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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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Our Advertising Rates • Low because we're in it for the outcome, not the income	4
12 Steps of Spiritual Freedom by Rev. Tom Sannar	4
This Month's Thoughts About Things with Andrea de Michaelis	6
The Teachings of Abraham-Hicks	7
Remembering Why We Return to Our Meditations with Dr. Joe Dispenza	8
Soul Songs: Abraham Fun with Karen Williams	9
Herb Corner LONG COVID SPECIAL with Cecelia Avitabile	10
Mysterious Man with the Ladder: Stories That Bend Reality by Jim Egan	11
What Is My Spirit Animal with Bernadette Carter King	12
What Have You Accomplished? with Mitch Ditkoff	14
Seth through Jane Roberts	15
Notes From The Universe with Mike Dooley	16
Spiritual Graffiti with Jeff Brown	16
Essential Life Hacks with Mokshapriya Shakti	17
Ask Michelle Whitedove, Celebrity Psychic	18
Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton	19
The Silence of Old Men with David A. Cronin	20
Solar and Lunar Celebrations of the Ancestors with Debra Strasser	22
Gardening The Medicine Way with Debra Strasser	23
Our Phone Directory	28
Monthly Horoscopes	38
Our Mission Statement	49

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

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



Horizons thanks everyone willing to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

HELLO AND WELCOME TO THE MAY 2023 EDITION OF HORIZONS MAGAZINE. Dr. Joe Dispenza's article this month explains WHY WE RETURN TO OUR MEDITATIONS.

I've learned my morning meditation is the most productive hour of my day. Even if I don't feel like it, I make myself sit and breathe and put my time in. I know once I get past my mind telling me to go back to bed or I have more important things to do, I settle into a most wonderful mind space. A most insightful Presence settles over

me and I bask in it as long as It allows, then I know I'm done. It is that feeling of Presence that draws me to the meditation bench each day. With rare exception, I've meditated twice daily since my 20's. Sometimes I'm completely tuned in and experience the Presence fully.

Other times I sit for the hour following my breath, then losing it, then head tripping about it, then remembering who I am, then finding my breath again, repeat, repeat. I've learned there's a reward for making myself sit and ignoring the monkey mind telling me there are emails to return and calls to make. And my ego tells me there's virtue in maintaining discipline for a daily practice. Hey, whatever gets me on the mat.

And I don't use my meditation time to contemplate my issues, although it's helpful to meditate before addressing them.

Like exfoliation. Exfoliation reminds me of undoing layers of an onion. When the dermatologist told me to stop using soap on a brush on my arms & legs, I was surprised that my dry skin cleared up within days. I had no idea I was removing parts of my SELF (my epidermis) that I NEEDED in order to heal myself.

When I began my personal growth journey, I was earnest, delighting in unpeeling one issue and/or perceived trauma after another. But as they began resolving and dwindling, I got stressed that I was overlooking something. I wasted time looking for another layer to unpeel, rather than just enjoying NOW moments, since the layers ARE the onion.

I finally figured if I've got an unresolved issue, it'll make itself known. I'll just let these layers fall off by themselves now instead of always tugging at them.

USE SOME OF THAT CONTEMPLATION TIME TO BASK IN YOUR VICTORIES & SUCCESSES.

Dr. Joe Dispenza says *However big or however small, it's a great practice to celebrate your victories. If you can begin revisiting your successes—thus remind yourself of them on a daily basis—you're firing and wiring new circuits in your brain, while at the same time continuously laying down new neural pathways that allow you to become more and more familiar with repeating the act the next time. Done properly, you're practicing staying conscious and awake instead of unconscious and stressed.*

Enjoy our offering this month.
Hari Om.

Andrea

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ABRAHAM-HICKS



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

PARENTING, MONEY & MORE

QUESTION: I CAME HERE WITH A BUNCH OF QUESTIONS, BUT NOW I HAVE THE ONE THAT I WAS TELLING THAT I WOULD ASK BEFORE YOU CHOSE ME - CHILDREN AND MONEY.

I've listened to you understanding how not to get in the way of manifesting my own desires and I see the ball of money hurling to me in space, so I know I've got all that in my **Vortex**.

But when my kids ask for - you know, I want the new bedroom set, I want this, I want that - I don't want to say we can't afford it or you can't have it, because I don't want to teach them that scarcity mindset, but I'm not sure what to say to them to know that they can have everything but mommy can't necessarily buy everything in that moment that they want it.

ABRAHAM: It's nice when you finally find the footing where you can really teach through the clarity of your example rather than trying to do it with your words. And then you can begin to say things to them such as "Wonderful things are coming to you through many av-



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enues, and here in this house, this is one avenue, but not the only one.

*And I like noticing what powerful creators you kids are, and I like watching **the Universe** work for you in all of the ways that it does.*

And there's a tendency as a parent who really cares about you to just jump in and make a way, make it happen, make it happen. I do plenty of that - I intend to," say to them, "but sometimes when I do things for you that I know you are in the process of learning how to let them in, that sometimes when I step in and do it, then I'm giving you two messages:

...continued on page 32...

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REMEMBERING OURSELVES • WHY WE RETURN TO OUR MEDITATIONS

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

During a youth Q&A session at a recent Week Long Advanced Retreat, a member of our community asked me something with real urgency in his voice.

“I really feel the emotion of my future in my meditations,” he said. “But - how do I lose it so quickly once I open my eyes? I mean - it’s gone. And I have to work really hard to bring it back. Why does that happen so fast?”

Of all the ways to answer this question, there’s no more powerful or instructive example I can give than the people who’ve healed themselves through this work.

What I’ve learned from years of witnessing their transformations - and interviewing them to find out what they did - is, there are two main reasons they come back to their meditations again and again.

The first reason has to be stated in terms of what it is not. People who are deeply immersed in this work are not primarily doing their meditations - some of them three or four times a day - to heal.

They’re doing their meditations to change.

They’ve grasped something profound: Before we can realize any external goal - restored health; improved finances; a new relationship - we must first understand that nothing can change in our life ... until we change.

And when we have overcome and transformed ourselves, the “side-effect” of that transformation can produce desired outcomes. That’s how so many people have healed - not by asking, “**Why hasn’t it happened yet? Why aren’t I healed?**” But by first asking: “**What do I have to change about myself to heal?**”

...continued on page 31..



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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

HELP IS AT HAND

I may at some time find myself feeling desperate. Perhaps a seemingly insurmountable problem looms large. Maybe I am experiencing disappointment, loss, and sadness. Perhaps I feel that I no longer have the stamina or resilience to meet the pressures and demands of life.

I pause now to open my mind for a moment to one idea: Help is at hand (on its way to me). I need not know where it's coming from. I need not take any action or perform any mental gymnastics. All I need to do is hold to this idea: Help is at hand.

For help is at hand. Help is always at hand. I live in a Universe where I am deeply appreciated, even adored - where, at this moment, I can begin to summon help in the exact form that is needed.

I make this my mantra: Help is at hand. I repeat this thought until it reverberates within every cell of my body: Help is at hand. I'm now focusing less on my problems and more on the help.

My hope is activated, and good things will follow.

PICK A FIGHT NO MORE

Anything that I fight will grow larger in my experience. For anything I consistently think about expands, thanks to the universal Law of Attraction. In addition, when I throw in some intense "This is unacceptable!" emotions, I will hold the unwanted situation to me with certainty. Even if I seem to vanquish the problem for a while, it will return to me in another, upsetting form. For nothing can ultimately be eradicated by fighting it.

Thus it is misguided to fight fat or fight depression or fight aging or fight cancer. Thus, on a global scale, wars, although seemingly won, are always replaced by a new peril, a new threat.

So what do I do? Instead of fighting what I don't want, I embrace its opposite - what I do want. I embrace a slim, healthy body. I embrace mental health and vitality. I embrace peace and harmony. I think about these things. I talk about these things. I look for fresh new signs of these things.

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

LONG COVID

Long Covid is not in your head, it's real. Some people who have had Covid-19 can experience long term effects. Long Covid (LC) is defined as a presence of symptoms extending long beyond three weeks from being diagnosed with Covid.

It can also go by the name **Post-Covid-Conditions (PCC), Long-Covid (LC), Chronic-Covid, Long Haul Covid, or Post-Acute-Sequelae-Sars-Covid2 infection (PASSC).**

It can last weeks, months or for some years.

Data shows about one in 13 people are experiencing **Long Covid**, affecting young and old alike and those who went to the hospital and those who did not, and every case is different.

Long Covid has 2 routes of occurrence, inflammation, and autoimmune attack. Inflammation is the body's response to something wrong in the body. If it is left unchecked, it will start an inflammatory response causing future problems in the body.

It may also be due to spike proteins circulating around in the body after having **Covid**; spike proteins are what help **Covid** attach onto your cells to reproduce. This over replication can cause damage to cells, tissues and organs. Every time they replicate, the new viral copy has 25-60 new spike proteins. These can then invade the immune system and attach to your cells' **ACE2 receptors**, weakening their normal functions. This may be the possible trigger for the autoimmune conditions caused by **Long Covid**.

THERE ARE SOME THINGS WE KNOW ABOUT LONG COVID:

- It is found in many cases to be in people who had severe **Covid**; but anyone who has had **Covid** can go through **Long Covid**.

...continued on page 43...



THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

THE GROUP

The Man with the Ladder and Reb Dunzel were doing a Chinatown shuffle. They were shuffling because long lines of tourists clogged the entrances of their favorite restaurants.

"At this rate we might as well try a **Chinese restaurant in Dallas or Berlin**, since all their inhabitants appear to be here!" **Reb** grumbled, passing by even mediocre restaurants besieged with tourists.

Normally they savored the choice of the restaurant as much as they savored the meal. In their heads, they maintained a palette of restaurants they had eaten at over the years. They gave up all hope of eating at any of their favorites, or even so-so places, they were now rifling through their memories trying to come up with a place so obscure that the guidebook-toting tourists would never had heard of. They wandered right to the edge of **Chinatown** without finding a suitable place. This was a particularly bad omen to happen just then.

The last couple of trips to **Chinatown** had been very disappointing, usually their trips ended in a literary feast of ideas, for some unknown reason their recent forays had been accompanied by a famine of creativity. Now the thought they might have to go back home empty of ideas and with empty stomachs was a little too much to bear.

They were so hungry even the **McDonalds** started looking good. It was in complete desperation that they turned down a narrow dark street on the outskirts of **Chinatown**. They stopped in front of a building that resembled a restaurant, and even though there was no sign saying it was a restaurant, people who find food in lumberyards are not easy discouraged, especially when they are hungry.

They were just about to inquire inside when a waiter opened the door and announced, "The rest of your party has already arrived."

Before they could summon a reply, he led them towards a large table with two empty seats.

"I'm sorry but we're not part of any group." **Reb** admitted.

"Hmmm, you are quite sure?" the waiter asked, the occupants of the table looked up at them expectantly. An elegant woman who looked like a **Russian Princess** gave the **Man with the Ladder** a knowing smile.

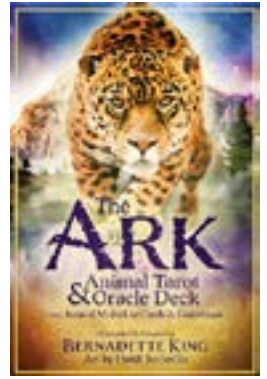
"Quite sure." said **Reb**.

...continued on page 25...

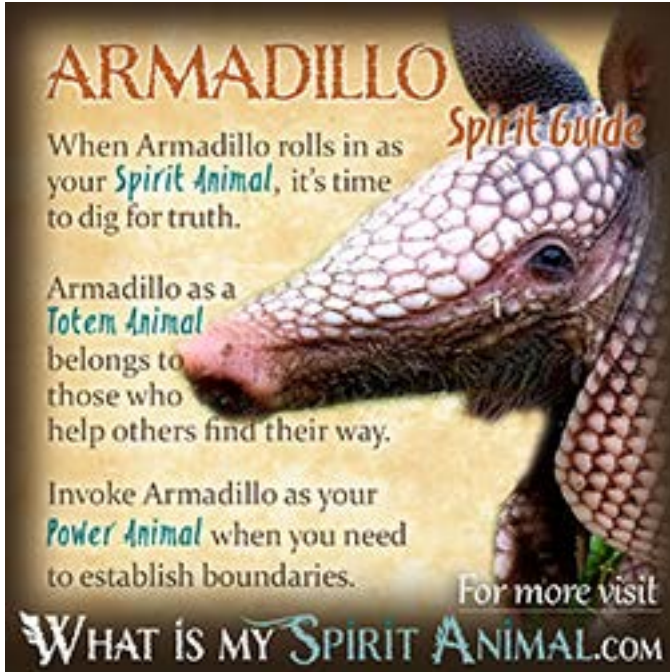




WHAT IS MY SPIRIT ANIMAL



Bernadette King, creator of The Ark Animal Tarot & Oracle Deck has for 20+ years helped folks get closer to their Animal Allies, become more accurate psychic mediums & animal communicators & stronger intuitive tarot readers. Thru WhatIsMySpiritAnimal.com folks are learning about their own Spirit, Totem, & Power Animals. The Ark is a 100 card deck which practitioners can use for divination & healings. Visit WhatIsMySpiritAnimal.com



ARMADILLO SYMBOLISM & MEANING

Need to shield yourself from the external world? Want to learn how to believe in your inner voice? Armadillo, as a Spirit, Totem, and Power Animal, can help!

Armadillo teaches you how to protect and trust yourself! Delve deeply into **Armadillo** symbolism and meaning to find out how this Animal Spirit Guide can shield, enlighten, and support you!

The unusual **Armadillo** has a variety of symbolism and meaning attached to it. There is no question it has an incredibly unique appearance thanks to an armored shell befitting a knight. The bone and cartilage of the **Armadillo** act like an effective shield. As a result, it is no wonder this creature has strong ties to magic for protection and safety. There are times in everyone's life when they need greater security - a place to retreat from danger or chaos. **Armadillo**, as a spiritual energy, offers that lesson.

The **Armadillo's** armor has a secondary meaning, that of creating boundaries for yourself. You know that guest that never leaves? **Armadillo** says, "Put your foot down and claim your territory." While this is a simple example, knowing the limits you set for yourself and others is a very important spiritual awakening. It says YOU MATTER. Your feelings, your morals, your truth - they all matter and are worthy of respect.

Boundaries include the ability to say no; this is exceedingly difficult for a lot of people. You know them. They should wear a button that says, "Stop me before I volunteer again." **Armadillo Medicine** teaches us that saying "No" often means saying "Yes" to our sacred self. Don't let people misuse your kindness.

There are times when we all let our guard down. **Armadillo** does too when He feels safe. Here you must trust your inner voice. Move cautiously until you feel that wonderful, warm sense of haven. Likewise, be ready to put energetic shields firmly in place as needed.

Armadillo symbolism is wrapped up with other key vibrations, including those for peace, symmetry, kindness, hope, fairness, and empathy. **Armadillo Medicine** teaches us how to figuratively walk a mile in another's shoes, so we better understand the reason for their actions/inactions and attitudes. This builds compassionate living.

In nature, the **Armadillo** is a digger. They burrow in the dirt, digging up roots; this speaks of a curious **Spirit** and the ability to search out information to help clarify situations and opportunities. Note that while the **Armadillo's** exploration is external, human seekers can also use this lesson to look within. No matter your age, there are always new and interesting things to discover in yourself and in the world. Don't settle for superficiality. Get out your proverbial shovel and excavate!

An interesting note on **Armadillo's** talents is that its nose is sensitive enough to find life below the surface of the

...continued on page 13



WHAT IS MY SPIRIT ANIMAL

...continued from page 12

land; this **Medicine** is particularly important to those who feel they've lost their energy and joy in life - those who feel invisible and stymied. Breathe deeply. Reclaim the ember in your soul. Give it air and watch the flicker grow. Combine this activity with meditation and visualization, and the results improve greatly.

When **Armadillo Spirit** is done with his work for the day, it's time to rest. And when we say rest, we mean napping for upward of 18 hours! While a bit extreme, this behavior reminds us to, likewise, take time out for refilling our inner wells. If we don't take care of ourselves, everything else we care about suffers. Take opportunities to find silent spaces where you can relax and be wholly yourself. Too much noise rattles our auras in negative ways, as sure as bad vibrations.

ARMADILLO SPIRIT ANIMAL

When **Armadillo** rolls into your life, it comes with a variety of messages. The name **Armadillo** means "armored one," so the symbolism of self-defense and protection presides. Have you been put in an awkward or overly-exposed situation? **Armadillo** says, "Curl up under your psychic shell until the weather blows over." Be ready to defend those things you hold sacred as well as your emotions.

While some people may think you're distant, you can explain that you need this time. Those who love you will understand the **Armadillo's** counsel, and may even apply it for themselves. The time for retreat is only temporary until peace returns.

Another lesson from the **Armadillo Spirit Animal** is that of getting to the root of matters. Something is happening just below the surface of your situation. It is vital to become a spiritual Sherlock Holmes and figure out the hidden matters as they will affect you directly and distinctly. On a mundane level, **Armadillo** is the "finder" of things. Perhaps you misplaced something, or have been looking forever for an item important to you. Meditate with **Armadillo**, see where he takes you.

For those who have over-extended themselves, this **Spirit Animal** hopes to stop you - right here, right now, and get you to slow down. Recovery requires relaxation. Don't feel obligated to attend 101 events, reply to volunteer requests, etc. in abundance. Rather pick

a few, focused ones and give your energy to them in a metered way.

Armadillo integrates the **Element of Water** into your life, which speaks of emotions. Have you been holding back? Swallowing your feelings? It's time to let those feelings come to the surface for release. Follow where tears take you, riding gently on them. Reclaim joy.

ARMADILLO TOTEM ANIMAL

Those born with an **Armadillo Totem** are incredibly good at protecting themselves. You have keen insight and can sniff out your environment for both the good and bad. Don't just shake off your perceptions. They are central to personal survival and growth.

With your keen acuity, you can find things that elude others; this includes lost items, job opportunities, historical facts and oddities, and shopping deals, just to name a few. **Armadillo** people have great contentment and a sense of pride in having such unique gifts. Others will be naturally drawn to you because you seem noticeably confident and secure.

An **Armadillo Totem** means that you know how to ground yourself naturally; this brings calm to your environment as well. On the other hand, you can be somewhat territorial. You don't like strangers in places deemed "yours."

ARMADILLO POWER ANIMAL

There are a variety of reasons to call upon **Armadillo** Animal guide as a **Power Animal**. Let's start with your boundaries. If you're letting people walk all over you, it's time to call on **Armadillo** and his armor. Once the threat is past, **Armadillo** indicates that all is clear, and you can unroll those tight defenses.

If you are uncertain about the areas in your life where you are most vulnerable, this is also a situation in which **Armadillo** helps greatly. Reach out to him and begin ferreting out where you are weak or exposed. This process can be quite enlightening and sometimes uncomfortable, but when you know your failings, your strengths become even more apparent.

Lightworkers tell us that **Armadillo** Energy corresponds to the **Root Chakra**. As such, he is a great teacher for grounding and centering; this deters reactive tendencies and moves you into a more proactive mindset.

WHAT HAVE YOU ACCOMPLISHED?



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

Halfway through the 74th year of my life, I find myself at a curious crossroads -- the intersection of WHO and WHAT, one of those strange intersections far out

of town where the sagebrush rolls and the GPS signal is just out of range. No longer in quarantine or lockdown, I ask myself a question highly unlikely to make me the life of the party:

"HAVE I DONE ANYTHING OF SIGNIFICANCE THESE PAST 74 YEARS?"

It's an age-old dilemma, methinks, a classic rite-of-passage -- the time when a man takes stock of himself and realizes his so called "portfolio" of accomplishments doesn't necessarily measure up to what he imagined it would one day be. And though I have always felt a breathtaking magnificence inside me, OUTWARDLY much of what I have expressed, in this life, seems to have been lost in translation -- not unlike a child's game of "telephone" where you whisper something to the person next to you and they, in turn, whisper it to the person next to them and so on and so forth around the circle until the last person blurts what they've heard -- a jumble of words not even remotely close to what it was the started the whole game.

Six months shy of 75 focused more, today, on the butterflies in my tummy than the ones that herald spring, I find myself looking in two directions at once. One is forward, trying to discern what I see with the time I have left. The other is backwards, trying to make sense of the forces that have brought me to this precise moment in time.

What I see, behind me, is my father coming home from a long day's work. He's exhausted, unsettled, my mother greeting him with a martini and the officiousness of a 50's housewife, me tentatively approaching, receiving a quick hug and the all-too-familiar question my father routinely greeted me with: "*What have you accomplished today?*" -- a kind of **Zen Cohen** that always left me feeling like I hadn't really done enough.

Yes, I played roof ball and punch ball and kick ball and stick ball. And yes, I played with my dog and read the backs of my baseball cards. But did I ACCOMPLISH anything? Did I do anything that really mattered?

The older I got, the more my father's accomplishment mantra embedded its way into my psyche, a kind of microscopic parasite a person might pick up on a quick trip to a third world country. And though I couldn't see it, I could feel it -- radiating outwards, driving me to DO, DO, DO -- moving me to create something I considered significant -- something meaningful enough I could sign my name to once and for all.

My friends, I think it's time for me (and maybe you, too) to answer the question my father used to ask. Ready?

IT'S THE WRONG QUESTION!

While the intention may be harmless, the act of being ruled by it is not. "*The foolish man is always doing,*" said **Lao Tzu**, "*yet much remains to be done. The wise man does nothing, yet nothing remains undone.*"

Kapish?

In the end, there is nothing to do and nothing to prove! Unless we can live fully in this present moment where everything is already perfect, our life will never be more than a programmed/neurotic/obsessive attempt to achieve -- a carrot dangled in front of us by the collective hallucination that we have never really done enough.

Guess what? We have.

Face it. There is absolutely nothing we can do that will ever be enough compared to the outcome we IMAGINE it should be. Maybe that's why **Van Gogh** cut off his ear. Maybe that's why countless creative souls drink too much and think too much. You see, the obsession with proving our worth is a losing game. First of all, the self does not need to be proven. It is already complete just the way it is. And second of all, there is no second of all.

THIS is the moment. THIS. HERE. NOW. Just the way it is!

In the end, WHAT we do is way less important than HOW we do it. When this recognition dawns, joy replaces struggle, gratitude replaces complaint, and everything comes to us in its own, sweet time.



SETH SPEAKS

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

HOW TO DELIBERATELY CREATE FINANCIAL BETTERMENT

(Seth to Rob): Your subjective life has been somewhat permeated by thoughts of want and literally poverty, until you have indeed exaggerated your own situation. The exaggerated situation could come to pass however if you persist in protecting those images outward. They would not help you get a raise but act to the contrary and they have done so in the past.

I am giving you advice in very practical terms. What you do with it is up to you. But you have severely limited yourself in this respect. In the past **Ruburt** helped you generate such negative ideas, but he has been making an attempt to combat them. His own experience has proven to him that I was right in other regards. As long as you believe that others are taking advantage of you, they will do so. The origin is in yourself and this is what you have not so far understood. The origin is not in others.

For fifteen minutes a day agree to suspend critical judgment and following the **Maltz [Psycho-Cybernetics book]** method imagine yourself vividly in the position you would like to be. The rest of the time consciously make an effort to control your attitude when you find yourself thinking in terms of want or poverty. Then switch your thoughts to ideas of plenty. This need not involve hypocrisy, indeed must not. You must feel that this is legitimate and practical. because the thoughts of plenty will automatically begin to attract plenty. This is sufficient. There should not be an overemphasis (underlined) on material possessions or security however.

Now this program, if faithfully followed, will bring results. It will initiate intuitive concepts, ideas in your work which will automatically attract others to possess them. It will initiate other actions that will result in financial betterment.

THERE ARE NO LIMITATIONS TO THE SELF

When you begin to approach the feeling of no limitation, you become frightened and in a frenzy you try to find yourself and define it.

There are no limitations and there are no boundaries to the self—only those that you adapt, in your terms, at any given time. I did not say there was no identity; I said there were no boundaries to the self. There is no place or time where your self ends; there is no probable reality in which you do not exist—in which YOU do not exist.

There are no limitations to what you are. You can form limitations if you want. They will serve to content you. You can put up fences around yourselves and say, "I am here and now and in no other place and no other time", if you are afraid of the idea of your own inner divinity and of the infinity of your own existence. You can pretend that you exist only within your corporeal image.

You can hide within the minutes and the hours and the years and see no further if you want. But only the tiny portion of you that is frightened is so fooled by the game that you are playing with yourself. The other portions of you merrily go about enjoying their own reality.

In limited terms you all exist in air. But you are not all air. You all are individual, yet you are made up of the same elements that exist in the nature that you know: and yet you are all diverse. And so while you are all one, you are a different, unique and like no other. You are not swallowed in any reality by a super-self in which your identity is lost. You are all one, but you are all yourselves and unique. And out of that uniqueness and that individuality, the one-ness IS.

If each of you would, for one instant tomorrow, allow yourselves to feel fully the miracle of your own being, then would you indeed find yourselves surrounded by a paradise, but a paradise that would make previous ideas of heaven silly by contrast—a paradise in which you realize the creativity and multidimensional aspects of your own being.

If I can feel your uniqueness, individually, with such impact, then why cannot each of you try to feel the grace of your own being? You will look at an animal or a flower and call it beautiful and ignore the beauty and grace of your own experience. Now this relates not in high spiritual terms necessarily, but to those secret words that you speak to yourself when you call yourselves stupid, in the secret closets of your mind.

...continued on page 37...



SPIRITUAL GRAFFITI

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

Perhaps the most difficult relational pattern to shift is the tendency to be attracted to unavailable people. Often rooted in the early life unavailability of one or both parents, this stubborn primal pattern can easily obstruct any possibility of partnership.

Because if you are only drawn to those who are not drawn to you, you can spend your whole life chasing the impossible. It's kind of like looking for a dance partner in an empty ballroom. You are trying to get the attention of someone who is not actually there.

To heal this pattern, it is imperative that you do deep, somatic work around your early experiences. There is something inside you that longs to be healed and until it is, it will be difficult to take seriously those who take you seriously. It will be difficult to feel an energetic charge toward those who feel one for you.

Because they are reflecting back to you something that you have yet to believe—your inherent worth and beauty. You see, they know something that you don't—they know that you are worthy of love. Now you have to do the work to see it, too.



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>

Don't you just love all those crazy little quarks, atoms, and molecules, that unceasingly manifest themselves into whatever you're thinking, no matter how big and daunting, small and simple, or rich and gorgeous?

Just look at 'em all right now.

Nice quarks and atoms, baby -

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

JOY

Joy is our birthright, and it is what we look for in our life. Everyone is looking for that happiness and deeper joy from the time we are born. We may feel a moment of joy in our life. But that is a temporary moment. Joy is more like a deep feeling of happiness.

It is not an external feeling of happiness that comes from acquiring an object or situation. It is a state of mind and a feeling of the heart that includes contentment, confidence, and hope. This inner feeling does not leave us when conditions in our life are not always the best.

We create most of our suffering. We can also create joy. It depends on our attitude towards any situation.

In the book where the **Dalai Lama** and **Archbishop Desmond Tutu** get together to discuss joy: “**The Book of Joy: Lasting Happiness in a Changing World**,” they both emphasize that we need to look at others with love compassion and generosity. Most of our suffering comes from being self centered. “Everybody wants a happy life—and our individual happy life depends on a happy humanity. So we have to think about humanity, discover a sense of oneness of all seven billion human beings” states the **Dalai Lama** and he recommends to have compassionate feelings for others. “Even, you see, ten minutes or thirty minutes of meditating on compassion, on kindness for others, and you will see its effects all day. That’s the way to maintain a calm and joyous mind.”

Sage Patanjali in his treatises of **Raja Yoga Sutras** (written about 500BC) recommends practicing 4 virtues to attain joy of the mind. They are: **maitri** - friendliness, **karuna** - compassion, **mudita** - happiness, and **upeksha** - equanimity. It is interesting that these virtues or states of mind need to be practiced. We usually think of them as being there as a result of our life. But they need to be actively developed. According to the **Dalai Lama** we need to get rid of the strong sense of ‘I’ and focus more on ‘we.’ Once we are able to de-

velop a sense of common humanity, and oneness, then naturally we will want well-being for others and also promote their happiness. This also requires humility.

“Sometimes we confuse humility with timidity,” **Archbishop Tutu** explained. “Humility allows us to celebrate the gifts of others, but it does not mean you have to deny your own gifts or shrink from using them. God uses each of us in our own way, and even if you are not the best one, you may be the one who is needed or the one who is there.”

We also have a hard time to be kind to ourselves and practice constant criticism of ourselves in our mind. If we do not have genuine love and kindness towards ourselves we can not give it to others. We do not need to be perfect but need to show kindness towards all including us. The basic human nature is good and positive. We need to remember that. We all can make mistakes.

We can be unhappy about the circumstances beyond our control around us, but we need to accept them. Acceptance is not resignation or defeat. “Why be unhappy about something if it can be remedied? And what is the use of being unhappy if it cannot be remedied?” This is such a profound statement by the **Dalai Lama**. It is very difficult to practice. **Patanjali** calls this **upeksha** or equanimity. *If we cannot do anything about a situation practice equanimity. But if we can do something about it, then we must try.*

We need to pay more attention to the mental level of joy. Not just the physical pleasures. True joyfulness is in the mind. When we are happy and joyful in the mind then physical pain does not matter so much. When I was working in the hospital during my college years I was amazed at this one woman who had so many problems and much physical pain, but always smiled

...continued on page 37...



PSYCHIC MICHELLE WHITEDOVE

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

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

Dear Whitedove,

I've been trying to work on my own personal mediumship abilities and sometimes I think that I can see and feel **Spirits** near by, but I'd like to know is there a way that I can bring **Spirits** to me? How can I communicate with them? Thank you for your insight.

Wanting to see, Miami FL

Dear Wanting,

First, please know that every soul born into this world comes in with **Guardian Angels** and **Spirit Guides**. The number in your unseen support team is based on your life mission. They are there with you at your side. Prayer and meditation are the only tools that you need in order to call upon them.

With practice you will start to see them, feel them, know them and with dedication of time your communication with them will improve.

However if you are looking to attract **wayward spirits** or **ghosts** to yourself, I cannot help you. Wayward spirits are lost and confused souls that need help crossing over into the Heavens. I don't advise anyone to do this for mere curiosity or for amusement.

As a spiritual medium, it is my job to help these souls resolve their issues that keep them Earth bound. In my **Ghost Stalker** books, I give educational information not only on different types of hauntings but also about the ghosts' Earthly life. Remember ghosts were once living humans with mothers, siblings, friends and children of their own and they deserve to be treated with respect and understanding. Please if you are interested in the phenomena of ghosts then read about them. The only spirits that you should call upon are your helpers, ones that reside in the heavens.

Dear Whitedove,

In your book you wrote about our **soul contract** and our **death date**. I was wondering, can a tragedy really be an accidental death or is our destiny always written? I'm amazed that the accident rate is ever increasing and does this play a part our **soul's contract**? Statistically Challenged in Maine

Dear Statistics,

It's hard to fathom how much preparation goes into planning our journey to **Earth**. We create a road map of the intended trip and we make agreements to fulfill certain obligations along life's journey. We choose a birth date as a starting point, and we also create several possible exit dates.

So in most cases, the timing for death has been selected based on the soul's evolution. **God** calls us home at the right time. But there are rare events where a soul's "free will" has interfered with another's and they have been taken prematurely. This is one of the reasons that there is an increase of **Near Death Experiences**. It's essential that souls stay and complete their mission. Just think about how many people that you come in contact with during the course of a lifetime.

All of your interactions affect the people that you touch and the domino effect continues. The smallest gesture can change the world. This is why each soul is so much more powerful than you realize.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

Chrome Diopside

Photo by Karin Wolf



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

Spring is now upon us and the energies of life are filling up all our eyes can see. A super bloom of wildflowers is blanketing our continent with radiant colors.

I just returned from **Texas** where **fields of bluebonnets** covered the fields as far as the eye could see. Here in north **Florida**, the **native coreopsis** are spread out all along our rural byways like **molten gold**.

As I am writing this column it is **Earth Day**. Since 1972, folks in the **USA** have been gathering together to call attention to our **Mother Earth** and our connection to her. Many issues facing our ecosystem seem out of our control. The rapid changes happening all around us can feel difficult and destabilizing even as we give thanks for the beauty all around us.

Fortunately our planet has offered up crystal gifts to help us heal our worried hearts and open to the harmony that awaits us after this time of cleansing and renewal that is upon us now.

The stone that has been calling me for this month is **chrome diopside**. **Diopside** is a magnesium calcite silicate mineral that is relatively uncommon. Although **Chrome diopside** can be found in several colors, the **green diopside enriched with chromium** has an exquisite deep green color resembling fine emeralds although it is much softer.

Some of the finest **chrome diopside** is sourced from **Siberia** and it is known to jewelers as "**Siberian Emerald**." **Chrome diopside** creates a strong connection between the heart and the earth, so it can enable those who tune in to it access to the healing power of **Gaia**.



Chrome diopside, Siberia

Chrome diopside enhances our capacity to connect with others when we speak out in favor of protecting the life on our planet and helps alleviate the aggression and stubbornness that blocks true communication.

This is vital during these times when it can feel impossible to touch the hearts of those in power.

I have been working with rocks and minerals for many years and I have heard many people despairing about our planet's survival. I can say this with all the confidence I can muster - our **Earth** has been here for billions of years. During the almost unimaginable time of the **Earth's** existence there have been cataclysmic changes. Still the **Earth** survives.

We humans all share a common interest. We require a home that is compatible with human life. On some level we all know this. **Chrome diopside** can help us share our awareness and move beyond greed and struggling over resources to a greater harmony with nature.

...continued on page 27



THE SILENCE OF OLD MEN

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

Sometimes Grace brings us the things we don't even know we need. We are loved that way.


The other day I received one of those gifts. It was with in an unlikely place. The quaint neighborhood barber shop I go to. Usually, it is just the female owner of the shop there. Or sometimes the very elderly barber that comes in once a week just to get out of the house. She is kind to let him still work there. I usually have to run the credit card processing myself as he gets confused by the technology of it all.

But today was different. There were two male barbers and one other patron. Four men. I was the second youngest at 67 years old. I am guessing the oldest was in his mid-eighties. Four 'old' men sharing a brief time on a random afternoon. There was the telling of really bad dad jokes. There was laughter. And there was silence.



The laughter was good. It is always good to laugh. But the silence was, well, hard to describe. It was more than just the absence of conversation. When we were all quiet in our own thoughts, our individual silences combined to create something bigger than all the parts. I could feel, within that bigger silence, not only my own silence but also a part of the silence of the other men. It connected us more deeply than the words spoken, and the laughter shared. It was the coming together of the silences of those who have lived long lives as men, and all the joys and sorrows contained within.


I don't know if the other men felt it as I did, but it was a healing moment for this 'old' man's soul.



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

WELCOME TO MAY 2023

Welcome to May! We're half way through spring now, and I hope you are still enjoying beautiful weather with friends and family.

While **May** might not quite be the official start of summer (that's one of **June's** important dates), it sure feels like it. Schools let out for summer vacation, high school and college grads receive their diplomas, and mother figures get their day in the sun. **May** is a fun-filled month full of big events.

Here's a little folklore for the month of May:

- A warm January, a cold May. But also “a dry May and a leaking June.”
- A snowstorm in May is worth a wagonload of hay.

The month of **May** was considered an unlucky month particularly for getting married. “Marry in May and you’ll rue the day”, they said.

Being born in **May** was also thought to produce a sickly child.

- Never buy a broom in **May** or wash blankets.
- Wash a blanket in **May**. Wash a dear one away.
- Cats born this month will not be good rodent catchers and even worse, will bring snakes into the home.
- A wet **May** makes a big load of hay. A cold May is kindly and fills the barn finely.
- A swarm of bees in **May** is worth a load of hay.



April 30 - May 4: Maidyozarem Gahanbar, Mid Spring Feast, Zoroastrian

May 1 - 31st: Month dedicated to **Egúngún** (Commemoration of the Ancestors, including community founders and illustrious dead), Yoruba

May 1: Beltane/Walpugis, Pagan, Wiccan

May 4 - May 5: Eta Aquarids Meteor showers visible

May 5 – Buddha’s Day: Also known as Vesak, this is a Theravada Buddhist festival that observes the birth, death, and enlightenment of the Buddha

May 5: Full Flower Moon in Scorpio

May 14: Mother’s Day, USA

May 18: Ascension Day, commemorates Jesus ascension into heaven, Christian

May 19: New Moon in Taurus

May 21: Sun enters Gemini

May 23: Declaration of The Ba’b, commemorates the announcement of the Ba’b, Baha’i

May 25 to May 27 – Shavuot: This Jewish holiday celebrates the giving of the Torah on Mount Sinai and a grain harvest

May 29: Memorial Day, USA

Have a wonderful May and Blessed Be!

GARDENING THE MEDICINE WAY

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 Herbals, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds.*



GARDENING WITH CHILDREN

“A well-kept vegetable garden is a source not only of profit to the gardener but of pleasure to the entire family.” From the **1918, Farmers' Bulletin #934**. Get out the garden tools and watch the health of your whole family blossom.

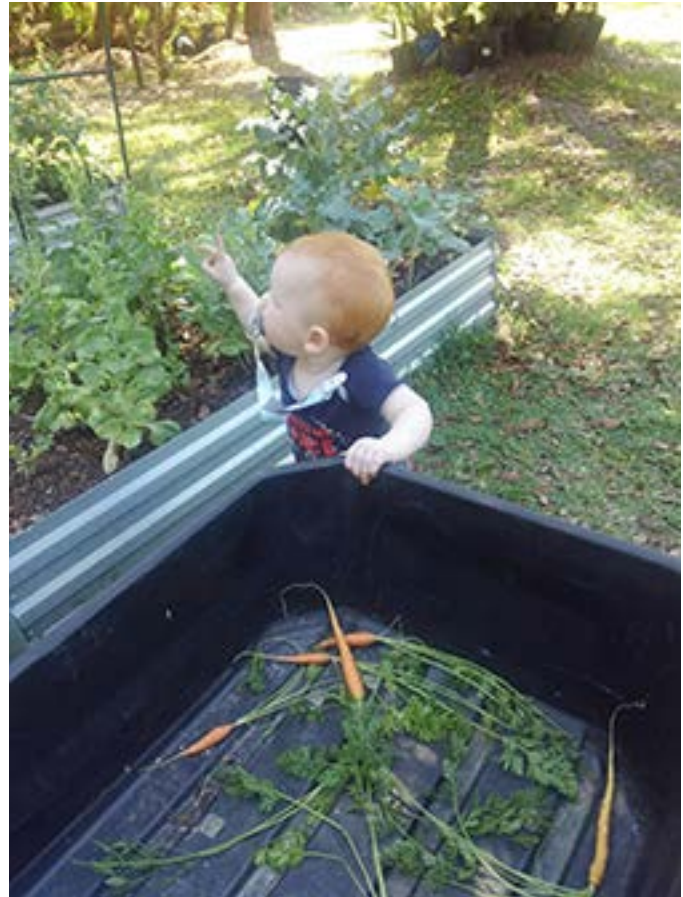
Not all kids love to try new foods, but gardening is the perfect way to introduce reluctant kids to new foods. They watch the plant grow from seeds into edible foods, and it tempts them to try it, especially when they harvest it with their own hands.

Gardening not only teaches children life sciences, (the study plants of and insects, learning nutrition skills, observing the effects of weather), it can also expose children to other **STEM** (Science, Technology, Engineering and Math) disciplines at an earlier age, which will increase the likelihood of them studying or working in a **STEM**-related field later in life. Designing the garden, counting seed and monitoring soil ph with meters all meld together for satisfying results.

It's a great way to reduce food waste while also teaching young children how edible plants form. Use discarded onions, potatoes, pineapple, and avocado parts to regrow the plant and create a kids' garden. Start with an empty jar filled with water, and place the onion root, potato chunk, pineapple tops, or avocado seeds in the water while suspended with toothpicks.

An important finishing touch to your garden is to decorate it. Kids can create decorative papers with quick concrete. Whimsical items such as garden gnomes and fairy houses can be added along with wind chimes or flags to deter curious critters.

There is a variety of interesting activities children can be involved in, such as planting, mulching, weeding and cooking. Make sure that your garden is a safe place, with suitable equipment, tools, fences, gates and paths for children to use. Toddlers, preschoolers,



primary-school-aged and older children will all have different expectations and will learn different things in the garden. Younger children will require careful supervision during activities. Suitable tasks for younger children include watering plants, harvesting produce and planting seeds. Older children are physically capable of handling a greater variety of activities, like digging, carrying, planting, mulching and pruning.

Happy Gardening!



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

“Are we?” asked the **Man with the Ladder** smiling back at the princess.

The waiter led them to a small table in the corner of the restaurant.

“I wonder why the waiter assumed we were part of that group?” **Reb** asked, surveying the occupants at the table. Besides the **Russian Princess**, there was a **Catholic priest**, a small **Chinese man**, a very **large man in an expensive suit** with a **small man** sitting next to him with glasses that did not appear to have lenses in the frame, a **Hasidic man**, a young teenaged girl, and a man who looked like an **African chieftain**.

“In fact the group is so heterogeneous, I can’t imagine anyone looking like they are part of that group unless they looked like they absolutely didn’t fit in.”

“Maybe we have wandered into an **AT&T** commercial?” the **Man with the Ladder** joked. The **Russian Princess** laughed, it had a beautiful timbre. When the **Man with the Ladder** turned, he was sure she winked at him.

“That gives me an idea,” said the **Russian Princess**.

“You mean that gives us an idea!” the **African chieftain** said laughing, which was soon joined by a round of laughter from the whole group.

“Well let me begin it then,” said the **Chinese man**, “What if thought waves have a frequency?”

Reb had cleared his throat and was about to say something when the **Russian Princess** said, “Yes, Yes! And anyone who was tuned into that unique frequency would connect to a particular thought being shared by everyone on that channel.”

“Never mine,” **Reb** said, having been about to articulate the very same idea.

The **Catholic priest** picked up the thread, “And because it is an energy wave, like a radio wave, it could vibrate around the world only alighting on those rare individuals who happened to be tuned to that exact frequency.”

As the idea gave birth to numerous possibilities in their heads, **Reb** and the **Man with the Ladder** started searching their pockets for scrapes of paper and a pen to capture them before they might slip through their brain cells and be lost forever. Their rustle of napkins and old envelopes was echoed at the large table as each of the attendees pulled out an identical leather bound pad and started furiously taking notes.

“In fact,” announced the large man in a suit, “over at the **Bureau of Ideas**, that crazy fellow in the third office, proposed we might map out how many frequencies there are and just how many people might be linked to each.”

The **large man** glanced around the table with an approving look as he saw all the intent faces with pen in hand waiting to hear how it might be done. He glanced over at the **Man with the Ladder** and **Reb** and caught them poised just as intently over their scrapes of paper and pencils. **Reb** and the **Man with the Ladder** quickly turned away and tried to look occupied with their menus.

“I know,” said the **Hasidic man**, “the internet!”

“That’s brilliant!” said the **little man with no lenses in his glasses**, and everyone at the table started scribbling in their pads.

“I don’t get it,” said **Reb** looking over to see if the **Man with the Ladder** did. The man in the suit looked at him in a most disapproving way.

“I am not sure,” said the **Man with the Ladder**, “but if one were to post some obscure idea on the web, maybe you could track the number of people who liked and shared it and see where they came from to look for a pattern.”

The **man in the suit**, nodded towards them in a satisfied manner, and others at the table went back to furious scribbling in their pads.

“Who are these guys?” **Reb** whispered to the **Man with the Ladder**, he turned to glance at them, and found that they were all looking at him as if they were shocked he did not know. He pulled his menu up quickly to hide behind it.

Just then the food arrived at the large table and the restaurant settled in to the sounds of people enjoying their food.

“This gives me an idea for a story!” the **Man with the Ladder** announced.

The room grew suddenly quiet.

“And it would explain them!” he said quietly, nodding towards the larger table. When they turned that way everyone at the table had stopped eating and was poised with

...continued on page 25...



Jim Egan

STORIES THAT BEND REALITY

...continued from page 24

pen in hand trying not to look like they were paying any attention to **Reb** and the **Man with the Ladder**.

"Imagine that group of people tuned to the same frequency," the **Man with the Ladder** continued, "What if they find each other and from time to time get together for important events..."

"And to socialize," said the **Russian Princess**, who looked panicked when she realized she had spoken the words out loud.

"And to socialize," said the **Man with the Ladder** nodding slightly in the princess's direction.

"Well what kind of occasion would call for a meeting of such a group?" **Reb** asked, trying to keep his voice down.

"Who knows? A new idea needs some extra attention, maybe to commemorate some special accomplishment, maybe to introduce new members to the group..."

The **man with the suit** gave a slight nod in affirmation.

"It would explain this group." **Reb** said, conspiratorially nodding in their direction, "They wouldn't look like they belong together because they come from different places and social settings, it is only the way they tune into ideas that they share in common." They both glanced towards the larger table and everyone there was smiling knowingly at each other.

"Okay, that is a good premise to begin with, but where does the story go from there?" **Reb** asked

"Not sure, but what if some people not in the group were to accidentally run into this group..."

"Hmmm," said **Reb** thinking, "and they are invited to sit with them but they decline."

"But then discover they think the same way as this group," said the **Man with the Ladder** glancing over at the other table for confirmation. The **teenaged girl** looked like she was about to add something but the **man in the suit** gave her a stern look and she looked down without speaking.

"In fact maybe their showing up at the same place as this group was not an accident..." said the **Man with the Ladder**.

"Maybe they were all drawn to the same place because they are tuned to look for the same obscure restaurants as each other." **Reb** added, "Are we making this up or just admitting what has already occurred?" he whispered.

"A little of both I think," said the **Man with the Ladder**. "What's missing, is why are the new people there? Do they have something to contribute to the group? What about the new comers would be of use to the group?"

They were still pondering these plot details when **Reb's** and the **Man with the Ladder's** food arrived. As they sampled their plates the **man in the suit** cleared his throat.

"Well I think we have seen enough," he said with an official voice as the waiter cleared the empty plates from their table, "Let's call for the vote..."

Every hand was raised around the table. The **Man with the Ladder** couldn't help notice the **Russian Princess** smiled at him as she raised her hand.

"Unanimous then," the man in the suit concluded and in unison everyone in the table seemed to nod in the direction of **Reb** and the **Man with the Ladder**. **Reb** almost choked on his **kung fu chicken**.

This seemed to conclude the group's business and one by one they said their goodbyes to each other and left. The **Russian Princess** gave the **Man with the Ladder** a little wave as she left, causing the **Man with the Ladder's** digestive system to lurch for a moment. The **Man with the Ladder** made a mental note to elaborate on the **Russian Princess's** role in their story if they ever figured out what their story was about.

"Well that didn't help at all!" complained **Reb**, after the last of the group had left. He looked down at his collection of napkins telling the story so far. "We've got a great story with an ending that makes no sense!"

"Maybe that's because the story isn't over yet," said the **Man with the Ladder** nodding towards the door. A beautiful well-dressed woman entered and headed straight for their table, smiling. She looked very elegant, very **European**, in fact **Reb** was sure he had met her before, but only in a dream. Here she was, blonde hair, grey eyes, the splitting image of her dream self and she walked right up and took a seat at their table.

"I'm so late!" she said, smiling and giving **Reb's** hand a squeeze, "I guess I missed the fun!"

Reb discovered he had suddenly learned to stutter at that moment. The **Man with the Ladder** tried to fill the void: "Yes, you just missed them."

...continued on page 26..



Jim Egan

STORIES THAT BEND REALITY

...continued from page 25

"I see you took copious notes," she said looking at the tattered collection of paper napkins before each of them, "Do you mind," she asked picking a few up and trying to decipher the writing. **Reb** still didn't have full use of his vocal cords so he just nodded his acquiescence.

She took out a leather bound memo pad identical to the ones used by the group and started to write down some notes as she read over the napkins.

"A ma, ma, most unique group," **Reb** finally stammered out, fishing for details.

"Indeed," she said, fully engrossed in reading the napkins, "Does this say, I think the **Russian Princess** winked at me?" she asked the **Man with the Ladder**. Now he discovered his vocal chords were also tied in knots.

"There you are!" came a voice from the front door. The **man in the suit** was beckoning to the woman, "Come, come we have a taxi waiting."

The woman jumped up quickly and turned to go.

"Wait, we have questions!" the **Man with the Ladder** managed to blurt out as soon as his vocal cords would let him.

"I know," she said, smiling from the door, "And the answer to your question is yes, I am sure that **Russian Princess** did wink at you, you are just her type!" With that she was out the door leaving nothing but mystery in her wake.

"Well unless we have another tardy visitor I am afraid we may never properly end this story." **Reb** groaned.

The **Man with the Ladder** grinned and pointed to the woman's place at the table. She had forgotten her leather bound note pad. It sat there like a treasure map that might lead them to the end of their story.

"But it's hers, should we open it and read her personal notes?" the **Man with the Ladder** asked, having second thoughts.

"Of course, it is our duty," **Reb** said enthusiastically, "How else will we find a way of returning it to its proper owner."

"Good thinking," agreed the **Man with the Ladder**.

Reb opened the leather bound cover and started to read:

"Once upon a time there was a group of most dissimilar people who had the most surprising of similarity to their mental pursuits and ways of thinking. Though separated individually by great distances, the ideas they shared kept them in very intimate contact. A very diverse group of engineers and clergy, managers and inventors, the ideas they shared kept the **Bureau of Ideas** on their toes day and night. Once every **Blue Monday** the individual members of the group would jump on planes and trains, taxi cabs and canoes and meet in one location for celebration of the group and a powerful exchange of ideas."

"But one day the thought occurred to them that there were no writers in their group and even though it was their habit to take detailed notes at every meeting, the idea of having their meeting captured by true writers was very appealing. Since each of them had found the group on their own by being drawn to its ideas and events, they were convinced that when the time was right the perfect scribe would find them. When that day finally came the group was blessed by two scribes who immediately recognized the group for what it was. They were unanimously voted in."

After a long pause, the **Man with the Ladder** asked: "What comes after that?"

"There is no after that." replied **Reb**, "The rest of the notebook is blank."

"So if they voted us into the group why didn't they tell us?"

"Maybe we are just supposed to know."

"Maybe that woman wasn't late," suggested the **Man with the Ladder**, "Maybe she was sent in to give us this notebook and fill in the missing piece of the story."

"Well if that were true, why wouldn't they leave us some clue as to the next meeting place and time so we would be sure to attend." **Reb** argued, lifting up the notepad and shaking it to show that it was empty. A business card fell out of the pages and on to the floor. **Reb** picked it up while the **Man with the Ladder** took the notebook and started writing in it.

"Let me guess," said the **Man with the Ladder**, "It's a business card from a **Chinese restaurant** and on the back is a time and date..."

Reb nodded, "And let me guess, you are transcribing our notes into the notebook as our first official entry."

The **Man with the Ladder** did not have to answer, among some people, some things are just understood.

Photo by Karin Wolf



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE Chrome Diopside

...continued from page 19

Our forests, our waters, the plants and animals that share our space are strong and can regenerate when people stop treating them as commodities rather than vital parts of the sacred wheel of life.

Chrome diopside is not always easy to find, but most good rock shops should have it. If you can get to a rock and mineral show in your area, there are often vendors and rock hounds that have some at very reasonable prices.

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REMEMBERING OURSELVES, REMEMBERING OUR FUTURE WHY WE RETURN TO OUR MEDITATIONS

...continued from page 8

Dr. Joe Dispenza

REFRACTION AND REACTION

The second reason so many people return to their meditations is to temper their emotional refractory period.

That sounds clinical and complex, but what it means is this. *When we're exposed to an external stimulus that triggers a stress response, we have a reaction ... and it's often a habitual, automatic reaction tied to our old stories and our old self. We've forgotten ourselves - and who we want to become. We've gone unconscious.*

When this happens, we're filled with doubt - because our habitual reactions pull us out of the present moment and back into the emotions of our past. All of a sudden, our belief in our new future is shaken - and we lose our belief in our ability to create meaningful, lasting change.

People who've overcome themselves in this work understand this. And when they sit down for their meditations, they do so with the intention of not getting up until they're once again feeling the feelings of their future.

Put simply: *they're not doing their three or four meditations a day to heal. They're doing them to remove their doubt that they can heal.*

REMEMBERING AND RECONNECTING

So what do we do when we have the same experience as that young man I was talking to a few weeks ago? When doubt starts to take over - and we realize we're seeing things through a very narrow lens? When we go unconscious and forget ourselves?

Once we've caught ourselves in a reaction, we've achieved something important: we've become aware of what we're doing. With kindness and love, we can remind ourselves of what we already know - but had allowed ourselves to forget.

When we realize we've defaulted to an old emotion, one that's correlated with everything known in our environment, we can name that emotion - doubt - and resolve to get back to our feelings of our future. To practice feeling those elevated emotions until our belief in that future is restored.

And so, like the many people who've achieved miraculous transformations, we go back to our meditations. We sit down with the intention of not getting up until we're feeling the emotions of our new future.

I believe we are eternal. Thus, in the expanse of eternity, on the journey back to source, I think that when it's the hardest, it matters the most. By overcoming ourselves, mastering the moment, and recalibrating our nervous system to coherence and order, we're literally changing our destiny. Now, the intention to self-regulate becomes more about who we are on the journey than about the circumstances at hand.

In this way, meditation is no longer about performing the act just for the act itself. It's no longer about trying to bring about a desired outcome. It's about staying conscious - and not going unconscious the moment we arise. It becomes about remembering ourselves.

Our lives are filled with so many external stimuli; so many internal alarms that may sound and set off a reaction. We all react - but we can work on the strength and length of those reactions.

So - we don't work on shortening our refractory period just because we want to be emotionally intelligent. We work on it because the emotions of stress are signaling the same genes that cause us to disconnect from the future.

It becomes a practical application. We go back to our meditations again and again - not because we want to heal, but because we went back to our old self. Because we understand that before we can heal, we have to change.

When we tune in to the feelings of our future, and we can stay in those feelings, then we're connected to that new future. We actually believe in it. Because we've overcome our doubt, we've become our belief, and we've remembered what's possible. And in doing so, we're remembering our future.



Esther Hicks

ABRAHAM HICKS

...continued from page 7...

One is I care about you and I want you to have this, but the other is I see that you're not ready to do this for yourself, so I will do it for you. And I just want to keep that to a minimum," say to them, "I'm always considering that because satisfaction really only comes from having an intention and moving in the direction of it, and if somebody else is so willing to jump in and be the reason that something happens, then you don't get the satisfaction of it.

And I know that right now you think that what you really want is the bedroom set - that's all right to want that - but you also want to know that you are a powerful creator and that things are always working out for you. And so, I just want to notice with you all of the wonderful ways that all kinds of wonderful things come to you." Something along those lines.

And of course, we agree with you, you don't want to teach them shortage consciousness. You see, sometimes in the strong desire to not teach them shortage consciousness about money, you teach them Energy shortage consciousness about their ability to let it in without you.

And THE thing that goes the most out of whack with parents is when you superimpose yourself over their relationship with their Inner Being, over their relationship with their own abundant stream, because, in the same way that you have all of this wonderful stuff hurtling toward you, so do they. There's a tendency, and we don't feel this with you, but you don't want or need the credit for their creation, you want them to have it all. And so maybe that will help you in the things that you might say.

QUESTION: That helps. A thought that entered my mind as you were speaking was how my six year old son will base his happiness on whether mommy is happy, and I know young children do that.

ABRAHAM: Well, then you have done a little bit of replacing his **Inner Being** in his eyes with you.

QUESTION: How do I undo that?

ABRAHAM: Well, you can't undo it, but you can emphasize the other. A way you can approach it is, let's say that you're unhappy, and it's all right to be because sometimes you got caught off guard with something. But if you're aware, if when you get accustomed to the feeling of alignment so that you're really alert to the fact that you're not in alignment, then you could say to your children

"Oh, I've lost my connection right here - I've been focused on that and kind of lost my balance. I'm going to go off for a little bit and get myself back in tune. And when I get feeling better - and it won't be long - I'll be back."

Then go off, get feeling better and come back, so that they understand that you didn't have someplace to go, you didn't wait for some condition to change, you didn't pin your happiness on them, instead, you went off and you focused yourself away from the resistance, and you got feeling better.

You see, they're going to get this from you faster than you're getting it now because they're not so far from knowing all of this. It will just dovetail; they'll feel resonance with these things that you are doing deliberately that are resonant with your Inner Being. They'll recognize it, they'll see it. And nothing is more fun than a family who is deliberately demonstrating. And not making negative emotion a wrong thing, either. Just say something like "I didn't see that coming."

There's lots of fun in getting here to see all of you. You all did some doing in getting here, too - **Esther** met several of you on elevators last night, and she knows that you came from lots of different places. And so it took some deliberate intent to get here, and some of the things - the setting up the night before and so forth.

And one of the things that **Esther** and one of her wonderful staff helps her with is finding a more direct route that is a path of least resistance to the back stage, which usually involves coming through the kitchen. And some hotels are really resistant to that idea - they have rules and they absolutely forbid it. And all of them don't like it. And many of them will give her an OK to do that, but they're very clear you have to be very careful.

...continued on page 33...



ABRAHAM HICKS

...continued from page 32...

Esther Hicks

And **Esther** has these special rubber shoes that she wears - she wants to demonstrate to them that she's aware of this, that she spends a lot of time in the kitchens and so forth.

Well, with the last few seminars, there have been some of you finding your way to those kitchen bathrooms, which freaks **Esther** out because she's afraid that they'll take the bathroom away from her, first of all. So, the week before it happened, and last week it happened, and then just now it happened, so **Esther** is sitting there, because she didn't like it to happen - she didn't like the engagement, she doesn't like the rule keeping - and she thought how interesting that it was that it fell on the heels of the rule-keeping conversation that we just had.

But sometimes things happen and you're not vibrationally ready for them. And **Esther** thought "*Alright, so, when it happened and then it happened again, in neither case did I do one bit of segment intending for the next hotel - not any.*"

Now think about it - so, she had two experiences where something that she didn't want to happen happened because she's trying to keep the rules someone has given her to keep, and *instead of segment intending, she just collected the data*, which, do you think it made her more likely to have that experience again or less likely?

More likely. Isn't it the most natural thing in the world? People who had never been in a kitchen before were in the kitchen. People who had no intention - who never would want to upset **Esther** (and it didn't.) **Esther** is almost panicked - "*Oh, you can't be back here, you can't be back here, you can't be back here.*"

And so, we're just explaining that a little bit of segment intending goes a long way. Put segment intending out ahead of it. After the fact you don't get anything cleaned up, you just feel bad about what happened, you just don't like what happened, you just dramatize the Energy around it and make it more likely for it to happen again.

You want to wait until you get into a clear space. And so, that's what are saying with your kids - you're not wanting to wait until something happens and use that for the teaching moment. Instead, wait until the coast is clear, wait until the Energy is clear, and then do your segment intending, and maybe talk about how fun it is to be a deliberate creator, and make note of all the ways that wonderful things come to you.

There's so much abundance that comes to all of you that doesn't come in the form of money, and that is a good thing to note, too - someone being kind is abundance and traffic parting is abundance and someone letting you in in traffic is abundance and things opening up for you - it's happening around you all the time.

So start speaking of your abundance in more ways than just with money, and start feeling your prosperity and talking about your prosperity and acknowledging it until they begin to develop a true attitude of prosperity.

It's an interesting thing sometimes - have you experienced this dynamic where let's say there are two of them, and one of them receives some abundance in some form and the other one doesn't, and the other one throws a fit, not because they even wanted that, they just didn't want the other one to get it? That's true shortage consciousness.

And so, *do anything that you can do to help anyone that you care about understand that there is an avalanche of abundance of all nature coming your way, and unless you're doing something to block it, it will make its way in.* And then at opportune times you can say something really strong to your children: "*I'm not the gatekeeper of your abundance - I don't open the gate to let it in, and I don't close the gate to let it out. It's all you and your response to things.*"

What happened happened, and are you going to carry it on in another way? Is somebody going to show up in the kitchen bathroom next week? Or are you going to find a way to clean it up to make it more likely that you get what you intend rather than something else.

...continued to page 34...



ABRAHAM HICKS

...continued from page 33...

Esther Hicks

PARENTAL SEGMENT INTENDING

QUESTION: So, **segmenting**, and when it comes to the children, I try, I'm getting better at it before I go to pick them up - if I'm leaving or if I go to pick them up from school - and I picture us having a fun car ride, the kids getting along. It's about a 20 minute ride from school to home. And I think that I'm that I'm doing this **segmenting**, but inevitably that car ride goes awry and they turn from singing together to hitting each other, yelling, and I find my impatience escalating even though I know that I should have the conditions of being happy.

ABRAHAM: You're doing some of all of it. In other words, you're **segment intending** what you do want, but then in a conversation like this - and we get it, we're trying to sort things out here - but in a conversation with us or with someone else, you're **segment intending** it that way, too.

And so, you want to ask yourself what is your strongest expectation. And the thing is, people train each other into expectation - if they never behave that way, you wouldn't expect it, but because they have behaved that way (same with the bathroom situation,) then there's a part of you that is attracting it even to the level of expecting it.

And so that's why we're saying that **segment intending** is helpful, but it's not a good way to turn things around. Can you feel how, when you're **segment intending** to try to turn something around, that you're efforting and you're actually pushing against what you don't want? But know this - in those experiences, both the one you described and the one we described about **Esther** - in those experiences you know what you don't want and you launched a rocket about what you do want, and so there is a stronger calling for what you do want that is over there vibrationally.

And so, this is our question to you - if you hit it head-on so what you didn't want happened and what you do want is firmer and more sure in the **Vortex**, if you hit

it head-on, which way are you likely to go, toward what you want or against what you want, toward what you don't want? What's your gut tell you? If you're hitting it head-on, you're usually dealing with it - wrestling it to the ground and killing it, efforting over it.

And so that's where this **daydreaming** thing comes in, this is where **meditation** comes in - as you just practice a lighter approach to everything, after a little while you'll just expect things to work out for you, and most things will work out for you.

But really, do you want every single thing in your life to work out for you? Or do you want opportunities to segment intend, do you want opportunities to feel your hands in the clay, do you want opportunities to co-create? And sometimes you say yes, I want the perfect way. But we want you to know that we're not, any of us, ever going to get it done; it just doesn't ever get done, it's always in a state of becoming.

And so, like someone who sat here before you, it is easier when it's just you than when it's other people, because with other people, they have their relationships with each other, they have their relationships at school and they got momentum going before they even got in the car.

They had their momentum going, so the question is, who is going to dominate the vibration in the car? And you don't have a chance of dominating the vibration in the car when you pick your kids up from school unless you're in cahoots with your **Inner Being**, who is all powerful. You just become one of the kids - you don't have a chance at all of dominating the Energy of well-being in the car when you pick your kids up from school unless you have really been in tune with your Inner Being. That's why you want to get out ahead of it.

So, what might you do about that? Can you think of some things that you might do? Now, we're asking something of you because we've just been talking about it, but you're also in a room with powerful Energy and so you've been under the influence of your Inner Being all morning here, and so, if there was ever an opportunity that you could find a good feeling place about this subject, this would be it.

QUESTION: So two things come to mind - the daydreaming, visualizing the ride home as being positive when I'm in good place right before I'm going to get them, and also maybe even meditating for a few minutes before I actually leave the parking lot at work.

...continued on page 35



ABRAHAM HICKS

...continued from page 34..

Esther Hicks

ABRAHAM: That's even more powerful. Or while you're waiting in line for them, if you have any of that going on. Look at it this way - think about how happy you are to see these kids, and even start back a little bit, get some momentum going. They've been at school all day doing whatever they're doing, and they're doing their competitive thing for your attention, too - all of those things that you couldn't sort out if you spent all day every day trying to figure it out. So stop trying to pick up the big bundle of wood with your hands, get a crane, get some real leverage going.

So, back up a little bit and remember your anticipation of these children coming into your family. Remember the eagerness that you had about being a mother. Remember how delicious it was when you brought them home, and how beautiful and precious they are to you. Get out ahead of it. Think about the loveliness that you all get to co-create together and feel blessed - just get on that sticking point a little bit and just feel the blessing that they are to you and that you are to them.

Now, that's some momentum going - they'd have to have some kind of thing going on to set you off-kilter then. Let's say they get in and they're not changed by what you've done, but you are, and so you're not reacting to what they've done, because it's not what somebody else is doing - if somebody can influence you to split your Energy, that's how they get you; that's all. If they can't influence you to split your Energy, then there's no contest. That was something worth hearing, isn't it?

So, how are you going to get out ahead of it so that your Energy is unsplitable? You're going to be so in love with life and them that they're not going to get to you. Or you're going to be cranky on the edge and go there easily. It's your choice.

Here's another strong statement - when you witness something, like you're an eye-witness to something, your perception of what you saw is much more about your beliefs and what you've lived before you saw it

than what you actually saw. That's why two people can witness the same thing and tell two completely different stories about it, because it's about the momentum of the vibration.

So, when you start playing with this and you start grasping your power of alignment, and then noticing the difference it makes in the car ride home, remembering that it's not affecting them that you're trying to do - you're not trying to make them happier together, you're wanting to maintain your balance while they make their choices - and that's how you teach them. Then the story they tell is "Oh, my mom's always cool."

When **Kate** was really little **Esther** bought her a bed - speaking of buying things for kids - and **Kate** kept wanting to crawl in bed with mom and dad. And one night, after she'd done it several times, **Tracy** said "You know **Kate**, grandma would feel sad if she knew you weren't sleeping in that beautiful bed that she bought for you." And **Kate** said "**Grandma's** never sad." She wasn't going to buy that - what else do you have, mom?

So that's the stability that you want to offer. And oh, one who is in alignment with Source is more powerful than a million who are not. What fun you are about to have.

HER KIDS' QUESTIONS

QUESTION: One more quick thing. I asked my daughter if you could ask **the Universe** one question, because I knew I was going to get up here, I said what would it be? And she...

ABRAHAM: Before you go - we want to hear it - that was pretty good prepaving, wasn't it? In other words, you were anticipating being in this seat so much so that you even collected questions from your kids. Feel the momentum of that - doesn't that go somewhere? In other words, isn't that a stronger expectation? We just want to point that out - that's getting out ahead of it.

QUESTION: True. So I asked both of them, and my daughter provided a question that I think is worthy of asking.

ABRAHAM: They both are.

...continued on page 36



ABRAHAM HICKS

...continued from page 35.

Esther Hicks

QUESTION: All right, so I'll ask the other one, too. So, she asked if she needs friends, and I answered her with this is what I think **Abraham** is going to say, but I'll ask it anyway, because she hasn't found that best friend at school, so that's where her question stems from. Do I actually need a best friend?

ABRAHAM: You don't need a best friend, but they're fun to have. But here's why you're waiting a little while: You want to come into full alignment with who You are so that the best friend that you attract is like that, too. And you don't want to replace your **Inner Being** with a friend, and that's why you're waiting a little while, too.

You're wanting to find your own happy independence, and then you'll attract a friend who has their own happy independence, and then what fun you'll have. But if you're needy because you don't have a friend, you'll attract somebody else who is needy because they don't have a friend, and then you'll have a miserable time together.

QUESTION: OK.

ABRAHAM: You'll be jealous with each other, you won't want them to go have other friends - it won't be fun. But if you're all tuned-in, tapped-in, turned-on, and you're all frisky and feeling great, that's who you'll attract. And because there's a big part of you that wants that, your Inner Being is helping you get that first. Then so many friends, so many friends will be barreling toward you like a big ball of money. That's abundance. Yeh.

And then remind her like we were reminding you - noticing that you don't have a friend is a sure way to keep a friend from coming, and noticing the positive aspects of people is a way to loosen things up. And then remind her this of all things: You will be a really good friend. So, if she can focus on the friend she can be to someone else rather than the friend they will be to her, it's way better.

QUESTION: That's great. I can't wait to tell her this. The six year old asked did Megalodons actually exist?

ABRAHAM: That's the best question we've ever heard - tell her that. If she needs to see them in her bedroom, then they don't exist in that way. If she's happy to see them in her own mind's eye, then yes. The reason we liked this question so much is because it's what we are still trying to teach you all, and you are way older than six now - if you need to see it before you believe it, it's a long time in coming, and if you believe it before you see it, then you have the experience with it.

There's this **Vibrational Reality** that is really worth focusing on, and it's always a really good idea to follow up with a question if it's a really hard one like that one was - why do you want to know? *What would he say to why do you want to know?*

QUESTION: What would he say? Uh, he's just fascinated by these giant sharks, and wants to believe that they existed in the oceans and wonders if they're even still there.

ABRAHAM: Well, there's stuff way cooler than that there. *The direction that we are going with that is if this time-space reality has the wherewithal to help you to identify it as a desire, this time-space reality has the wherewithal to deliver it.* But sometimes in those curiosity questions, that's not the right answer, because it's not a question that's come from that deep place, from that place of **Nonphysical**.

At one time we were in **Canada** for a seminar, and a woman invited **Jerry** and **Esther** and **Abraham** for this seminar and it was a nice experience. But she wanted to know if the night before there could be a seminar for children. And so **Jerry** said "Well, that might be fun."

And the children's questions were things like *would you please fly across the room? Could you please just disappear? Could you drop through the floor? Could you become a puddle of noodles?*

In other words, their imaginations - the things that they were asking for could not be demonstrated in real time, and it is not the easiest thing in the world to not do what somebody wants you to do, because we're wanting them to feel their power, not their limitations. And so, that's what we were talking about with that question.



SETH SPEAKS

...continued from page 15...

Would you call a flower stupid? Would you call a star stupid? Would you call a molecule stupid? If you understood the grace of your being, you would look even upon yourselves with joy and gracious abandon. Do you call yourselves dumb, or opaque, or fat, or skinny, or whatever? Whatever derogatory terms you use when you speak to yourselves, stop it!

Feel the uniqueness then of your laughter and let your joy spring into your realization and it will give birth to all those abilities within you. In all of what I have said, there is indeed no greater, practical message.

You think in terms of future selves. And using your terms now—and, as always, that is a loaded statement—but, using your terms, think instead of yourselves as pinnacles of achievement and expression, reached finally by the atoms and molecules that dwell within you. In your terms now, they think and feel and reason.

I return you, then, as always, to the selves that you are and I entreat you, most humbly, to look within the selves you know for the wisdom that is indeed your own, for the blessing that comes from All That Is, as it is reflected through yourself. Ask me for your blessing, for your blessing. Ask your molecules for their blessing, as you bless them.

See the miracle of tomorrow. When you wake up in the morning, tell yourselves that you will perceive it and perceive the grace of your being within it.

And now I leave you and those blessings that I have to give I give you and those that I do not have, I am sure you can find for yourselves.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 17

and had a something happy to say. When you entered her room you left with a smile. Whereas others with minor pain complained and complained. Joyfulness is a decision that we can make which is not dependent on outside circumstances.

Negative emotions like anger, jealousy, envy or fear should not be considered normal part of our life that we cannot do anything about. Those negative emotions destroy our peace of mind and destroy our relationships with family and community. They also destroy our health. We are too focused on material possessions rather than our inner nature. When we have a genuine sense of concern for others, kindness and compassion take over. The **Buddhists** emphasize compassion. Compassion allows our mind to look at others and realize that they may have less or are suffering more.

Our arrogance towards others displayed as pride or ego are in reality only our own insecurity. We need to feel superior only because we fear that we are inferior. So, by developing compassion towards others lets us understand that the desire for happiness is a natural feeling shared by everyone. We need to develop a sense of concern for other's well-being and share our joy.

Forgiveness," **Archbishop Tutu** states, "is the only way to heal ourselves and to be free from the past." Without we can not be joyful. Without forgiveness we remain bound to the person or situation that has harmed us. It becomes a prison and nurtures bitterness. Without forgiveness the person who harmed us holds the key to our happiness. Forgiveness is not weakness but empowers us to take back control of our feelings and our happiness.

By studying joy and happiness we realize that it is within our grasp and has nothing to do with the outside world. It is an internal strength that we develop. Through compassion the Dalai Lama has forgiven those that have exiled him. Through forgiveness Archbishop Desmond Tutu was able to work towards multi-racial democracy and campaigned for human rights against the apartheid racial segregation in South Africa. Through self- acceptance, love and compassion we can be agents of spreading joy and happiness.



ARIES – (March 19 – April 18)

ARIES: LOVE FOR MAY 2023

You are leading negotiations to change things in your family. Whether it is investing in real estate or settling down more comfortably, you will see things more clearly from the 15th onwards, and you will shift into higher gear at the end of the month.

In a Relationship: you ensure a cosy nest for those you love and accelerate the change. From the 15th, you take back control of events and achieve your goals on the 26th.

Single: you are looking for ways to improve your living conditions. If you feel that your projects are stagnating, they will gain momentum from the 15th onwards and will become a reality at the end of the month.

Money

ARIES: MONEY FOR MAY 2023

Since April, you've been involved in financial negotiations and feel like you're at an impasse. Don't worry. From the 15th, they will resume and lead to agreements.

Work

ARIES: WORK FOR MAY 2023

Debates initiated last month about using your talents, potential, or the expected reward for your merits drag on until the 15th. They will then be relaunched more productively and will meet your expectations.

TAURUS – (April 19 – May 19)

TAURUS: LOVE FOR MAY 2023

Your thirst to break with some of the ways of the past is confirmed. You can count on a great capacity to make your loved ones aware of your desire to manage exchanges. You will be delighted with this progress and take the place you hope for within the family.

In a Relationship: there is no question of compromising your need for freedom and autonomy from those around you. You will inscribe this desire in people's minds without making waves.

Single: You want to break away from a dependency that distorts communication, and you are proceeding with your idea. This approach earns you rewarding exchanges.

Money

TAURUS: MONEY FOR MAY 2023

If you need money, you ask for a raise or a promotion, and you have charm and arguments to convince. Use your difference to plead your case.

Work

TAURUS: WORK FOR MAY 2023

Discussions dragging on for the past month will resume more productively from the 25th. A few delays do not prevent you from approaching your activity with the feeling of being freer. This new approach will seduce your interlocutors.

GEMINI – (May 20 – June 19)

GEMINI: LOVE FOR MAY 2023

Awareness allows you to probe your heart and apprehend your emotions better. Count on your magnetism and greed to exalt the sensuality of the other person, to lead them off the beaten track in an exciting way.

...continued on page 39...



In a Relationship: some unconscious desires are perceived more intensely and incite you to spice up the link, to propose to the other different experiences.

Single: you lucidly explore your desires and share them with someone who agrees to follow you and succumbs to your magnetism.

Money

GEMINI: MONEY FOR MAY 2023

You instinctively make the right choice and intuitively perceive the desires of those around you.

Work

GEMINI: WORK FOR MAY 2023

Exchanges conducted in the shadows, or even in secret, are stalled and will resume on the 25th. Until then, don't let go of anything, but don't force anything. You are in a position to express your potential and even develop new ones.

CANCER – (June 20 – July 21)

CANCER: LOVE FOR MAY 2023

Discussions about projects that could change your life drag on. Wait until the 25th, when discussions will resume. In the meantime, rely on your undeniable radiance to outshine, seduce and make those you love or like want to follow you.

In a Relationship: Do you have the impression that your aspirations have yet to be heard? Count on your charm to unite around an exciting project.

Single: you can use your power of attraction to make people want to support certain projects that will radically change the course of your life. This is an opportunity to attract someone you like into your net.

Money

CANCER: MONEY FOR MAY 2023

If your projects require a contribution of funds, use your influence to seduce those you need and who do not resist your charm.

Work

CANCER: WORK FOR MAY 2023

There is no question of following a pre-determined path. You have the audacity and charm to convince your collaborators to adhere to your plans. If the negotiations are slowing down, wait until the 25th to get back on track in a productive way.

LEO – (July 22 – August 21)

LEO: LOVE FOR MAY 2023

Amid socio-professional effervescence, you manage your feelings wisely. Venus invites you to review your feelings and use them to make changes in your path, your life, and your long-term future.

In a Relationship: the month is punctuated with unexpected twists and turns that transform your destiny. Count on Venus to send you the right information and tune your initiatives to your deepest feelings.

Single: mobilized by the challenges to change your life, rely on your little inner voice to guide your actions.

Money

LEO: MONEY FOR MAY 2023

You are more likely to stand out than to demand your due or a raise. If one doesn't preclude the other, focus on anticipating changes rather than making claims.

Work

LEO: WORK FOR MAY 2023

If some exchanges drag on, you'll get the ball rolling again. Count on unexpected events to change things and push you out of your comfort zone. Connect with your emotions to maximize your ability to adapt.

...continued on page 40



VIRGO – (Aug 22 – Sept 21)

VIRGO: LOVE FOR MAY 2023

Routine bores you. You are open to new things and ready to try a different approach to love. Tender and surprising projects are taking shape.

In a Relationship: you are broadening your horizons. You have no shortage of arguments to convince your partner to follow you on new adventures. Whether it is to start a round-the-world sailing trip or to change your life.

Single: you share your perspectives and rely on your ideas to surprise everyone and make them want to follow you.

Money

VIRGO: MONEY FOR MAY 2023

You're taking some risks this month. Like a good Virgo, you need security to jump into the adventure.

Work

VIRGO: WORK FOR MAY 2023

Newness is on the agenda for a month that changes things. Whether you dream of moving abroad, innovating within the company to breathe new life into it or expanding your range abroad, you can count on unconditional support.

LIBRA – (Sept 22 – Oct 21)

LIBRA: LOVE FOR MAY 2023

Dazzling realizations allow you to evolve your exchanges, and unexpected events transform your environment. Your charm helps you launch the changes you wish to make in your private and public life.

In a Relationship: Uranus pushes you to break with the past, and a way of working that has had its day. Count on Venus to gently convey your messages.

Single: Uranus exalts your sensuality and makes you want to experience something different. Count on Venus to trigger a love affair or to shine in society.

Money

LIBRA: MONEY FOR MAY 2023

Uranus may expose you to sudden losses or unexpected returns. But your charisma at least brings you to support, and you use your influence to make a mark.

Work

LIBRA: WORK FOR MAY 2023

Uranus is pushing you to change the rules of the game, to renew yourself unless this pressure comes from outside and pushes you to reinvent yourself. Your charm is in your favour.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: LOVE FOR MAY 2023

Whether it is you or the other person who claims to have more autonomy, Uranus reinforces the trend. Each of you must have more freedom and independence to give a relationship more meaning and put the future on the right track.

In a Relationship: you understood the message and evolved the link to live intense moments. Still, you are not necessarily fusional with your partner.

Single: there is no question of connecting with the other person without giving yourself some time. Your view of the couple is changing, and you understand that the relationship must be constantly renewed.

Money

SCORPIO: MONEY FOR MAY 2023

If your ideas and unusual proposals are unanimously accepted, take the opportunity to solicit financial support from those who admire you.

...continued on page 41...



Work

SCORPIO: WORK FOR MAY 2023

You communicate your vision to employees who follow you. Whether it's reforming the company, opening it up to other markets, or diversifying your products, you are original and bold.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: LOVE FOR MAY 2023

You find it difficult to bear the constraints that limit you daily. You appreciate that the routine is shaken by events likely to distract you from sclerosing habits. Rely on your magnetism to spice up your life and your love life.

In a Relationship: some locks are being broken. Take advantage of this time to involve your loved one in love games likely to awaken your ardour and theirs.

Single: your daily life is becoming more animated, and you look forward to different, more stimulating and exciting experiences. You have enough audacity and imagination to take action.

Money

SAGITTARIUS: MONEY FOR MAY 2023

To negotiate, wait until the end of the month to re-launch the debates. You are influential and able to make an impression on the 26th.

Work

SAGITTARIUS: WORK FOR MAY 2023

You will have to deal with slowdowns in your activity. They will disappear from the 15th, and you will have more freedom to manoeuvre. Count on a brilliant strategy and irresistible charm to change things.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: LOVE FOR MAY 2023

You aspire to spice up the relationship, to live stories that are out of the ordinary, to break with a way of working that wearies you. Count on possible surprises that feed your quest and on sharing your expectations with the other person.

In a Relationship: you can no longer stand a routine that suffocates the bond. You put some fantasy in the air and renew with the new.

Single: the atmosphere is electric, and you aspire to adventures that push you out of your comfort zone. You find the right person and form an explosive duo.

Money

CAPRICORN: MONEY FOR MAY 2023

You're too busy changing operations to worry about your finances. You want to do what you enjoy.

Work

CAPRICORN: WORK FOR MAY 2023

You are always full of new and original ideas to diversify your skills and renew your approach. Your potential and talents are considered with interest, and you receive the agreement of your partners to express them concretely.

...continued on page 42



AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: LOVE FOR MAY 2023

Changes within the family are becoming clearer or are being made. Whether you are planning to move or to free yourself from family guardianship that weighs you down, the evolution and the transformation are going smoothly.

In a Relationship: the situation favours your initiatives to change things in the family. But no one will mind because you will present things so that everyone will benefit.

Single: you are talking with your loved ones about a project that will allow you to become independent from your family. Discussions take a more fluid turn from the 15th and especially the 26th.

Money

AQUARIUS: MONEY FOR MAY 2023

Any discussion about an investment is revived. You have a chance of more constructive conclusions at the end of the month. Hold on.

Work

AQUARIUS: WORK FOR MAY 2023

You are willing to work with your colleagues to create a pleasant work environment. A project of installation, moving and change within the family mobilizes your attention.

PISCES – (Feb 18 – March 18)

PISCES: LOVE FOR MAY 2023

You want to express your difference. To break with a way of working inherited from your past, you can seduce thanks to your originality.

In a Relationship: you escape from conditions which kept you in line, and you express yourself from now on according to your idea. This attitude rekindles the flame in the eyes of your partner.

Single: you succeed in amazing, surprising and seducing thanks to your way of attracting attention. You don't look like anyone else and cultivate behaviour that pleases.

Money

PISCES: MONEY FOR MAY 2023

Very busy reforming the world, inventing a better one, you could be more interested in the movement of your finances.

Work

PISCES: WORK FOR MAY 2023

If discussions have been dragging on since April, they will be revived more productively from the 15th. Count on your ideas to make you stand out. Your proposals are appreciated, and your exalted creativity makes a difference.

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HERB CORNER

Long Covid

...continued from page 10

- Some people who have **Long Covid** experience multiorgan effects or autoimmune conditions affecting different areas of the body including the heart, lungs, digestive system, kidneys, brain, the nervous system, or the skin.
- Many people who have had **SARS (Severe-Acute-Respiratory-Syndrome)** seem to develop **chronic fatigue syndrome**.
- Studies have found that many people that have had **Covid** or other previous health conditions often experience cellular damage to either the lungs, kidneys, liver, heart, brain, throat, intestines, or the nerves.
- Living with **LC** can be difficult especially since there are no current solutions or reasons as to why this is happening, and it is unclear how long symptoms will last.
- Many **LC** people are unable to socialize or work as they could before.
- **LC** can disrupt almost every part of your daily life; you may look good to others, but you feel bad.
- Living with **LC** can be difficult especially since there are no current solutions or reasons as to why this is happening, and it is unclear how long symptoms will last.

SYMPTOMS

One **Long Covid** person's symptoms can be very different from the next person's symptoms and symptoms can come in clusters or can change from week to week.

Symptoms can impact you physically, emotionally, or socially.

Symptoms can get worse after physical activity.

Long Covid symptoms can change and knowing how long they will last can be challenging.

Some people with **Long Covid** experience a cytokine storm which is a critical condition where there is excessive production of inflammatory cytokines.

Symptoms can include a wide range of health problems and affect different systems of the body.

In the circulatory system it can cause heart palpitations, chest pain or tightness, fast heartbeat (especially after exertion), or dizziness upon standing.

In the respiratory system it can cause a persistent cough, difficulty breathing, shortness of breath, pulmonary fibrosis, or interstitial lung disorders.

In the nervous system it can cause difficulty concentrating, headaches, change of taste or smell, dizziness, pins and needles feelings, depression or anxiety, difficulty sleeping, insomnia or other sleep disturbances, tinnitus, vertigo, PTSD, or lightheadedness.

In the digestive system it can cause stomach pain, gas, diarrhea, or constipation.

Other common symptoms can be fever, hair loss, changes in menstrual cycles, joint or muscle pain, rashes, small bumps on the skin, muscle weakness, chronic low grade systemic inflammation, or chronic fatigue.

This is just a small list. There are over 200 different symptoms associated with **Long Covid**.

But it's the fatigue and extreme tiredness that seems to impact your daily life.

SO, WHAT CAUSES THIS PROBLEM?

• Some people believe it is due to a mitochondrial dysfunction which plays a fundamental role in conditions such as **Long Covid**. **Just improving the mitochondrial function of your cells, you will improve the odds of reversing the problems caused by Long Covid.**

• Another belief is that it is due to an over blown immune reaction which is a driving factor for most post-viral syndromes. The immune system recognizes things that shouldn't be there and believes it to be dangerous. When that happens, the immune system activates damaging pathways through the T-cells and B-cells (types of white blood cells that fight pathogens) so you can remove the material that doesn't belong there.

• It could be due to the re-activation of latent **Epstein Barr (EBV)** which has been lying in wait in the cells that make antibodies.

• Some researchers believe that some **Long Covid** symptoms could be related to what is known as **Mast-Cell Activation Syndrome (MCAS.)**

...continued to page 44...

HERB CORNER

Long Covid

...continued from page 43

When this happens mast cells are hyperactivated causing an excessive release of histamine which typically would regulate the immune system. This seems to especially affect people who already have autoimmune conditions. It seems that **MCAS** can affect people by disrupting gut functions, causing joint problems, skin conditions and shortness of breath.

- However, many **Long Covid** people report a combination that resembles **MCAS**, metabolic dysfunction, autonomic dysfunction, over stimulation of immune response, elevated inflammatory cytokines, or mitochondrial dysfunction.

As of now there is no treatment for **Long Covid** and managing your symptoms can be frustrating with treatments focusing on supportive care. A whole person care approach takes into consideration the individual person and their unique symptomology affecting their life. The best thing you can do for yourself in this situation is to inform yourself of the different treatments available.

LIFESTYLE MODIFICATIONS THAT MAY HELP LONG COVID:

Reduce stress, studies have shown that when a person is under stress their immune system weakens. Meditation, yoga, a walk in the park or on the beach, or gardening might be good choices.

For anxiety and depression therapy counseling or going out with friends and family may help.

Getting outside more will help with stress, anxiety, depression, and the vitamin D from the sun will boost your immune system.

Exercise is important, just don't overdo it. Shorter sessions or less strenuous are best at this time.

Physical therapy or respiratory therapy might be helpful in muscle recovery and with lung function.

Get rest, if you are tired, please don't push yourself too hard.

Stay hydrated, getting the proper amount of fluids every day is necessary for mental acuteness, the health of the your bladder and for bowel health.

Some other things you might want to investigate are **Red Light therapy** and **Hyperbaric Oxygen therapy**.

EATING WELL AND DIET ARE IMPORTANT

- **Eat smaller amounts of healthy food** regularly.
- **Reduce processed foods** and foods loaded with preservatives.
- **Try to follow an anti-inflammatory diet** that is low in carbohydrates and rich in protein, fiber, and healthy fats.
- **A low histamine diet** can also help to reduce inflammation. Histamine can trigger acute allergic reactions in the lungs, heart, digestive system and on the skin. Foods high in histamine are nuts, beer, wine, tomatoes, spinach, cured meats, fermented foods, aged cheeses, canned fish, and bananas. Foods low in histamine are leafy green vegetables, whole grains, blue berries, broccoli, parsley, onions, fresh meat, coconut milk and rice.
- **Reduce sugar** in the diet, besides being a cause of inflammation sugar depletes Vitamin B, C and D as well as magnesium, zinc, chromium, and copper.
- **Eat more healthy proteins** to keep your muscles strong and prevent wasting away. (Nuts, seeds, meats, legumes, eggs, and full fat dairy)
- **Get more whole grains** in the diet to help combat fatigue because they release slower energy for longer periods of time.
- **Eat more fresh fruits and vegetables**, they are loaded with the nutrients to rebuild your health. Try to **eat 4-5 portions per day**. A variety of fruits and vegetables support the health of the digestive system. This can be problematic for people with **Long Covid**. You can get more vegetables in your day by eating a nice homemade soup loaded with vegetables.
- **Eat as gluten free as you can** to help with digestive problems. If you are gluten sensitive, it can irritate your gut. Improving the health of the digestive system has been shown to be important in the recovery of **Long Covid**.
- **If you have lost your sense of smell and taste**, try upgrading your foods with stronger flavors and smells.

...continued on page 45

HERB CORNER

Long Covid

...continued from page 44

SUPPLEMENTS:

There are many vitamins and minerals needed for your immune system to work properly.

Deficiencies of these vitamins and minerals could increase the chances of you getting an infection.

Researchers have found that for **Long Covid**, certain dietary supplements might help reduce symptoms and improve the immune system's response.

Vitamin C

- Concentrated in white blood cells
- A powerful antioxidant, antimicrobial, anti-inflammatory, antiviral and immune modulator.
- Supports the functions of many immune cells, strengthens white blood cells, and enhances both B and T-cells, it normalizes cytokine production.
- Normalizes cytokine production.
- Inhibits viral replication.
- Decreases histamine levels.
- Reduces oxidative stress.
- May be beneficial for people with Epstein Barr syndrome.
- Detoxifies the body, it has been found to eliminate almost all toxins.
- Helps fight respiratory infections and clears the lungs.
- Helps the body produce connective tissue (collagen).
- Accelerates the healing process.
- Found in citrus, tomatoes, peppers, kiwi, broccoli, strawberries, and cantaloupe.

Vitamin D3

- Obtained from the sun foods and supplements.
- Research has found it helps to reduce respiratory infections; deficiencies are associated with increased risk of respiratory tract infections.
- Deficiencies are also associated with autoimmune conditions and with increased vulnerability to infections.

- Studies have found Vitamin D increases T-cell activity and controls innate and adaptive immune responses.
- It is needed for bone health, detoxifying the body, reducing inflammation and viral replication.
- Found in fatty fish, salmon, tuna, eggs, cheese, beef, and liver.

N-acetylcysteine (NAC)

A potent antioxidant, anti-inflammatory, detoxifier, and antiviral.

Helps increase glutathione levels.

Thins and reduces and mucus in the respiratory system.

Reduces viral replication.

Found in berries.

Glutathione

Binds to free radicals and toxins neutralizing them helping eliminate them from the body through the digestive process or through the urine.

When glutathione attaches to free radicals it transforms them into water.

It supports the liver and the immune system by making the proper chemicals and proteins needed for the immune system.

Helps repair and rebuild healthy tissue.

Helps vitamin D do its job better.

Magnesium

Magnesium deficiency has been associated with decreased immune cell activity, increased oxidative stress, hypertension, impaired pulmonary function, cardiovascular disease, type 2 diabetes, and increased inflammation.

Required for activation of vitamin D.

Can be beneficial for respiratory bronchial dilation asthma, pneumonia, and COPD.

Helps transport glucose and oxygen into the cells to produce energy for the mitochondria. This may help with fatigue. Studies found oxygen saturation improved when using magnesium along with zinc, and vitamin C.

Found in vegetables, especially leafy green vegetables, nuts, seeds, whole grains,

...continued on page 46

HERB CORNER

Long Covid

...continued from page 45

Zinc

Helps heal damaged tissue, supports the immune system, and enhances the innate and adaptive immune system.

Has antiviral and anti-inflammatory properties.

A deficiency weakens the formation and maturation of lymphocytes, it decreases T-cell production increasing the susceptibility of bacterial and viral infections and is linked to increased risk of pneumonia.

It supports the immune system by helping fight respiratory infections and helping to support the integrity of the mucosal lining of the respiratory system.

Low levels are linked to hair loss.

Required for sense of smell and taste.

May ease fatigue.

Found in crab, oyster, beef, pork, poultry, nuts, dairy and pumpkin.

Probiotics

Helps with gut problems caused by **Long Covid**.

Improves immune functions, especially in the gut.

Reduces inflammation especially in the gut.

Enhances gut barrier functions.

Inhibits replication of viruses by increasing phagocytic activity of the white blood cells.

Reduces serum levels of proinflammatory cytokines including C-reactive protein

Omega-3-Fatty Acids

Helps improve the absorption of nutrients and removal of waste from cells.

Affects the immune system by upregulating macrophage, neutrophils, T-cells, B-cells and other immune cells.

A deficiency is associated with too many inflammatory cytokines.

It is known to help with brain functions.

Deficiencies can cause rough scaly skin.

Quercetin

Has antioxidant, anti-inflammatory, detoxifier, and immune modulating properties.

It helps B-cells and T-cells (natural killer cells) identify and destroy virus infected cells.

If struggling with breathing it helps reduce the need for oxygen therapy.

It helps speed up the healing process.

Found in dill, cilantro, onions, broccoli, and fruits.

Selenium

Protects against cell damage.

It reduces respiratory distress syndrome by reducing inflammatory response.

A deficiency of selenium is associated with lower natural killer cell activity which can lead to increased risk of both viral and bacterial infections.

It helps T-cells mature.

It has antiviral, antioxidant, anti-inflammatory and immune enhancing properties.

Found in nuts (especially Brazil) seeds, meats, poultry, dairy, breads, cereals, and fish.

Copper

Supports the immune system and is important for detoxification, mitochondrial function and for metabolism.

It should be used with iron and zinc because they are interdependent on each other for absorption.

Typically, low iron levels are also a sign of copper insufficiency.

Vitamin E

May help reduce some of the symptoms of **Long Covid** through cellular repair and by removing cellular waste from all your cells.

It supports the immune system by helping to maintain the integrity of the cells by enhancing the production of immune supporting antibodies.

It has been shown to reduce the risk of pneumonia and other upper respiratory infections by inhibiting the production of proinflammatory cytokines.

Found in nuts, seeds, vegetable oils, and leafy green vegetables.

...continued on page 47

HERB CORNER

Long Covid

...continued from page 46

Nicotinamide-adenine-dinucleotide (NAD)

It improves the body's ability to heal itself because it is required for the replacement of damaged cells caused by **Covid**.

It is needed for proper mitochondrial functions.

CoQ10

Helps repair cells in the kidneys, liver, heart, and the brain.

Helps improve energy production in the mitochondria.

Pycnogenol

Improves kidney flow and functions.

Helps reduce blood clots.

Helps repair brain cells.

Melatonin

A hormone produced in the brain that helps promote sleep improving the sleep-wake cycle and improving circadian rhythms.

Researchers believe it can help control the cytokine storm that can turn into **Covid**.

It can enhance the immune response by increasing the proliferation of both B and T lymphocytes, granulocytes, and monocytes.

HERBS

Astragalus

Helps people recover quicker by helping the body retain balance.

It supports the immune system.

It helps create bone marrow and B-cells.

It has antibacterial, antiviral, and anti-inflammatory properties.

Turmeric

Protects the brain.

Helps repair damaged tissue.

Has anti-inflammatory, antiviral, and antioxidant properties.

Elderberry

Studies have found it to greatly reduce respiratory symptoms caused by viral infections.

Contains compounds that have antioxidant, anti-inflammatory, potent antiviral, antibiotic, antimicrobial, and immune enhancing properties that can help fight off upper respiratory or other infections.

Studies have found can be useful for viral respiratory infections.

Fights pathogens responsible for respiratory infections.

Prevents viruses from binding to host cells.

May prevent the severity and duration of infections.

Andrographis

Studies found it inhibits the replication of Sars-**Covid** 19 virus.

Found to reduce the severity of respiratory infections.

Eases coughs

Reduces cold virus and respiratory infection symptoms.

Has antiviral (specifically for respiratory), anti-inflammatory, and immune modulating properties.

Echinacea

Inhibits proinflammatory cytokine levels reducing inflammation within the lungs.

Keeps viruses from binding to cells.

Has antioxidant, antibacterial, antiviral and lymph clearing properties.

Berberines (Goldenseal, Oregon Grape Root, Barberry)

Helps repair damaged DNA.

Improves energy production in the mitochondria.

Improves damage to pancreas, arteries, and heart caused by **Covid**.

...continued on page 48

HERB CORNER

Long Covid

...continued from page 48

Black Cumin Seed (*Nigella sativa*)

Helps lessen cough.

Thins mucous and opens up congested lungs

Has antihistamine, antiviral, antimicrobial, antioxidant and anti-inflammatory properties.

Ashwagandha

A type of ginseng.

An adaptogenic herb that helps to reduce stress.

Helps with sleep.

Mushrooms

Have immune enhancing, adaptogenic, immune enhancing, antihistamine, and anti-inflammatory properties.

Helps the body recover from stress.

Improves energy.

Skullcap

Has anti-inflammatory properties.

Reduces stress.

Stabilizes mast cells.

Lowers the risk of developing clots.

Ginseng (*Eleuthero, Panax*)

An adaptogenic herb that helps to reduce stress and anxiety.

Helps lessen recovery time and reduces severity of **Covid**.

Inhibits the replication.

Stimulates B-lymphocytes.

Has antiviral, anti-inflammatory, and immune modulating properties.

Is helpful for fatigue.

Enhances energy by activating mitochondrial activity.

Helps with brain fog.

Fortunately, our bodies have a great capacity to heal.

When working with herbs for Long Covid you will not only want to manage your symptoms you will also want to address the causes.

For instance, you will want to attack the spike proteins which will inhibit the progression of further problems. This would be herbs like *Nigella sativa*, Pine needles, Heal-all, Neem, Dandelion leaf, Fennel seed, Star anise, and St John's Wort. Nattokinase, NAC, and Glutathione can also help with spike protein reduction.

If you are having breathing problems or have been diagnosed with a heart condition then you would want to consider herbs that would benefit the heart like Hawthorn, Black Cumin, Ashwagandha, Prickly Ash or Skullcap may help.

Herbs that help the respiratory system improving oxygenation, reducing cough, inhibiting pro-inflammatory cytokines within the lungs, and preventing further respiratory infections such as Elderberry, Andrographis, Black Cumin Seed, Osha, or Cordyceps can be beneficial.

There are herbs like Star anise, Echinacea, Turmeric, Garlic, Astragalus, Olive, or Elderberry that contain constituents that **reduce and prevent further infections enhancing the immune system** to inhibit the replication of bacteria, viruses and of SARS-Covid infection. Vitamin C, D and Zinc can also help with this.

You may want to use herbs like Dandelion, Burdock, Milk Thistle, Black Cumin Seed to help **detox the body** preventing future infections. Astragalus, Ashwagandha, Eleuthero, Schizandra and Andrographis will support the adrenal glands helping you to better cope with the stress of having **Long Covid**.

For brain fog associated with **Long Covid** Bacopa, Coriander or Ginkgo may help. **Histamine blocking herbs** like Nettle, Black Cumin Seed, Mushrooms or Supplements like Vitamin C, Quercetin, or Bromelain can help reduce some of the **inflammation** in the digestive or respiratory system.

Other anti-inflammatory herbs for the respiratory system are Elderberry, Turmeric, Goldenseal, Echinacea, or Black Cumin Seed. And to stimulate tissue repair Olive, Berberine, Turmeric, or Vitamin B and E, NAD, and pycnogenol are helpful. For loss of smell or taste Zinc can be very helpful

There is a lot to learn about **Long Covid** and its long term affects at this time. It fall on you to do your homework to try to find what options might help to alleviate your symptoms.

HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

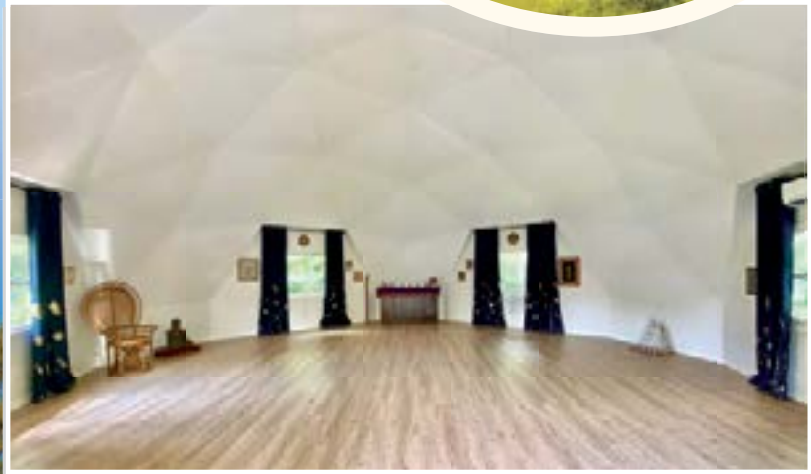


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