (IS) also contains white blood cells, B-cells, T-cells, leukocytes, and lymph nodes that all work together in keeping us healthy.

Fortunately, there are many herbs that can enhance the health of the (IS). **Echinacea** for instance has been used for hundreds of years for colds, flu, and other infections. Today it is used to strengthen the (IS) especially when it is used at the first sign or exposure. It does this indirectly by increasing the activity of the non-specific immune system.

German researchers published a 2001 study finding that using **Echinacea** at the early on-set of a cold or flu was amazingly effective at relieving symptomology. They found the alkamides, polysaccharides and glycoproteins (the active compounds in Echinacea) stimulate interferon, activate lymphocytes and phagocytosis the important actions of the non-specific immune system.

**Elderberry** an antioxidant, antiviral, anti-inflammatory herb specific to the health of the lungs and (IS) is rich in anthocyanins, quercetin, and rutin. These constituents are effective in the prevention of colds and flu by shortening the length and severity of viruses and bacteria by keeping them from attaching to healthy cells.

...continued on page 31





# HOW TO RECOGNIZE MAGICAL BEINGS

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

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

**VERY OFTEN THE SOURCE OF A PERSON'S PROBLEMS IS THE MISTAKEN BELIEF THAT EVEN THOUGH THEY ARE A MAGICAL BEING, THAT TREATING THEMSELVES LIKE AN ORDINARY MUGGLE SHOULD WORK JUST FINE.** I have found

faeries, elves, witches and mermaids always require very different conditions in order to thrive on this planet.

For example, in the second chapter of *The Care and Feeding of Mermaids by the Aquatic Alchemy Society*, it states quite clearly that mermaids must be treated with great gentleness. They are used to living in warm water surrounded by fish and corals of great beauty with no known natural predators. This terrestrial world is quite cold and harsh for their senses.

Someone caring for a **Mermaid** should compensate for this by surrounding them with warm fuzzy animals and people, administer daily hugs and snuggles and don't encourage them to linger in toxic environments that stress them or people who judge them for not being muggly enough.

You know you are in the presence of a **Mermaid** by how they move. They can weave effortlessly through a crowded room with grace and a smile for every person they come in contact with. The way they move, particularly how they dance, reflects their knowledge that air itself is a fluid, they flow through space so gracefully that it makes the rest of us look like lumbering elephants plodding through tar.

Their whole life is about flow, others might think they lack drive and determination when they would rather slip past life's bottlenecks rather than get bogged down in a struggle with a sticky problem. But try to trap them in a net of never-ending responsibility and you will see how determined they are to wiggle out to freedom.

*...continued on page 33*



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# SOUL SONGS • ABRAHAM FUN

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

## SAFE!

How on earth do I protect myself from unwanted circumstances - hurricanes, floods, droughts, fires, terrorists, crooks, toxins in food, water and air, and germs that give the raspberries to medical treatment? How, oh how, do I stay safe?

There is one, and only one, foolproof method for staying in the center of well-being, and it is all about my "vibration."

My vibration defines my life experience and is my most important aspect. Always.

My vibration is an electromagnetic field of sorts that is formed by the accumulation of my thoughts. Flowing through me and surrounding me, it magnetizes the experiences of my daily life.

A fairly consistent positive vibration renders me beyond the reach of unwanted events. A fairly consistent negative vibration renders me, in due time, a bullseye for problems.

Now I understand the price I pay for long-term pessimism, resentment, criticism, self-pity, and all other forms of unhappiness. Now I know how to stay safe.

## WANTED: MOUNTAIN-MOVERS

Today I come to terms with the way things are. That doesn't mean I condone or support everything in my world. It doesn't mean I stop trying to improve life for myself and others. It does mean that I begin to relinquish any tendency to tsk-tsk others' behavior, to register scathing disapproval and disappointment, to see the planet as something in dire need of repair.

One of the quickest ways to sabotage my own happiness is to focus on what seems wrong and messed-up. It's also an excellent way to barricade myself from the benevolence and miracles that ever seek me out in the natural course of things.

Thought-by-thought-by-thought, I take my mind off injustice, turmoil, bad news, and stupidity. I stop groaning about how there's not enough time, not enough money, not enough milk in the 'fridge. Even if it feels like trying to move Mt. Rushmore, I place my attention on what I like and what I want.

My mental focus augments anything, everything it touches. With my mental focus, I create.

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## SETH ON HOW THE WORLD IS PERCEIVED:

"Your planet as you know it is a certain kind of focus point for consciousness. At your level you think it is divided into areas of land and water--continents and oceans, islands and peninsulas, cities and woods--because that is all you perceive.

Your consciousness is tuned in to frequencies of perception that give you that impression. A cat's world, or an insect's or a plant's, are each far different, yet equally valid."

## SETH ON THE POWER OF SUGGESTION:

Incidentally, suggestion will reach many aspects of the self, and some which are very distant from the ego, for you are setting into motion psychic action, which is behind all realities. Suggestion will reach portions of the self of which the ego is entirely unfamiliar.

Suggestion can indeed CHANGE EXPERIENCE WHICH HAS ALREADY PASSED. It can change the individual's present reaction to the past event, and alter the original implications and meanings that were once connected with such an event.

Suggestion can SHAPE future events because any action changes that which existed before it, and that which shall exist after it within your system.

This is different however from cause and effect for basically a specific action will not give a specific result ONLY. Within your system, YOU ONLY PERCEIVE CERTAIN ACTIONS OUT OF AN ENDLESS VARIETY OF ACTIONS. So you take these FEW as inevitable results of a given cause.

Suggestion then can shape the future. Expectation enters in here particularly of course. Suggestion can shape DREAMS, and the dreams themselves then operate as action. A strong dream can be a more significant psychic event than any physical experience, and it can change the course of the personality completely.

The inner senses will also react to suggestion. If you therefore suggest that you become more aware of their activities, then so you shall. You are giving suggestions, whether or not you realize it, constantly.



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You are forming your own physical image with all its strengths and weaknesses whether or not you are aware of it.

Suggestion, well used, with training and knowledge, will therefore allow you to alter the very cells of your body. The inner senses can be requested to operate in such a way that the ego will accept their communications.

For the astral body is not some distant and alien other self, but it is even now that portion of yourself that you know but cannot see, that you feel but cannot touch.

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# INTUITION: YOUR MOST IMPORTANT NATURAL RESOURCE

Sonia Choquette is celebrated worldwide as an author, spiritual teacher, six-sensory consultant, and transformational visionary guide. An enchanting storyteller, Sonia is known for her delightful humor and adept skill in quickly shifting people out of psychological and spiritual difficulties, and into a healthier energy flow. She is the author of 19 internationally best-selling books about intuitive awakening, personal and creative growth, and the transformational leadership capabilities that reside within, most notably with the New York Times best-seller *The Answer is Simple*. Her latest book is *Tune In*. For more information, please visit [soniachoquette.com](http://soniachoquette.com)

**Intuition is your most powerful resource for living at the highest level in today's modern world, and the greatest inventors, innovators, creative's, artists, and leaders, heartily agree with this.** Steve Jobs relied heavily on intuition to guide him to create Apple, one of the most successful companies in the history of business. Richard Branson openly acknowledges intuition as a valuable component in his success, along with Mark Zuckerman, creator of Facebook. Einstein said it was the most important sense of all.

**Your intuition protects you from danger. It points you in the direction of opportunity.** It leads you toward positive relationships and away from those that aren't. It saves you time, gives you great ideas, and brings in more joy and satisfaction.

**It can even protect yours health. It is your internal GPS** system and serves to help you succeed in every way. Best of all, it's natural, so everyone has it, including you. So given it's so important, let's get on to HOW to tap into yours.

**Start by taking a few moments every day to breathe in deeply and relax.** Notice where you are, what you hear and see, sense and feel, and what is consuming your energy. Then turn your attention inward and become aware of your inner landscape. You can do this in the shower or just after parking your car. It can be as you wash your hands before dinner or while you wait for the train on your way home from work. It can be while folding laundry or watering your plants.

**No matter where you are, get quiet, breathe in and ask, "What is my intuition trying to tell me right now?"**

There is no need to focus on any particular thing as you do this. Simply listen to your heart, much like you would listen to a dear friend speaking to you on the phone.

**It may take a moment or two for your mental chatter to quiet down. Be patient. It will.** Relax and breathe as you listen. As you do, become aware of any gut feelings, bright ideas, flashes, creative impulses, or thoughts that may cross your mind. All of these are the calling cards of intuition. It's important to pay attention as they arise quickly and leave just as quickly, so it is necessary to practice becoming aware of their subtlety.

**Also know that intuitive feelings arise in many forms, and can even vary from day to day.** You may hear them in your mind one day, feel them, sense them, see them, or simply have a direct feeling as if to say, "I just know" the next.

**If possible, verbally acknowledge** your intuitive feelings out loud as they dance across your mind. As the saying goes, "If you name it, you claim it."

**The more you give your intuition importance,** the more it has to offer, and the better your life will be for it, in every way.

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# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

**DEAR WHITEDOVE,** I've just read about the phenomena of Spontaneous Human Combustion. What a crazy way to die if it's real; is it?

**DEAREST,** Yes this is a very real and rare phenomenon. When this type of mysterious death occurs, authorities usually try to cover it up. **Spontaneous Human Combustion** is so rare people don't need to be concerned about it. It's an energy thing. Let me try to explain in a way that you can relate to. With me, **God** gives me a lot of physical and spiritual energy, it's within me and it can be released from me. For example, sometimes I will blow out lights or I'll flicker them. Or I'll blow up (not literally) but my energy can affect people's cell phones, computers or other electronics around me. I'm no good around that stuff because my energy causes fluctuations in electricity.

Then there is the physical manifestation of my spiritual energy, my body runs extremely hot, especially from my hands they imitate a great amount of energy and extreme heat which is used for healing. This happens in others that have natural healing abilities too. On rare occasions this type of inner fire can spiral out of control. So rare, but it is a real thing, human combustion comes from this type of energy that emanates from the inside and expands outward. Another person with this type of energy was **Bruce Lee**. He had much energy inside which he tried to keep under control; so much Chi (life force) that kept him energized and he could never sleep. It's an energy thing - did you ever see that movie "POWDER" that's an example of Spiritual energy. I always joke, "One day I'll just go POOF and disappear"! Anyway, people don't need to fear it, because it's a very rare energy phenomena.

**DEAR WHITEDOVE,** I have just finished reading "She talks with Angels." Thank you for creating such a clearly understandable and beautiful inspiration. How can we know if a hurtful experience we've endured was Karma or a life lesson we chose for our spiritual growth?

**DEAREST,** Well, Karma and spiritual lessons go hand in hand. So it's really both. Sacred Indian texts and principals tell us the difference between Dharma and Karma is that dharma is based on birth whereas Karma is the deeds of human life. **Great Spirit** has revealed to me that each soul that incarnates on Earth is on the fast track to spiritual growth because we come to learn many difficult lessons. We come here at great risk of creating more negative Karma, but with the hope of overcoming

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ing obstacles and transmuting the negative experiences with love. We are not meant to have all of the answers to the test, that's why there is a veil between this world and the next. We come here to live by faith, conviction and certainty; to do the right thing and fulfill our soul contracts. Then return to our Heavenly home. During our life review all will be revealed. Just know that if we wanted to take it easy, we could stay in the heavens where all is perfect. We are brave souls and we are greatly celebrated for coming here to earth to experience this duality of Light verses Negative Darkness.

**DEAR WHITEDOVE,** Can we ever come together and shift into love and heal the planet?

**DEAREST,** Yes, that is our hope, but it takes about 20 or 25% of the world population to spiritually wake up to change the outcome that we have created in our near future. And there's more than one probable future too; that's how powerful we are as multidimensional beings! Right now we only need that 20-25 percent of souls here to change the complete future and outcome of this planet into a positive timeline.

Everyone needs to do their part. Start where you are, do what you can to be of service to people and the mother earth. Then try to rest at night so you can wake, live your life and be a positive influence to all that you meet. Touch who you can, help those in need and keep moving. Then wake up and do it again the next day! That's it. Set aside negativity. It is your pure intent and positive actions that matter. Just think, if everyone did this the planet would heal in the blink of an eye.

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Aislin Taylor has been interested in things that go bump in the night all her life. She has spent 30 years researching all things paranormal. Email [cronescauldron@yahoo.com](mailto:cronescauldron@yahoo.com)



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## A Q & A ON EVERYDAY MAGIC



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**QUESTION - AISLIN, HELP! I LOST MY JOB DUE TO COVID. MY PARENTS CAN'T HELP AS THEY ARE FINANCIALLY STRUGGLING ALSO. I DON'T WANT TO TELL THEM HOW BAD IT IS GOING FOR ME. I'M DESPERATE!**

**This must be a stressful time for you. Let's tackle this a few ways.** I'm going to suggest things that will help train your mind and thoughts in a new direction, so go with it, ok? First, you need to keep a good mindset which at times like this is easier said than done. So every morning when you wake up and every night at bedtime tell yourself 3 things you're grateful for. They can be the same things. Don't over think this, keep it easy and simple. Say: I'm grateful for waking up, I'm grateful that I'm surrounded by love through divine manifestation, I'm grateful and know I am set up to prosper.

**Next, use a small jar, use something you have around the house.** Write on a piece of paper a reasonable amount of money for you to manifest within 1-3 months. Place that in your jar. Add some dirt from outside your door and a dash of cayenne or pepper if you have it. Next, add a pinch more dirt and a pinch of salt every day while saying: *Once, twice, thrice, bring my manifestation to life.*

**Next, I want you to make some abundance water.** Every morning you're going to put a dab of this water behind your ears, at your wrists and neck. **Grab another bottle, don't have a bottle? Then use what you have around the house.** If you have distilled water use that, if not, use tap. Don't use anything you're allergic to because you're putting it on you. And you don't need to buy anything, just use what you already have around the house. Grab between three to five of the following: cinnamon, basil, vanilla, Amber, rose, mint, lavender, or nutmeg. You can use fresh, dried, or oils of the ingredients listed.

Add water to your small container along with about a half to a full teaspoon of three to five of the listed ingredients. Shake it up, then put in a dark place for at least three days.

**Every morning put a dab of the manifestation water on you.** It can be placed at your wrists, neck, behind knees, cleavage, inner elbows or temples. Take a moment to close your eyes to visualize being showered with money from heaven. Don't try to direct how the money will come to you, just know and believe it will.

**QUESTION: NANCY, WHEN HYPNOTIZED WILL YOU MAKE ME CLUCK LIKE A CHICKEN?**

When you are hypnotized, you are deeply relaxed, both physically and mentally. Many times you are more alert than in your normal state of awareness. In this state your brain wave vibration rate slows down, giving you access to your Subconscious mind. You have total control over what you will and will not do. You can instantly reject anything that makes you feel uncomfortable. If you like and accept the suggestions, you simply allow them to enter your Subconscious mind. This brings about the desired change.

**So let's go back to the question:**

"Are you going to make me cluck like a chicken?"

Answer: If you want to... We can do that...

What you think, you become... What you feel, you attract... What you imagine, you create...

**Q: What can Hypnosis be used for?**

Hypnosis is a powerful tool that can be successfully used on adults and children alike to eliminate or reduce a wide variety of issues including but not limited to: Stress Management, Insomnia, Migraines, Side effects of Chemo, Childbirth, Substance Abuse, Food Addictions, Claustrophobia, Memory Enhancement, Increase in Athletic Performance. If you can think of it... Hypnosis can help.

Take that first step to be who you want to be, can be, and deserve to be.

**Q: How does Hypnosis work?**

Your subconscious is like a computer. It will only respond to what you allow to enter. For example: if you see yourself as overweight, then you are overweight. If you are convinced that you are a smoker, then you will smoke. This same concept is true with poor self image, fear of heights, spiders, storms, or surgery.

Your body moves in the direction of its most dominant thought. If you tell yourself flying is not safe, your mind believes it, forms a fear, and stops you from doing what you want to do. On the other hand if you tell yourself that you are in perfect health and perfect shape... your body will begin to make that your truth.

In the relaxed state of Hypnosis the subconscious mind takes the positive suggestions given to it and funnels that thought to the conscious mind to be acted out. When you emerge the thought is embedded and will continue to get stronger as time goes on. Any suggestion that you do not like or is wrong for you, your subconscious mind will automatically remove.



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## THE MERRY MONTH OF MARCH

**March 2021 begins with a pause of a breath, as nature waits for the cold to release its grip. Among people, it will also be a quiet pause, with a time of fasting and reflection in many faiths and cultures.**

**Christian Lent** continues its 40 day season of prayer, fasting, and almsgiving, leading up to **Easter Sunday** in April.

In **Islam**, the month of **Shaban** begins, which is 30 days before **Ramadan**. It is a time to prepare the mind and body for the fasting and prayer that will begin next month.

In the **Baha'i faith**, **The Nineteen Day fast** will begin on **March 2nd**, in preparation for their New Year on the **Vernal Equinox** on **March 20**.

**Jewish** families will begin to carefully clean their homes and remove all food with grains in preparation for **Passover**, which begins at sunset **Saturday, March 27th**.

**March 13 - New Moon in Pisces**

**March 17 - St. Patrick's Day - Christian**

**March 20 - Vernal Equinox**  
**Ostara - Pagan/Wiccan**  
**Norooz - Zoroastrian**

**March 27 - Passover - Judaism**

**March 28 - The Wind Full Moon in Libra**  
**Holi begins - Hindu**  
**Palm Sunday - Christian**

**Ostara**, also known as the **Spring or Vernal Equinox**, is one of two dates where day and night are equal; a point of balance, after which the forces of light gain power and preeminence over the powers of darkness until it reaches its ultimate at **Midsummer**. The sabbat takes its name from **Eostra (Ostara)**, the **Goddess of the Dawn**, the **Saxon Goddess** who heralds the triumphant rebirth of the Sun and the return of the greening season.

Welcome to March and Blessed Be!



## CRONE'S CAULDRON



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Also see Crone's Council  
Q & A on page 16

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# CRYSTAL CORNER

## MARCH IS FOR AQUAMARINE

Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and find us on Facebook

**Spring has come to High Springs, the little town in north central Florida surrounded by more natural springs than anywhere else in the world. Because it is so magical here, I have had my rock and crystal shop here for almost 20 years.** It is nestled on a lovely piece of land surrounded by old growth trees and ancient camellia bushes, so it is a perfect place to welcome in the Spring.

**The crystal that has been calling to me for March this year is aquamarine.** Aquamarine is a color variant of beryl that is the blue of our spring waters and it is considered to be the Aquarian birthstone. I call it the *Stone of Courage* because it

can help us find our voice to speak our heart's truth. When we speak from the true place deep within ourselves, false and toxic narratives and fears begin to erode away and we become permeable to new energies and fresh ideas.

**It can be daunting to look inside ourselves** and see the places where our fears keep us from consciously expressing how we really feel, but how freeing it can be when we let our fears go and say what we need to say. If you can remember what it feels like to gather up the courage to tell someone that you love them even though you are not sure what the response will be, you know what I mean. **Aquamarine** is a great ally in seeing your truth more clearly and letting it out like flowing water.



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and Spring Is on the Way!**

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- Pendulums

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Aquamarine is the March birthstone. We have new large aquamarine tumbles and a great selection of jewelry.

Hidden treasures are emerging from the flats including eye agate from Brazil, red, green calcite clusters from Mexico, rose quartz boulders, chatoyant malachite.



Aquamarine, Afghanistan

*Welcome in the Spring at the Emporium*

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**386-454-8657** [highspringsemporium.net](http://highspringsemporium.net)

**There are many ways to work with aquamarine.** You can buy some aquamarine jewelry to wear. A pretty pendant at your throat or over your heart will remind you of your indomitable spirit all day long. This is a great way to use **aquamarine** when you need to do a presentation or have an important talk with someone. You can carry a tumbled piece with you in your pocket for any time you feel the need to speak out and could use a little extra help.

**Gemmy clear aquamarine crystals** can be powerful helpers in visual meditation - just relax, hold your crystal at eye level and gaze into it while breathing slowly and deeply. Imagine yourself surrounded by crystal blue waters that nourish you on the deepest levels and inspire you in new ways of positive heart-centers communication. For those of you who work with the chakra system, aquamarine harmonizes with the **Throat Chakra**, so many people like to place a piece there to open and balance it. Since aquamarine has such a strong connection with the element of water, I like to use it in crystal grids to protect and restore our aquifer and waterways. Sailors in ancient **Greece** would carry aquamarine with them on sea voyages to protect themselves from drowning.

**Mermaids of all kinds delight in the energies of aquamarine.** Pick up a piece and head for the ocean or one of our glorious natural springs to enjoy the rebirth of the warmth and light. Many blessings to all of you.



# 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* and *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)



# 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>

## MAKE NO MISTAKE. WHAT IS HAPPENING IN AMERICA IS A BATTLE BETWEEN TWO REMARKABLY DIFFERENT CONSCIOUSNESS.

One, is a survivalist consciousness that has outworn its welcome. We have no other choice but to shed its more toxic aspects. Not that we don't have to survive, but not at the expense of human development. What we need now is a relationally responsible version of survivalism. Two, is a more authentic, inclusive, progressive consciousness. It does not imagine itself above anyone. It does not define itself solely by what puts food on the table. It does not confuse hate with wisdom. It is conscionable, sensible, heartfelt. It looks beyond its own needs, and incorporates the needs of others in its prioritization structure.

**Survivalists don't give in easily.** They fight for every last morsel. They are like fading T-rex's, desperate to eat the world one last time before their way of being perishes. They have no understanding of, or interest in, an inclusive consciousness. Its kill, or be killed. And the great irony is that it is an armored survivalist consciousness that did much of the dirty work to build America. You had to be emotionally and physically armored to win those battles, build those railroads, overcome a myriad of daily challenges to keep the dream alive. Without them, we would have no structure to stand on while we are battling to up-level consciousness. We stand on the shoulders of the weathered and the worn.

**At the same time, we must continue to wage battle for the more authentic and inclusive world that we long for.** We must continue to fight for our right to the light. Not simply because it will grant individuals a more humane reality, but because toxic survivalism is destroying our species. It is equally ironic that the survivalist consciousness that saved us is now killing us. Because if all you care about is getting through the day, you will do nothing to affect positive change. You will be too self-consumed to notice that the forests are burning, and that our species is at risk.

**The consciousness battleground that we are all standing on, is something more than a difference of opinion. It's a battle for the survival of the species.** The only way we make it, is if we integrate our survival instincts, with our deepest humanity. Not every man for himself, but every (hu)man for humanity. Where survivalism meets humanism, on the trailways of collective transformation.

**WHAT WOULDN'T YOU GIVE TO LIVE, LOVE AND BE HAPPY, DELIRIOUSLY HAPPY, FOREVERMORE?**

**Well, that's just it, you needn't give anything. Just decide to live, love, and be happy, deliriously happy, from this moment forward.**

**And I shall provide,**

**The Universe**

**TRY PRETENDING THAT ALL YOU NOW BELIEVE TO BE REAL, IS NOT. AND THAT ALL YOU WISH TO BE REAL, IS. IF ONLY FOR A FEW MINUTES EACH DAY.**

**Then, try acting like all you wish to be real already is real. With just a word here, a sentence there, or some little demonstration. If only in private.**

**Before long, you won't even remember if what you used to believe was real or just a dream.**

**I'm pretending you already do this stuff whenever you want change,**

**The Universe**



Delphine was born in Queens, NY where she lives with her unique, extended family. Named after the great oracle, Delphine is considered sacred to the great Poseidon, God of sea and storms. Though she knows the consequence of prophecy, Delphine believes understanding creates the power to heal our world. Delphine taps into these gifts providing us the rare opportunity to know ourselves more deeply. *Please send your questions to askdelphine@gmail.com*

**DEAR DELPHINE,** My wife and I have 2 young children together. We recently came to an agreement to have an open relationship. It was a lot harder than we thought. She began dating a wealthy man who is not of our race and is bringing the children to see him. It really upset me and we got in a bad fight. She even destroyed some of my work tools. We decided to separate. She is still dating him and I am heartbroken. What do I do? Solo artist

#### **DEAR SOLO,**

Sounds like you started out wanting more love in your life and now feel all alone. Don't despair, take heart in ends' stead, there may be the glimmer of beginnings. Choosing polyamory is not easy and you two are realizing that. You are still married and will always share 2 children; therefore, it is vital you find a way to move forward.

The hurt and jealousies that may have erupted within need to be examined on both sides. By doing so we find the answers that allow us to feel at peace regardless of ANY circumstance.

What were the motivations and intentions here? Why did you want to be Poly in the first place and do you still? What does that mean to each of you? What parameters were established beforehand and do you even still love each other?

Since you have an aversion to her new lover, is it possible your fear of losing her is making you miss an opportunity to get to know a very nice person who can become an important part of your life as well? Maybe you and he can become friends. Is there something wrong with him? Is he hurting your wife or children? What don't you like about this guy, besides the fact she is choosing to spend time with him right now rather than you?

Examine your motivations. Be honest with how you want to proceed. What do you want your life to look like, with whom do you want to share it? By contemplating these questions and others you will create your own answers.

Focus. Once the stuff that doesn't matter is cleared away, you will find focus. This the real solution, even if that means dissolution of your current situation. It is natural to feel fear, especially when on the cusp of the unknown. Pushing through that fear leads to reward. Every swimmer has to make their first dive. It may also be an easier transition than you anticipate.

Once you know these answers, approach your wife and see if you can come to an accord. Go easy on each other, we have been trained to think of only one way to be in relationship with a romantic/sexual partner -- monogamous, one on one. Now we realize these restrictions may no longer serve us. Decide what will best serve your family and most of all: move in kindness, my friend. You may soon find yourself solo no more, coupled or tripled again. I commend your courage and candor. **One love, Delphine**

**DEAR DELPHINE,** My parents follow Q-anon and I am scared to tell them about my LGBTQ identity. They scare me. I really enjoy praying to God and participating in our activities; but, lately they are more and more frenzied. They really are good people, in so many ways. What do I do? -Terrified in Texas

**DEAR TEXAS,** Being under pressure like that is super scary! Do you know what it takes to turn coal into diamonds? Pressure!!! That's right, your environment may be rough; but, you are going to be okay. If your parents are a danger to you or themselves it's important to get to a safe place. Always tell someone you trust. When in doubt, call 911.

That said: Be the alchemist! Become your very special you. Focus on the things that are going to serve you. Do stuff! Foster healthy relationships with mentors in your area. Discover a project that interests you, learn new skills. Challenges are opportunities. You can be a great gift to the world and help create bridges. Keep the spark alive and remember, one who has seen darkness knows the light. Be the light and the change. Others shall surely follow. As you develop, use your prayers as a means of comfort and focus. Those stop gaps are important, they allow one to think again.

If you still have a relationship with your parents, be kind. They learned some strange stuff and are under peculiar influences. If you are safe, perhaps try to approach a discussion of the Constitution? A lot of people have no idea what it says.

Bully behavior, bigotry and discrimination are confused with freedom and rights, however intimidating, threatening, de-meaning or otherwise oppressing another is NOT protected by 1st amendment -- or ANY -- rights. Find the Constitution online and read it. Another good resource for you might be <https://www.nationalsafeplace.org/lgbtq>

We need only look at our Bill of Rights to remember: we are all in this together. Our social contract is the bind that actually frees us. So, please, let your spectrum shine. Shine like a diamond! **Keep in touch, Delphine**



# FLORIDA MAN USES COVID STIMULUS TO BUILD GARDEN, SPREAD MESSAGE OF FOOD INDEPENDENCE

by Daniel Figueroa IV at <https://www.wmnf.org/florida-man-uses-covid-stimulus-to-build-garden-spread-message-of-food-independence/>

**It's second-to-last house on Michael Chaney's block, just next to a set of railroad tracks that bisect the neighborhood. And now the garden has an official name. "Hey, this is Spirit Mike. You're at New World Growers.**

**THE MICHAEL JORDAN AND THE KOBE BRYANT**  
Nearly a year after buying his first fabric pots on Amazon, Chaney - who goes by Spirit Mike - said moringas are still his favorite plant. "That is the Michael Jordan and the Kobe Bryant together," he said.

He used to buy moringa in powder form. But now he grows his own. The plant is considered a superfood. And it's perfectly suited for a subtropical climate like Florida's. It's high in vitamins and protein and is said to benefit weight loss, blood pressure, heart and eye health. It's good for strong bones and is said to help fight anxiety and depression.

"If you were stranded somewhere and all you have is this and water you would not only survive, you would thrive," Chaney said. "I don't work out. All I did was add this to my diet and add flax seed fiber and I lost 65 lbs."

## WHY BUY FOOD WHEN YOU CAN BUY A FOOD SOURCE?

Before the COVID-19 pandemic took hold of the world, the land around Chaney's house was barren. But as lockdowns came and supermarket shelves went bare, Chaney started to think of survival. When he went to the store, most groceries, especially the produce, was gone. He saw people arguing and fighting over household basics like bleach.

## "IF THE STORES DON'T HAVE FOOD, WHAT AM I GOING TO DO? I DON'T KNOW HOW TO HUNT.

At that time I didn't know how to fish," he said. "I didn't know anybody that grew anything or had the knowledge to grow anything."

He'd toyed with the idea of gardening before, even buying a tomato plant from Home Depot. But it didn't last too long. With the pandemic he had the time and the motivation. Now, he also had a little starting capital.



**CHANNEY USED HIS FIRST STIMULUS CHECK TO BUY SOME POTS AND A NEW TOMATO PLANT.** He went to the internet for some advice on gardening. And for supplies he headed to Plant City where he found A Land of Delight Natural Farm. There, he was able to get materials, advice and learned he could even buy plants with food stamps. Chaney said he never knew he could do that and hopes if more people use food stamps to buy food sources, fewer people will need that government assistance.

**"If I can use my food stamps to get an orchard, then I could use that orchard money to get off food stamps and survive."**

*...continued on page 34*



<https://www.wmnf.org/programming/how-to-listen/>

# GARDENING THE MEDICINE WAY

## PLANNING YOUR FOOD GARDEN



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at [scribe@ironoak.org](mailto:scribe@ironoak.org)

*I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

**Planning your food garden can quickly become overwhelming.** Starting with the list of foods you are eager to grow, you also begin to learn how much sun and space each individual plant will need.

**Then we start to learn about companion planting,** which means some plants grow great together and some plants will impede another's growth. Many of your garden planning questions can be answered with a simple timehop back to the Victory Gardens of the World War eras.

**Victory Gardens were promoted to encourage citizens** to grow and preserve their own food, in order to conserve commercial canned goods for the troops.

**The United States Department of Agriculture** produced a wide variety of at a glance posters and easy to use booklets. Some of these can still be found online at the **USDA National Agricultural Library**, [www.nal.usda.gov](http://www.nal.usda.gov).

**The conservation of resources was emphasized** by encouraging folks to prepare the soil early using straw, home compost and animal manure and to use the most simple of gardening tools that may already have been available around the home.

**A sample poster (see right) shows a variety** of nutritious vegetables and their recommended planting space and order. A 25 x 50 ft garden is not quite a fit for most of our backyards. While it is definitely fun to be adventurous and grow a few new veggies to add to your diet, start slow and look at what vegetables are commonly on your grocery list and stick with them, continuing to be mindful of the companion planting process. This will help you customize the size of your garden.

**Victory Garden literature also encouraged planting seeds** in stages, to provide families with a steady, fresh harvest. Instructions were provided for preserving food for later, through canning drying or freezing. Remember to take into consideration how quickly you will consume your preserved food as taste and quality will degrade over time. And of course, sharing your bounty brings the greatest joy! Happy Gardening!



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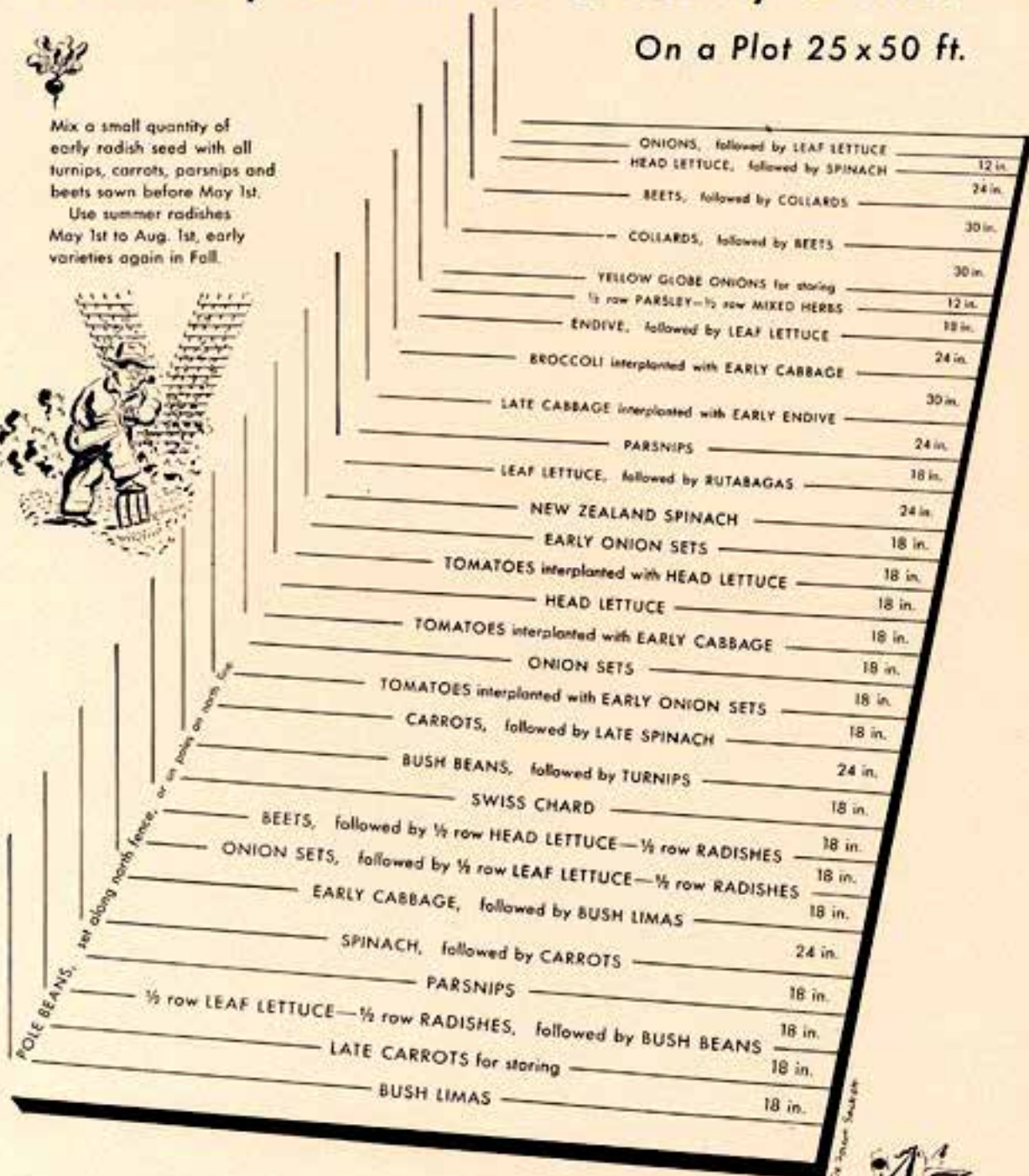
# A Victory Garden for a Family of Five

On a Plot 25 x 50 ft.



Mix a small quantity of early radish seed with all turnips, carrots, parsnips and beets sown before May 1st.

Use summer radishes May 1st to Aug. 1st, early varieties again in Fall.



ISSUED BY ILLINOIS STATE COUNCIL OF DEFENSE,  
GOVERNOR DWIGHT H. GREEN, Chairman



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Jacksonville	904-287-1505
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# HOROSCOPES MARCH 2021



## ARIES – (March 19 – April 18)

Sweet introspection and the taking of personal power! The Sun in Pisces until the 20th and Venus in the same sign until the 2nd favors your inner life and softens your emotional life, if necessary. You could oscillate between saying things with brute frankness or quieting things down with pure modesty. Your planet, Mars, in Gemini from the 5th, boosts your personality. Your leadership qualities and fighting spirit are increased! Venus is in your sign on the 22nd, your charisma is powerful while Jupiter and Saturn in Aquarius favor your projects and your friendships. An eye on your income is asked by Uranus in Taurus, its effects are unpredictable, first decan. From the 21st, the Sun enters your home, your light shines!

### LOVE IN GENERAL:

An unusual sentimental shyness to your intimate personality may require you to review your tender cards! Venus in Pisces until the 21st and Mars in Gemini from the 5th, offer an emotional tension that you will have to work with! Your ardent desires and the expression of your feelings play hide-and-seek. Wait until the 22nd to enjoy love with a capital L.

### IN A RELATIONSHIP:

Your temper all fire all flame, will be patient until the 21st. You are reserved or silent, your partner could imagine the worst, but reassure them! Then, passion consumes you as of the 22nd, you are everything to your relationship and all for your mutual love. On the program, strong desires and lively, demonstrative feelings, you are happy!

### SINGLE:

Mars allows you to exceed yourself and you are capable of modifying your emotional life! Your social melting pot will be your source of predilection from which you could find a brand new love! Do not confuse dynamism and haste if you want to hold the object of your conquest in your arms.

## TAURUS – (April 19 – May 19)

Projects and friends are your strong points of the month as well as a nice evolution! Until the 20th, the Sun in Pisces warms all your desires, whether they are friendly or constructive. Venus, your planet, also in Pisces until the 21st, announces a beautiful complicity with the people who count, you are popular! Uranus in your constellation starts a new chapter of your life, innovative and unpredictable, first decan. Mars after the 4th in Gemini asks you to monitor your bank account, and not to be excessive. Jupiter, Saturn and Mercury all in Aquarius reign over your socio-professional sector, at the end: a beautiful, slow evolution that you will need to accompany, for the whole sign. Your ideal of life continues to moul, third decan. From the 21st, the Sun returns to Aries joined by Venus and invites you to an introspection.

### LOVE IN GENERAL:

Your legendary fondness has all the leisure to express itself until the 21st, Venus in the sign of water even favors your romanticism.

On the other hand, Mars in Gemini comes to remind you not to mix love stories with financial affairs! After the 22nd, the beautiful escapes you, your feelings are powerful but internalized.

**IN A RELATIONSHIP:** Beautiful exchanges are likely, celestial energies boost your good mood especially from the 16th to the 31st while your feelings inspire caresses and sweet exchanges at least until the 21st, your other half will appreciate your physical availability but perhaps less your mind which is focused on your wealth: take confidence in yourself and in the other!

**SINGLE:** Your social circle is a gold mine for you until the 21st, seize your luck without further delay! Your quiet nature may regret the insolent opportunities this month offers if you delay expressing your desires! Your sentimental mood is more reserved after the 22nd, a word to the wise!

## GEMINI – (May 20 – June 19)

A superb energy and a focus on your socio-professional destiny! The Sun in Pisces until the 20th accompanied by Venus until the 21st in your career sector, invites you to put in value and to dare! Mercury, your planet, until the 15th in Aquarius and Jupiter and Saturn well connected to your sign, promote your ideal of life and your evolution, and they trigger beneficial changes! After the 16th, your planet enters Pisces and announces many contacts and other socio-professional negotiations that are a little delicate, so stay focused. First decan, Uranus initiates existential questions in you or causes unexpected events, open your eyes! From the 21st, the Sun in Aries as well as Venus from the 22nd, illuminate your social sector, you are surrounded, supported, loved. The end of the month is very pleasant!

**LOVE IN GENERAL:** From the 4th, Mars totally boosts your desires, in your constellation your sensual energy is at its height! Venus is very favorable to you from the 22nd, passion could fall on you before the end of the month. From the 1st to 21st, you are uncomfortable with the emotional climate of the moment, your feelings are cold or focused on your profession.

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# HOROSCOPES MARCH 2021



## IN A RELATIONSHIP:

A beautiful complicity unites you thanks to Mercury until March 15th, Mars assures a passionate libido all fire all flame for you, which is able to revive the oldest couples while Venus from the 22nd gives you desires for common outings, you bite into life together, wholeheartedly!

**SINGLE:** Driven by the strength of Mars for most of the month, you will have the heart to make a beautiful, emotional meeting and the sky will help you especially after the 21st. Your friendly approach at first glance could facilitate your contacts, while Venus endows you with a devastating charm. Believe in yourself!

## CANCER – (June 20 – July 21)

Dreams of travel and your socio-professional destiny! Until the 20th, the Sun in Pisces supported by Venus, brings to your ideal of life desires that are also powerful! You who are usually attached to your home, could dream of change of scenery or quirky meetings. The energies in Aquarius, Mercury, Jupiter, and Saturn boost your inner life and your carnal desires, your outlook on life is changing. Uranus as a harmonic sign facilitates the meeting of new friendships or renews this sector as well as the emergence of innovative projects, first decan. Mars in Gemini from the 4th you breathe an energy that is a bit secretive, rather than cerebral and impractical. Your private sector always receives Pluto, what do you want to regenerate, last decan? On the 22nd, the Sun and Venus in Aries favor your profession and your life in a general way.

**LOVE IN GENERAL:** Pluto always imposes questions about your love life, how far have you got? Venus in a sign of water until the 21st brings peace to your heart, you feel your partner with precision and delicacy! Your desires are secretive and sometimes difficult to express. After the 20th, your sensual energy is more daring and benefits your intimate relationship.

**IN A RELATIONSHIP:** Until the 21st, sweetness and harmonious feelings give you the well-being to which you aspire to together. You build projects related to your common heritage, unless it is your sensuality that opens to a point of innovation! Beyond that the energies of Aries shakes up your outer life and you refocus on your essentials.

**SINGLE:** This month is not particularly conducive to a meeting unless you belong to the last decan. However, during a trip you could cross the path of a person as sweet as you and live a winter romance, unless your social circle surprises you. Go out!

## LEO – (July 22 – August 21)

Introspection and the importance of others! The monthly energies of the Sun in Pisces until the 20th and from Venus to the 21st and also from Neptune awaken your relationship to money or your sensuality, which is at the center of your thoughts. Mercury until the 15th, Jupiter and Saturn all month in Aquarius, brings to light your intimate or associative partner: listen

to the other, it will be primordial! The sector of the profession or social life receives Uranus and could announce reversals of unexpected situations, stay open. As for your energy, no chance to miss it, Mars in Gemini as of the 5th, boosts your morale, your physical energy and your friendly desires. From the 21st, your personality warms up, activates and regains a taste for passion!

## LOVE IN GENERAL:

Your feelings are strong but a bit overwhelming, you like to control the situation but the energies until the 21st do not allow it. On the other hand, your sensuality pushes you to seduce and to put yourself in the spotlight, libido in full form! After the 22nd, Venus in Aries befits you like a glove and your love life regains its colors!

## IN A RELATIONSHIP:

In order to preserve your conjugal complicity take into account the opinion of your other half especially until the 15th, then, your feelings are passionate but you destabilize and can create disagreements of feelings between you. Things are going well after the 22nd. Your libido on the other hand is without a false note, your score is perfect!

## SINGLE:

Your dating opportunities are high especially before the 15th and after the 22nd. Your seduction wins the vote among your friends, a person that you did not pay attention to until now could charm you suddenly. Communication will play an important role, take care of your intimate approaches.

## VIRGO – (Aug 22 – Sept 21)

A beautiful cluster in Pisces faces your sign, the Sun until the 20th, Mercury from the 16th to the 31st, Venus until the 21st and Neptune all month, promotes your intimate relationship and announces repercussions in events beyond this month! Others inspire you, your mind goes out of your comfort zone and thinks about the future. The sector of work is touched by powerful energies, Jupiter and Saturn install a bit of a serious climate but one that is very constructive for your professional development. Mars in Gemini from the 5th, in your sector related to your socio-professional destiny, boosts your ambition and your dynamism but can cause some clashes with your hierarchy, stay flexible. From the 21st, the energies of Aries invite you to reflect on your life.

## LOVE IN GENERAL:

Your love life is definitely favored at least until the 21st, the Sun and Venus in an area of your life attached to your intimate life, announce it. Mercury, your planet, in Pisces from the 16th to the 31st, facilitates your intimate exchanges while Mars connects your desires to more intellectual satisfactions than sensual ones. Live your feelings deeply for once!

# HOROSCOPES MARCH 2021



## IN A RELATIONSHIP:

It rolls until the 21st! Your other half wants to seduce you and make your heart vibrate, an objective that is reached during the month! Then, your feelings become more intense from the 22nd, maybe a bit of doubt could tarnish your complicity? Your sensitive communication helps to keep your conjugal agreement.

## SINGLE:

From the last decan, a passionate meeting could fall on you! For others, your chances of meeting your special someone are concentrated before the 21st, open your eyes either in your daily life or in your professional circle. Your morale is tender from the 16th, your words are a hit!

## LIBRA – (Sept 22 – Oct 21)

Your daily life is in the spotlight and you share beautifully with others! The Sun in Pisces until the 20th supported by Venus until the 21st, facilitates your employment, and your daily routine while Mercury in Aquarius gives you a harmonious morale favoring your emotional exchanges. A little tension in the home is possible, last decan, take a breather! Mars in Gemini, from the 5th, in good aspect to your constellation gives an impulse to your ideal of life and a strong energy. Jupiter and Saturn in Aquarius modifies your way of loving and your relationship with your children harmoniously and for a long time, if you are a parent. Uranus announces a change in your relationship to money as well as a particular openness to your conception of life, first decan. From the 21st, the spouse or partner takes their place in front of you, balance?

## LOVE IN GENERAL:

You live love easily this month. Venus is in Pisces until the 21st and breathes softness and tenderness into your daily routine while Mars boosts your libido frankly. Your balance-loving personality should appreciate the presence of Venus in Aries after the 22nd: sentimental ardor that you will have at heart and in the body to share! Your relationship will be important and love will be essential!

## IN A RELATIONSHIP:

You will avoid clashes within your couple, take a step back from your respective families. The energies of Pisces soften your daily life, you are relaxed, an accomplice of your half. Your partner takes their place from the 21st, listen to them, they may have things to tell you!

## SINGLE:

From the 5th, Mars moves you to action with dynamism and ease of communication in your relationships. You attract people who may be younger than you, or from a different culture. Your feelings are powerful especially after the 22nd, love at first sight or a predestined meeting?

## SCORPIO – (Oct 22 – Nov 20)

Love and intensity! This month promises to be very sentimental for your sign, a cluster in Pisces, the Sun, Mercury, Venus and Neptune in the heart of your business sector speaks for itself! Your soul will vibrate to the extent of your personality and its harmonious monthly energies. Until the 15th, Mercury square to your sign, hinders your exchanges, avoid explosive words. Your planet Pluto, still in Capricorn, promotes your morale while Mars in Gemini as early as the 5th, boosts your sex appeal! You will need to watch your home, Jupiter and Saturn can complicate your family relationships, stay zen. Great turmoil in perspective, Uranus facing your sign, your partner or spouse changes your relationship, first decan. Finally, the energies of Aries from the 21st to the 31st boost your daily life, energy and know-how!

## LOVE IN GENERAL:

Love is the focus of the month with beautiful prospects to live! Your passionate nature should appreciate these harmonic celestial impulses, you are charismatic, sensual and romantic! Whether you are accompanied or not, love and its wonders await you, are you ready? Mars in Gemini from May 5th to 31st could trigger an introspection in keeping with your inner personality. Carpe Diem !

## IN A RELATIONSHIP:

It is likely that the beautiful monthly energies of love allow your couple a complicity and harmony in everyday life. Until the 21st, there is a sweetness of life together and from the 22nd, you are very successful at work, enough to continue to please your other half. A nice month!

## SINGLE:

This somewhat mixed month, between winter and spring, resonates very well with your intimate personality. Your chances of seduction are very high and you are able to permanently change your emotional status. Take care of your communication, do not test others, embody love as you know how to do it and be ready!

## SAGITTARIUS – (Nov 21 – Dec 20)

Focus on your home, your roots and love! A planetary cluster in Pisces, the Sun until the 20th, Mercury from the 16th to the 31st, Venus until the 21st, and Neptune all month, boosts your family life, benign clashes or misunderstandings are possible, stay optimistic. Your professional life receives Uranus in Taurus, the unforeseen is coming, adapt yourself, first decan. Until the 15th, Mercury in Aquarius accompanied by Jupiter

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# HOROSCOPES MARCH 2021

...continued from page 29



and Saturn all month, assures you an outstanding morale, nice friendships, and mental initiatives are welcomed, an important evolution of your close circle of relations. Mars, facing your sign from the 5th to the 31st, signifies increased importance of you spouse or partner, otherness will be important this month. From the 22nd, the Sun and Venus in Aries enliven your love sector under the best auspices!

**LOVE IN GENERAL:** Love softens your family life until the 21st, you express your feelings with a bit of clumsiness but with sincerity. Your intimate nature awakens with energies more in tune with your own as of the 22nd, Venus in Aries mean you are well! All fire all flame, you overflow with love! Be sure to control your sensual impulses, so that they remain unifying.

**IN A RELATIONSHIP:** Leave aside family affairs that could complicate your complicity especially after the 16th and return to your relationship with ease. Under the influence of Mars in Gemini and Venus in Aries from the 22nd, your libido escalates but your possibilities for disagreement do as well. Refocus!

**SINGLE:** Your chances of coming across your soulmate are powerful from the 21st, unless during a small trip you meet someone! The spousal sector is energized all month, if there is a meeting, it could be perennial. Watch out for your communication, after the 16th, your feelings will be blurry. Caution.

## CAPRICORN – (Dec 21 – Jan 19)

An excellent relationship and a focus on your wealth! The Sun in Pisces accompanied by Venus, Mercury and Neptune acts on your morale, your intellectual capacities and your relationship by promoting these sectors harmoniously! The sphere of work is dynamic, act without haste. A cluster in Aquarius of Mercury until the 15th and Jupiter and Saturn all month, makes you worry about the money you receive from work, between evolution and structuring, play it balanced. Pluto always in your constellation acts on a plane of subtle consciousness in you, let yourself be, last decan. Your creative and emotional sector receives in beautiful aspect to Uranus and its thunders, unforeseen changes on the horizon, first decan. From the 21st, the Sun in Aries and Venus pamper your home or animate things a little too much to your liking?

### LOVE IN GENERAL:

You are serene and available until the 20th, your tender and calm behavior could be sought. A healthy libido animates you all month while the idea of a love at first sight amuses you! After the 22nd, passionate energies, a little excessive for your nature, shake up your home or your serenity.

### IN A RELATIONSHIP:

Until the 22nd, your relationship works like a charm, complicity and tenderness summarize your daily life. Beautiful exchanges complete this harmony, together you find the desire to go out and meet long standing friends. A common hobby could further increase your complicity. After the 23rd, its family first!

### SINGLE:

Look at the professional or everyday sphere, these two universes are likely to favor a romantic encounter, unless a neighborhood relationship, hitherto platonic, takes a more sentimental turn. Demanding and tenacious, especially last decan, the energies offer it to you but it will be up to you!

## AQUARIUS – (Jan 20 – Feb 17)

Finances are on the program and relationships are favored! Your sector related to the income from your job is boosted until the 21st, a raise? Unless you discover a hidden talent that you plan to unveil? Last decan, you will soon end a long conversation with yourself, what lessons do you keep? Mars in Gemini powerfully facilitates your hopes as a lover or creator, it's a nice month for artists! In your sign, there is both heavy and good: Mercury until the 15th and Jupiter and Saturn all month, allow you all the audacities, you are communicative, ambitious and structured to engage your creative forces in the long term! From the 22nd, the energies of Aries add to these opportunities provided by the sky, your social life and your morale are outstanding!

### LOVE IN GENERAL:

Until the 20th, your most intimate thoughts are turned to your wealth and you reroute some emotional contingencies a little! However, everything that touches your heart resumes the path of opportunity from the 22nd! Indeed, Venus in Aries and Mars in Gemini increase your chances of romance. Love hits hard from the 22nd to the 31st.

### IN A RELATIONSHIP:

The monthly energies are quite neutral regarding your couple until the 22nd even if a torrid sensuality facilitates your conjugal complicity. From the 22nd on the other hand, your mutual feelings are reactivated, you are more in love than ever! Love and desire play, for you both, a beautiful score!

### SINGLE:

Your desire to meet someone will be intense! Weary of celibacy, Mars gives you a beating energy all month long! In your sign until the 15th Mercury gives you a timely oral skill while Venus from the 22nd settles in your relationship sector. It's your turn to play!

# HOROSCOPES MARCH 2021

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## PISCES – (Feb 18 – March 18)

Highlight your personality and focus on your wealth! A planetary cluster in your sign of the Sun until the 20th, Mercury from the 16th to the 31st, Venus until the 21st and Neptune throughout the month, boosts your charisma, your beauty, and your picturesque and atypical personality! Mars square to your sign titillates your family relationships and home life, keep your cool. Mercury in Aquarius until the 15th, accompanied by Jupiter and Saturn, invites you to a preparatory introspection for great achievements, you gain in pragmatism! Your friends are important, Pluto does the sorting and leaves you only the quint-essential friendships, last decan while Uranus brings new things! From the 21st, the Sun and Venus in Aries illuminate your sector related to your money, a raise or a gift?

### LOVE IN GENERAL:

You radiate love until the 21st and your intimate, hyper emotional personality is doing very well! Sweetness, tenderness, empathy, you embody these qualities and your presence is soothing. Mars in Gemini in disharmony to your sign announces a fluctuation of your desires. Then from the 21st, a fiery climate jostles you a little but you adapt so well!

### IN A RELATIONSHIP:

Your married life is announced under beautiful auspices, complicity and mutual sensuality until the 20th, leave family aside a little and refocus on your love, your feelings and what is essential! After the 21st, give yourself gifts or save money for a project that is important to you!

### SINGLE:

Your external light could be worth many tributes to you, without forgetting your ease of communication especially after the 16th and Uranus, in beautiful aspect, could favor a meeting as unexpected as original. You will need to watch your dynamism a bit but the eagerness will serve you. You know how to swim, it's up to you to play!



# HERB CORNER

STRENGTHENING YOUR  
IMMUNE SYSTEM NATURALLY

...continued from page 10

**Garlic** another herb specific to the lungs and (IS) contains potent antimicrobial, antiviral, antiseptic, antibacterial and antioxidant properties found to inhibit the growth of a wide variety of organisms, especially those that have become resistant to medications.

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These are just a few herbs that can strengthen the (IS). These along with lifestyle modifications, a healthy diet, drinking enough water, getting good quality sleep and proper hygiene can build and balance a healthy immune system.

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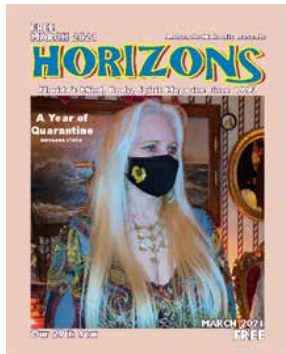
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# A YEAR IN QUARANTINE WITH MORGANA STARR



*...continued from page 9...*

My business partner, **Daena Deva**, and I had already been doing online courses for our students, prior to **Covid**. We fine tuned this and found out we had a broader reach across the globe with more programs and

platforms. Our store thrived during the forced shut down, and even afterwards. Our team kept things going, while observing safety protocols. **Daena** and I go in occasionally, but most of our focus on our online coaching programs, Reiki attunements, and spiritual clearings.

**Covid** helped us see how powerful doing these alignments over the internet are. The Angels activate the energies through the airways. In doing so, we can reach even more people. People in person at our shop, and through zoom.

My significant other and I cohabitate, but we do need our own space and always have. So during quarantine, this continued, although we took time to do projects together, which brought us closer.

After the quarantine started, I began to see how polarized the Spiritual community had become. Some are being told they are living in fear, while others are told they are being reckless. No matter our differences, we should all do deep work and learn to not judge others, though they may be continuously judging you. This is a vicious loop one can get stuck in.

I discovered that I was being judgmental of judgmental people. So I set myself down and had a stern talk with myself, and readjusted my attitude into love and compassion. After all, I am only responsible for myself and the energy I put out.

We should always have compassion for those who have passed away. It does not matter what the situations are that led to their passing. We all must readjust our attitudes towards love and compassion. We alone are responsible for ourselves and

the energy we are putting out into the world. Why fill the world with more hate and judgement? Choose love and light.

If we do not find our common ground in the Spiritual community, and learn to celebrate our differences, we are doomed. When we love each other, regardless of our various beliefs, and we reunite in this power, we will become the ripple effect of change that the world so desperately needs.

-- Morgana Starr

## AWAKEN INSTITUTE

Awaken Institute is breathing fresh air into the Spiritual community. Owned by New Thought Leaders, **Morgana Starr** and **Daena Deva**, Awaken Institute is training Lightworkers to become Light Warriors/Angelic Ninjas. As Psychic Mediums, Spiritual Teachers, Reiki Master/Teachers, and owners of **Angels Oasis**, a Spiritual shop in Cocoa Village, FL, they have a combined 50 years of Spiritual work.

**Morgana and Daena** bring unparalleled expertise to their students, helping them to grow Spiritually in a safe, guided way. They guide their students in how to live their Best Lives, become Empowered Empaths, and learn to navigate the Spiritual world on their own. From Beginner courses, all the way to Mastery and Advanced Channeling, they can help guide you, no matter where you are in your journey.

Both **Morgana and Daena** had unique Spiritual awakenings and struggled through their journeys. Their mission is to assist others avoid their challenges and train thousands around the globe to become powerful Lightworkers/Warriors.

**AWAKEN INSTITUTE** has many courses available. Their 12 week online Soul Solution Course is equivalent to a college level course. They reserve their open slots for students who are serious about their gifts. There is much information and misinformation on the internet, but it will only take you so far. They are here to guide you, when you are ready to deep dive into your personal healing and power.

**Morgana** is a channel for the **Archangel Anael**. **Daena** is a channel for **Archangel Azrael** and **Cahara**. They are constantly receiving downloads from the Angelic Realm and higher dimensions to bring to their students. When you are ready to do the soul work and embrace your life's path, **Awaken Institute** is here for you. Join us: [www.Awaken-Institute.com](http://www.Awaken-Institute.com).







Jim Egan

# HOW TO RECOGNIZE MAGICAL BEINGS

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

*...continued from page 11*

**Mermaids** are so adaptable and fluid, they often just take each day as it comes and may not have an exact course in mind that will take them where they want to go. They are experts in how life flows and they trust it knows where it is going.

So long as it is moving them forward, they are willing to see where it takes them. It is important they pay attention to whether their journey is energizing and inspiring them. They need a path with heart that both nourishes and lures them forward on their earth-swim.

Ideally they thrive best when swimming in sync with a school of like-minded fluid beings. The minute they feel like they are swimming against the current, it is time to realign themselves with who and where they want to be.

**Mermaids** typically suffer from general health issues not being adapted to the harsh environment they find themselves in. Even their health issues are commonly fluid and undefined so muggle doctors tend to dismiss their ailments as imaginary. Many of their problems are related to their environment.

Cold, overly critical, high pressure offices are not a habitat that **Mermaids** can thrive in. **Mermaids** are horrible accountants, they shrivel at the thought of being locked alone in a little cubical with a million annoying responsibilities they have to finish. Their talent is to explore, create, simplify, lighten loads, find outlets that few have tried, rally their cohorts into a common path, see magical possibilities even in the most mundane of circumstances.

Give a **Mermaid** a team of fluid friends and they will find a way to arrive at places few imagined were possible.

They are often drawn to wounded individuals whom they strive to heal, who in turn prey on their natural abundance of empathy and they end up neglecting their own well-being.

**Mermaids** are complex, they can feel ten emotions at the same time. They also feel the emotions of those around them so intensely they can mistake them for their own. They need to routinely take stock of what they need and want as opposed to what those around them desire. What is necessary to maintain their well being must not be compromised in order to please others or avoid their displeasure.

When a **Mermaid** finds themselves doing things that make them uncomfortable or unhappy to avoid displeasing someone, it is a definite sign that it's time to swim away from those dark waters.

A **Mermaid** must choose their companions carefully and their lovers more so. Share an earth-swim with a heavy negative person and see how fast you sink into the abyssal depths. Share space with someone who swims lightly and positively and find yourself leaping into the air with effortless joy.

**Mermaids** are a gift from the **Creator** to remind us that our worldly worries can make us too heavy. Weighed down by our responsibilities and our desires we become a beast of burden dragging ourself forward when we should be breathlessly riding the current. They are the dolphins of the magical world, springing suddenly out of the depths to surprise, entertain and inspire us to enjoy our earth-swim. If you are of the **Mermaid** persuasion or know someone dear who is, it is time to let go of some of your ponderous burdens and float free, feel the deep flow of the Creator around you and let it take you where it means for you to go.



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# FLORIDA MAN USES COVID STIMULUS TO BUILD GARDEN, SPREAD MESSAGE OF FOOD INDEPENDENCE

*...continued from page 21*

## A MAN AND A MOVEMENT

At maturity, Chaney said his garden will give him all the nutrients he needs to survive. He's got mustard greens, collard greens, ghost peppers, his beloved moringas, strawberry guava, cashew apples, lemon, yucca, lettuce, sugar cane and much more.

He's added a chicken coop with nine hens that produce dozens of eggs weekly.

## FOOD WASTE?

He buries it to grow more or composts it for plant fuel.

"I'm doing a food independence movement," Chaney said. "When we do have to get stuff from the market I take the bottoms of them off and they always come back."

None of Chaney's plants are permanent additions. He's a renter. He had to make sure everything was mobile and removable. He also had to make a lot work in a little space.

For that, he turned to biointensive gardening and dwarf plants. "That's putting a lot of fruits and vegetables in a small space," he said. "What I have here is condensed, the amount of food you need for a home. And a community. Because it's gonna expand."

According to a **Cornell University** study, the U.S. loses about 1.7 billion tons of farmland every year. With the population booming, researchers fear Earth will soon have more people than food to support them.



**ONE OF THE REMEDIES COULD BE BIOINTENSIVE AGRICULTURE.** It's the idea of planning a small farm or garden where deep soil prep combines with close spacing, composting directly in a garden and planning what you have to support what you need.

Combined with dwarf plants, which produce smaller yields quicker, someone could theoretically grow all they need for survival in a relatively small space.

That's exactly what Chaney is trying to do.

## CHANEY FOR THE CHILDREN

He's also started to spread the knowledge he's gained throughout the community. He gives some of his produce away so people can learn the potential and value of becoming a producer rather than just a consumer. He's even started teaching and helps others in the community start their own gardens. He's now trying to raise \$2,000 through **GoFundMe** <https://www.gofundme.com/f/28sopag2dc> to continue growing and expanding the garden.

Chaney said he hopes to have the biggest impact on the neighborhood's children. A felon since the age of 16, Chaney, now 42, spent almost 12 years in prison. But he hasn't let that slow down his positivity or hope. He's been out nearly a decade and good behavior got him off probation early. Even if he reaches his goal of getting himself a few acres in **East Hillsborough**, he said he's keeping that first garden on **23rd Avenue** right by the train tracks.

Keeping kids healthy and off the streets is the big goal. *"If all of your successful people move out of a community and all you have is the dredges, what do the kids have to look up to?" he said. "So I'm staying. I'm gonna get that land but I'm still gonna stay because the kids need a positive role model to look at. They need a place."*

*Article by Daniel Figueroa IV at <https://www.wmnf.org/florida-man-uses-covid-stimulus-to-build-garden-spread-message-of-food-independence/>*



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### DR JOE DISPENZA ON CREATING EACH DAY

“So, if we’re consciously designing our destiny, if we’re consciously, from a spiritual standpoint, throwing in the idea that our thoughts can affect our reality or affect our life, because reality equals life..., then, I have this little pact that I have when I create my day. I say to myself, I’m taking this time to create my day, and I’m infecting the Quantum Field. Now, if it is in fact [infecting my/the energy field], the Observer’s watching me the whole time that I’m doing this, and there is a spiritual aspect to myself. Then, show me a sign today, that you paid attention to any one of these things that I created, and bring them in a way that I won’t expect.” ~ Dr Joe Dispenza, featured expert, People v. The State of Illusion

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Esther Hicks

# ABRAHAM HICKS

*...continued from page 7*

And this is one of the most fascinating things about divorce is that if the children have the benefit of one or the other, it usually isn't both and it's rarely either one, but if the children have the benefit of one of the parents having come into conscious awareness that what they feel matters and this person has deliberately tried to think about that relationship in a way that feels best.... so that at least you're turning and going with the flow....

We're not saying that you have to be all the way over there in Love and Light, but at least you are no longer pushing against that, as you begin to turn and go with the flow, these children who are much more like your Inner Being than they are like you in your disconnected state, will begin to hear you.

They'll begin to hear the reasonable voice of well being that you are speaking and then if they have the benefit of another parent who is not doing that all the more reason for them to have a close up experience... In other words... Don't you find that.... there's a saying that 'you get more flies with honey that you do with vinegar' and isn't it the same sort of thing that as you become more Inner Being like that you will have a much stronger influence for your children.

Do not feel regret that you are a family that is split apart, instead, let your dominant intent be that you do not be a catalyst that splits your children apart, and by that we mean, apart from Who They Really Are. Let them continue to be the dominantly loving, good feeling beings that they are.

## **Abraham (to a divorcing mother - one of whose children has Cerebral Palsy):**

And so, the thing that most often happens in divorce is that... it's sort of the thing where you'd rather be right than feel good? And, oh, much of your world cares more about being right. You get together in factions, and you try to get together in numbers, and you try to influence this with your numbers and that with your number.

All along taking all of that action and not going with the flow, and so even though you might be on top of the pile in terms of comparison with other humans you are a far cry from alignment with Who You Are. And so, you see masses of people that are so sure that they are right and in their rightness it is evident that they are nowhere near alignment with Source Energy.

And so, as you as a parent or as a mentor, as anybody who cares about anybody, or as anybody who cares about them-

selves, as you remind yourself, and then teach yourself, through effort - we know it takes it - to reach for the better feeling thought, and reach for the better feeling thought, and reach for the better feeling thought.

What begins to happen is you come into alignment with Who You Are much easier than you think. And in that alignment your timing is good; the things that you say are right on target. In other words, and then you get in synch with the knowledge that these children have not yet forgotten. What a powerful combination that is, you see.

And so then, they go off to see their father, let's say. It's their time to be there. And as they do you worry, oh, now it's not going to be as good for them because I am in alignment, or working to be, and he is not. And we say, well, what's the worst thing that can happen? They have a comparative experience where now they want more alignment. And now they have an opportunity through your words and example to come into alignment.

And wouldn't it be wonderful if they could have a father that by earth standards was doing everything wrong, and they were still able to love him. Wouldn't that be something? If they could have this early experience of not letting something that ordinarily would be your reason for splitting you apart, not split you apart? Doesn't that mean that they would be ready for anything?

So, why would these children come into an environment that had this sort of destiny? And do you know what we mean by "destiny"? In other words, those vibrations were already in the works, so these energies that come forth, why would they come forth and rendezvous with that? Because they understood the power of their own Guidance.

Why would a child come forth and live an experience that you are labeling a disease? Why would a child come forth and be less than that perfect child? Because that child is wanting to make the point that we do not have to control the circumstances that it is all about vibration and energy you see. Powerful teaching there.

So when you say, "I just want this child to be whole," we say that's the most whole person you have in your vicinity.

Guest: That's true, she's more clear than anybody I know.

Abraham: She came to make a point. And once she makes it, things may evolve. But as you stand looking at something and saying, "I want that not," and use that as your dramatic example of something that causes you to push hard against, it not only splits up your marriage, it splits up you. And when you're split up, you can't be happy. In other words, you got to come back into alignment.

So, there's nobody out there that can turn enough knobs that can change that condition into something that when you look at it you'll feel better. So what does that mean? You've got to find a way of feeling better without that condition changing. That's the promise you made to each other.

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

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



## Attend Programs Online

In order to support the safety of our members and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in 2021.

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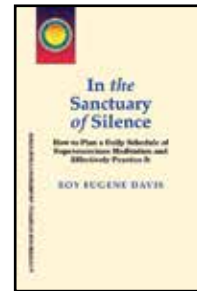
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