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# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest optical illusion is separation**

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# HORIZONS

|  |    |
|--|----|
| Our Advertising Rates • <i>Low because we're in it for the outcome, not the income ...</i> | 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  |
| Non Religious Spirituality with Jim Palmer .....   | 8  |
| Soul Songs: Abraham Fun with Karen Williams .....  | 9  |
| Solar and Lunar Celebrations of the Ancestors with Debra Strasser .....                    | 10 |
| Herb Corner with Cecelia Avitable .....  | 11 |
| Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton .....                 | 12 |
| Ask Michelle Whitedove .....   | 13 |
| The Real Value of Confusion with Mitch Ditkoff .....                                       | 14 |
| Seth through Jane Roberts .....  | 16 |
| Notes From The Universe with Mike Dooley .....   | 17 |
| Spiritual Graffiti with Jeff Brown .....   | 17 |
| Healthy, Safe, and Non-Toxic Masculinity with Scott Grace .....                            | 18 |
| Sacred Objects with David A. Cronin .....  | 20 |
| The Other Side of Loss by James J. Fennell .....   | 21 |
| Essential Life Hacks with Mokshapriya Shakti .....   | 19 |
| What Is My Spirit Animal with Bernadette Carter King .....                                 | 22 |
| Our Phone Directory .....  | 24 |
| Monthly Horoscopes .....   | 32 |
| Our Mission Statement .....  | 40 |

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

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



Horizons thanks everyone willing to take the risk

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

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

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# THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis  
Publisher

**Hello and welcome to the February 2025 Horizons. So much of my work is simply moving data from one place to another and while it's my honor and joy to do so, I really relish alone time where I can think my own thoughts.**

And the thing is I'M the one who decides what to do in every moment despite what's on the schedule. It's always up to ME what I decide to put my attention on and how long to keep it there. I can take a day or week off anytime I want to. I can go where I want.

If I think dollars are an issue as far as being well placed priority-wise, I know those details will work themselves out by the time I get there. I don't keep a pile of dollars in the bank but I've got a great credit score and land I could sell if I wanted. IF I MADE IT A PRIORITY. But in the moment I most often decide to prioritize a project rather than take time to myself. THAT'S ON ME.

That's why I had to ALLOW myself to be GUIDED to create a life that allowed me flexibility and contentment, sense of purpose and something I looked forward to doing as well as having dollars to live the way I wanted. I focused more on how I wanted to feel: happy and fulfilling a purpose. I wasn't attached to how that was going to look, I was open to all possibilities.

I allowed empty space for miracles & magic to happen. (BTW, meditation time creates that space also, see <https://horizonsmagazine.com/blog/andreas-meditation-process-2/> )

Whatever it is going to be, I have faith, expectation and belief that by the time I get to it, it'll be easy to step into.

Friends say they're worried about grocery prices going up. I'm paying 3 times as much for eggs as I did a year ago but I have faith that whatever happens (in groceries, in life,) I'll be able to attract a way to deal with it. So many people think religion when the word faith is mentioned, and the thought of developing faith sounds too churchy for them.

But I'm not talking about that kind of faith. I'm talking about having faith in your own curiosity to learn about life, faith in your own intelligence to gather information. Faith in your own mindfulness to retain facts, and faith in your own ability to bring what you've learned to the forefront of your consciousness when you need it.

That's what we all do when we're in emergency situations. All of a sudden, despite chaos around us and our own mind scrambling, suddenly we get flooded with ideas and info to help us do what needs to be done. That's where having developed faith comes in handy.

**In Chapter 3 of [Think and Grow Rich Napoleon Hill](#) ([link is safe to click](#))** says "Faith is a state of mind which may be induced, or created, by affirmation or repeated instructions to the subconscious mind, through the principle of auto-suggestion." Chapter 3 goes on to give the process to do it.

*...continued on page 30*

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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](http://www.abraham-hicks.com).

## ABRAHAM ON WHAT MADE YOU SICK:

It wasn't thinking about sickness that made you sick. It was being mad at your daughter, at your mother, at your husband, at your wife. It was about being unhappy at work. It was about complaining about this; about the government. It was complaining about things where you can't do anything about it.

## THE VALUE OF CONTRAST IN IDENTIFYING WHAT WE WANT:

Are you appreciating the environment in which you live with all of its variety? Are you appreciating the contrast of your own experience? We want you to feel the perfection of the contrast, even the part of the contrast that you don't want -- even the part of the contrast that makes you think you must be doing something wrong or you would not be living it.

We want you to come to understand the perfection and value to you - the contrast that causes focus. Because, out of contrast is born the clarity of desire.

**WITHOUT A QUESTION THERE CANNOT BE AN ANSWER**  
You don't want to hear this -- but a problem produces a solution that puts you into a better place than you were before the problem occurred. Because you are expansive beings who must move forward in order to stay in vibrational harmony with who you really are. So, it's not possible for you to stand still. But, it is possible to get sort of screwy in your thinking and hold yourself in a place of practiced resistance, so that you just don't go with the flow of your own expansion and your own evolution.

You get these ideas of who you are and where you wanna be and who you wanna be with and how you want it to be and what you want it to be like and how you want it to feel and that's all part of molding your life into being.

That's why you are here. You are a creative genius. You are the creator of your experience.

## LISTENING TO WHAT DOES WORK:

If you watch those who are great at whatever they are great at, you'll notice that they are not willing to stand around and listen to people talk about what will not work. They don't want to hear that. And even if somebody is saying it, they're not listening to it; they're always listening for what does work. You just tune yourself to it, and little by little, those beliefs that have been holding you back lose their grip.

You see, you can't dig in and get those beliefs, and ferret them out and tromp on them and destroy them, you just have to let them become less active and more dormant. So it's about what you are thinking about, not about what you are no longer thinking about, because when you try not to think about it, you're thinking about it, so it's about deciding what you are going to think about. And if we were standing in your physical shoes we would be deciding what we're going to think about by one criteria and by one criteria only... how does it feel. How does it feel? Does this thought feel better than this thought?

In the beginning, if all thought about it feels uncomfortable, then become more vague about it, become more general about it, become less specific about it, because in your specific attention to the absence of it, you've got quite a bit of momentum going, so you've got to slow that momentum down by getting more vague, more general. And then it just sort of dissipates, while what you do want becomes more active in your vibration.

And while that's happening, then things are happening the Universe is showing you all kinds of clues: you get these impulses, you have these rendezvous, someone that you meet maybe for three minutes in an elevator gives you information that you needed, a friend calls you that you haven't talked to in a very long time all kinds of things come into being.

## ALIGNMENT AND CONDITIONAL HAPPINESS:

**GUEST:** What I would like to hear from you is more about happiness and joy.

**ABRAHAM:** DO IT! Understand what it means. Understand what it is evidence of. Make it the highest of priorities. Recognize when you're doing it, and when you're not doing it. And when you're not doing it, go general.

*...continued on page 27...*



# NON - RELIGIOUS SPIRITUALITY

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

## HOW TO ARGUE WITH A FUNDAMENTALIST

I am often contacted by people who leave religion and often find themselves in scuffles with those who want to argue about their beliefs in God, Bible teachings and doctrines, and so on. With that in mind I created this guide:

### 5 STEPS ON HOW TO ARGUE WITH A FUNDAMENTALIST:

#### 1. DON'T

True conversation involves two willing participants who are open to learning from each other. Where these dynamics are not present, seriously weigh if it's worth it. Typically in these cases, people are just arguing their position, and have no intention of considering anything outside it. Consider whether you really want to invest a lot of energy in an interaction that is nothing more than the drama of someone who just wants to argue and be right.

#### 2. STATE YOUR TRUTH AND LET IT GO

People who want to argue like having the last word. Why? Because they thrive on conflict and drama, and exerting their superiority. Go ahead and express your truth fully, or state your disagreement. But after that, be willing to let it go. As a way of ending such conversations I will sometimes tell someone that they certainly have a right to their opinion, but that I don't agree with it. Don't get triggered by the common tactic of someone telling you that their view has authority and yours is only opinion. You can do your best to point out the insanity of this, but they likely won't see it, at least not in that moment.

#### 3. DON'T MAKE IT PERSONAL

People will claim or assert absurd, baseless and damaging views that I will feel the need to expose and address. What helps me in these cases is not to write it as a personal rebuttal to the person who said it, but

as an explanation for others who might be following the exchange. Sometimes I just can't leave certain comments alone without a response for the benefit of other readers.

#### 4. TRY TO LEAVE A SNARKY CONVERSATION WITH A POSITIVE VIBE

Sometimes this is not possible, but whenever you can, make an attempt to leave a difficult conversation with goodwill. It's often the case that two people have meaningful things in common outside the religious arena. For example, **Abraham Maslow** created the "Hierarchy of Needs" as a way of describing the universal needs and desires we all have as human beings. There is much more common ground for cultivating a meaningful unity and harmony, but we struggle to see this when we are entrenched in our tribes, warring against one another.

#### 5. HAVE COMPASSION

People are insistent and argumentative because their identity and security is anchored in their belief system. It's a very fearful scenario to have their beliefs questioned and challenged. Most people's beliefs are attached to their family and cultural background, and therefore very difficult to change, even in the face of conflicting evidence. Maybe you can even remember once being this way yourself. Remember how threatening it can be for someone who is having their beliefs scrutinized. Have compassion.

I'm not saying this guide is perfect. Religious conflicts can be complicated, and often involves family members and close friends. Sometimes it's best to maintain a healthy distance, hold personal boundaries, and even avoid certain kinds of conversations entirely. In some cases, two people can respectfully agree to just avoid certain topics such as politics and religion, in the interest in maintaining civility and harmony.

- Jim Palmer



# SOUL SONGS • ABRAHAM FUN

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

## OH, THE IRONY OF IT ALL

**What is holding me back from feeling happy? An unfulfilling job? Family turmoil? Health problems? Unpleasant living quarters? Negative, critical, or misguided people?**

If I am postponing my happiness until people or circumstances change, I may be in for a long wait. For everything that I'm experiencing today is matching up, courtesy of the universal **Law of Attraction**, with my current level of happiness. My circumstances cannot permanently change until I bump up my level of happiness first. This is the great secret to experiencing what I want from life vs. remaining "stuck."

But how do I become happier in light of current problems and frustrations?

One thought at a time.

I take my attention off what's wrong and put it on what's going right.

I keep focusing on what I want to happen, not what is happening, if what is happening does not please me.

I nudge myself towards a little appreciation here, a bit of satisfaction there, a happy memory here, a nice anticipation there, a good laugh over here.

With practice, I can even reach a place of consistent happiness no matter what my circumstances are.

And then, bingo, everything I want will start to find me.

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## FIVE PLUS FIVE

**As I go about my day, I pause periodically to do a five-plus-five drill. I take a few moments to think about five things that I'm thankful for and five things -- tangible or intangible -- that I want.**

This drill doesn't require mental gymnastics. In fact, it will be quick and spontaneous. It can become a fun habit while I'm doing chores, driving, at the computer, or about to fall asleep.

When I focus on what makes me feel good, I immediately impact for good the signal that I send forth to the heavens. Through the **Law of Attraction**, this signal is always matched and sent back to me in the form of life's circumstances, and the five-plus-five drill helps me summon more of what I want.

I pause now and think briefly of five things I'm thankful for and five things I want. Ahhhh....

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# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO FEBRUARY 2025

**Welcome to February, the shortest month of the year. February is a whirlwind of celebrations of Spring and religious observances. Everyone is ready to celebrate the closing of the cold dreary winter.**

**January 29th: Chinese New Year, Year of the Wood Snake, the Green Snake Traditional Chinese.** Colorful street celebrations and parades, family reunions mark this lunar celebration. The 2025 Lunar New Year marks the Year of the Snake, symbolizing reflection, growth, and personal transformation. By embracing the Snake's wisdom, adaptability, and strategic approach, individuals can navigate the year with grace and achieve their full potential.

### **Feb 1st: Imbolc, Pagan/Wiccan**

Midway between the Winter Solstice and the Spring Equinox, the Celtic Goddess Brigid is honored, along with themes of fire and new birth.

### **Feb 2nd: Setsubun, Shinto**

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

### **Feb 2nd: Vasant Panchami, Hindu.**

Celebrates beginning of spring and Goddess Saraswati.

**Feb 12th: Full Storm Moon, Snow Moon.** Observe this moon time with rituals of cleansing and intention setting.

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

Named for a Christian martyr and with origins in the Roman holiday Lupercalia, our modern day observance of romance is far removed from its beginnings. Notes on the Roman Lupercalia: While you will often hear comparisons to this Roman holiday and St. Valentine's day, if you celebrate Lupercalia or St. Valentine of Rome's day, it's best to leave out the goat sacrifices and running naked through the streets.

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

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

### **Feb 18th: Sun enters Pisces**

### **Feb 28: New Moon**



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# HERB CORNER

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

## KEEPING YOUR MEMORY SHARP WITH HERBS

**Have you been having trouble remembering names, dates, where you put your keys or why you walked into the room. You might associate lapses of memory as "Senior Moments" but that is not true; people as young as 20 experience moments of memory loss.**

Stress is a key factor to memory lapses we don't eat right we don't sleep well there is only so much that can be done in one day and yet we keep adding more things to do to the day.

**Ginkgo** is the herb of choice when considering memory. Studies show this herb to work with **dementia, Alzheimer's** and other memory disorders they found the earlier you begin with **Ginkgo** the better the outcome will be. **Ginkgo** helps by improving overall circulation bringing needed blood, oxygen and nutrients to the brain, **Ginkgo** also supports neurotransmitters in voluntary and involuntary nerve transmissions and it provides potent antioxidants to protect and regenerate damaged nerve cells.

**Clubmoss and Ginseng** contain Huperzine-A said to protect brain cells from injury and toxins it has been found to sharpen mental acuity, speech and learning potential. **Ginseng** lowers homocystine levels, which seems to be higher in people with memory conditions. Plus **Ginseng** helps the body to better cope with day to day stress and fatigue.

**Menthol** containing herbs like **Peppermint, Spearmint, Rosemary and Basil** help the brain hold onto acetylcholine, a neurotransmitter important for memory and learning. Many people who have **Alzheimer's, dementia** or other memory conditions develop neuritic plaque that causes a breakdown of nerve terminals lowering acetylcholine in the brain.

*...continued on page 29...*

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## DAILY USE AND PRACTICE

### BLACK LEMURIAN QUARTZ

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

**As I write this column, I am out in Tucson surrounded by the most wonderful rocks and minerals our earth has to offer.** I have been seeking inspiration everywhere I go looking for that special crystal that can help guide us all as we see what the year **2025** will bring as it unfolds. Yesterday I went to the tent of one of my favorite vendors and I was immediately drawn to a large and beautiful cluster of quartz crystals included with perfect dark phantoms. I had not seen quartz from **Brazil** that looked like this before, so I went over to my vendor and asked him what it was. He told me it was from a new find that they were calling "**Black Lemurian Quartz.**" The crystals are long and elegant that taper to a sharp point and the phantoms perfectly mirror the shape of the crystals.

There was only one cluster, but there were many smaller individual crystals both polished and natural. I picked one up and it seemed to hum in my hand. When I looked at it closely I could tell that the phantoms were a very dark variety of **chlorite** - such a dark green that it appeared black. **Chlorite-included quartz** is considered by metaphysical stone workers to be a powerful healer and the dark phantoms add an element of protection for those who wish to seek deep within themselves to find the deeper meaning of their life's purpose in times of chaos and spiritual revolution.

**Black chlorite** is reputed to have the property of helping us become aware of old karmic patterns ready to be released. These old and stubborn patterns can hinder us from perceiving those things that block us as we try to move forward. During times when change is coming so fast and from so many unexpected directions that it feels impossible to process it all, it is vital that we be able to clearly find our way to the calm center of our souls. These crystals can help us find our way through the tumultuous energies of these times with a sense of clarity and resolve as we await the insights we will need to orient ourselves towards our true direction.



"Black Phantom Lemurian quartz cluster, Brazil"

If you feel called to work with one of these magical crystals, you can send me an [email sharronbritton@yahoo.com](mailto:sharronbritton@yahoo.com) or contact me on my [Facebook page at SharronRocks](#). I will be here in **Tucson** until **2/13** and will be happy to pick one up for you. You are welcome to follow me on the **Facebook** page where I will be posting pictures of all the wonders the **Tucson Gem and Mineral Show** has to offer. I am not sure what shops and stores will be carrying them, but I highly recommend them to any crystal business that is here in **Tucson** buying for their shops. I cannot think of a better crystal ally to help us connect to our own inner guidance. Many blessings to you all,

*Sharron*



# 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. 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](http://www.MichelleWhitedove.com)

**Dear WhiteDove:** For the year I've been having dreams about water: all different types of water from soothing lakes to violent tidal waves. What does this mean? **Splashing in Sarasota**

**Dear Splashing:** Our dreams are messages and they have the ability to give us multiple types of information as signs, insights, premonitions, and even warnings. We work out many of our life issues while in the dream state. Dreams help us prepare for things to come as well as give us added insight into our own consciousness.

Water in particular relates to our emotional state. If you dream of a calm serene lake then that is the reflection of what you're feeling emotionally or what you would like to be feeling. If you dream of a tidal wave coming over the top of you then it probably means that you are feeling overwhelmed by life, or if it can also be a precognitive warning that something emotionally overwhelming is heading your way in the near future. Pay attention to your dreams, keep a journal and compare your notes to the events in your every day life; you'll be amazed by all the parallels. Journaling will help you to learn how to better interrupt dreams for yourself.

**Dear WhiteDove:** There's a lot of hype about whether or not Aliens really exist. My family believes that the idea of life on other planets is just science fiction; but I've always thought they're real. **Lucky Stars in Key West.**

... continued to page 31...

# YOGA SHAKTI MISSION



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# DAWN'S ENCHANTED GARDEN

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Dawn Lacska-Tommerdahl is a Professional Herbalist registered with the American Herbalist Guild, aromatherapist, and Registered Nurse who has been using herbs and aromatherapy to heal people since 1990.

Dawn's studies in herbalism began as a child, when her grandmother taught her about simple medicines.

She continued her learning from international teacher and did an apprenticeship with Matthew Wood and with a Dakota Medicine Woman who taught her Native American uses of plants and healing ceremonies.

Dawn lectures nationally and internationally at functional medicine, spiritual and holistic healing conferences educating about holistic healing for multiple diseases.

Dawn has written in many periodicals, professional journals, been featured on the radio and featured on TV as an expert in herbal matters.

She has submitted a manuscript about the energetics of herbalism and how to use herbs to heal that will be published in 2025.

Dawn sees herb and aromatherapy clients in Central Florida and teaches online classes.

**Dawn can be reached at**

**DawnsenchantedGarden@yahoo.com**

[www.DawnsEnchantedGarden.com](http://www.DawnsEnchantedGarden.com)

## THE REAL VALUE OF CONFUSION



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 ([mitchditkoff.medium.com](https://mitchditkoff.medium.com)) and [mitchditkoff.com](http://mitchditkoff.com)

**Are you confused about how to proceed with your hottest project? Baffled? Bamboozled? If so, take heart! Confusion is not always a bad thing. In fact, it's often a necessary part of the creative process.**

The weirdness enters when you start judging yourself for being confused. Then, instead of benefiting from this normal stage of "not knowing" you end up in endless rounds of self-talk, procrastination, and worry.

What is confusion, really? Technically speaking, it's a state of mind in which the elements you are dealing with appear to be indiscriminately mixed, out of whack, or unable to be interpreted to your satisfaction.

Everyone from **Einstein** to **Mickey Mouse** has had this experience. It comes with the territory of trying to innovate. Most of us, unfortunately, have a hard time acknowledging it.

"Not knowing" has become a euphemism for "ignorance". And so begins our curious routine of appearing to know and giving bogus answers -- to ourselves and others -- in a pitiful attempt to mask our confusion and maintain a sense of control, brilliance, and selfhood.

Our discomfort with not knowing prevents us from mining the value of this potentially fertile time of dislocation.

**Picasso** understood. "The act of creation," he said, "is first of all an act of destruction."

Indeed, great breakthroughs often emerge after times of dissolution, chaos, and confusion. Wasn't the universe itself created out of chaos?

**Ilya Prigogine**, a leading brain researcher, describes this phenomenon as the "**Theory of Dissipative Structures**". Simply put, when things fall apart, they eventually reorganize themselves on a higher level (if they don't first become extinct).

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# SETH SPEAKS

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

## **SETH ON CREATING A BETTER WORLD:**

"When man realizes that he, himself, creates his personal and universal environment in concrete terms, then he can begin to create a private and universal environment much superior to the (present) one that is a result of haphazard and unenlightened constructions.

"THIS is our main message to the world, and this is the next line in man's conceptual development, which will make itself felt in all fields."

*Seth (Jane Roberts), 'The "Unknown" Reality', Vol. 2, Epilogue.*

## **SETH ON THE POWER TO CHANGE YOUR PHYSICAL CONDITION:**

"Once you understand the symbolic nature of physical reality, then you will no longer feel entrapped by it. You have formed the symbols, and therefore you can change them. You must learn, of course, what the various symbols mean in your own life, and how to translate their meaning.

To do so, you must first of all remind yourself frequently that the physical condition is symbolic not a permanent condition. Then you must look within yourself for the inner actuality represented by the symbol. This same process can be followed regardless of the nature of the problem, or of your challenge.

Your intimate physical environment is, therefore, a symbolic statement of an inner situation. The inner situation is a fluid one, for you are always in a state of becoming. Left alone, you will automatically translate the freely moving, spontaneous inner events into physical reality, therefore altering your environment and changing the symbols.

If however you imagine that the environment or physical condition is the reality, then you can feel trapped by it, and spend your efforts fighting a paper dragon.

The environment is always altered from the inside. There is instant feedback between the interior and exterior conditions, but the mobility, the necessity and the method of changing the physical environment will always come from within.

Many of the ideas given in this book can be used most advantageously to solve personal problems. If these concepts are understood, then the individual should realize the freedom he has to operate purposefully within the structure of physical life. Many of you are so used to looking outward and accepting the physical world as the criterion for reality that it has not occurred to you to look within. The entire framework of your existence, therefore, is constantly flowing from within outward, and being projected into those physical symbols that you mistake, then, for reality.

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

*Seth (Jane Roberts), 'Seth Speaks', Session 594, Appendix.*

## **SETH ON THE CONSCIOUS MIND AND FALSE BELIEFS:**

"The inner self is embarked upon an exciting endeavor, in which it learns how to translate its reality into physical terms. The conscious mind is brilliantly attuned to physical reality, then, and often so dazzled by what it perceives that it is tempted to think physical phenomena is a cause, rather than a result. Deeper portions of the self always serve to remind it that this is not the case.

"When the conscious mind accepts too many false beliefs, particularly if it sees that inner self as a danger, then it closes out these constant reminders. When this situation arises the conscious mind feels itself assailed by a reality that seems greater than itself, over which it has no control. The deep feeling of security in which it should be anchored is lost.

"The false beliefs must be weeded out so that the conscious mind can become aware of its source once again, and open to the inner channels of splendor and power available to it."

*Seth (Jane Roberts), 'The Nature of Personal Reality', Session 615.*



# 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](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**I am all for going consciously unconscious when its truly necessary. The idea that we have to always remain awake, in an often challenging world, feels ungrounded and dangerous.**

**Sometimes, it's just too much to remain open to.**

**Sometimes, we simple have to distract and turn off. Otherwise, we risk re-traumatizing ourselves and blowing our circuits. And this then makes it more difficult to remain awake when it matters most.**

**Instead, let's allow ourselves to turn off when its most perilous. Not for any longer than is necessary, but just enough to hold us safe. Because our transition from a survivalist to an authentic consciousness must be rooted in something more than perpetual awakening.**

**It needs to be rooted in reality, integral, sustainable. It needs to understand the complexity of the human experience.**

**And sometimes, that means we have to consciously turn away from needless intensities. It's our flexibility of response that will serve us.**



# 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>

**What if the coolest person on the planet didn't know they were the coolest person on the planet, because of a few self-doubts, a few trace fears, or the occasional twang of inadequacy?**

**Or because they somehow thought fame, or wealth, or popularity mattered?**

**Or because they just didn't know the effect they had on others?**

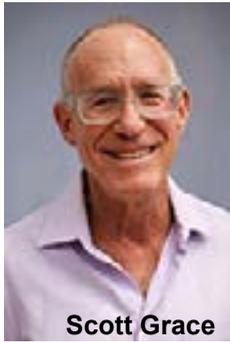
**It would be a pity, huh? A travesty. And, of course, telling them wouldn't achieve much because they'd never believe you. They'd be too modest to accept it. Too naïve to see it. And... too cool to think it mattered.**

**So... well... ah... let's just leave it at that -**

**The Universe**

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Scott Grace

# WHAT HEALTHY, SAFE, AND NON-TOXIC MASCULINITY IS

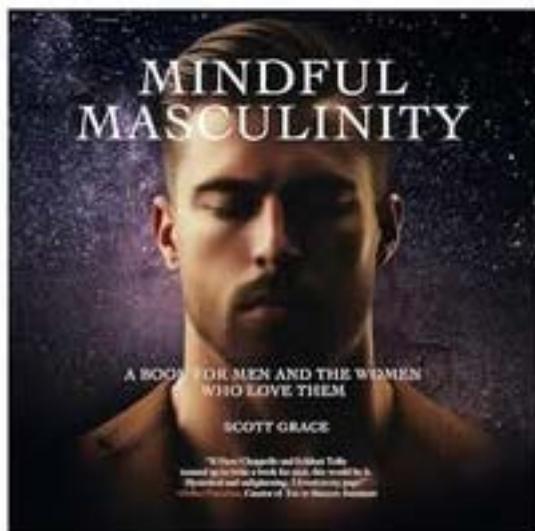
Scott Grace is a healer, guide and life coach, as well as the author of: [Mindful Masculinity](#), [Teach Me How To Love](#), [Oh the Places Your Ego Will Go!](#) And.... [How To Evolve During The Trump Experience Whether Humanity Joins You or Not](#), which he never dreamed would be relevant again. He can be found at [www.scottsongs.com](http://www.scottsongs.com), on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.

**In 1996 I took part in a men’s initiation experience. It activated the fire in the belly needed to balance out the gentleness in my heart. Before that I had de-valued all things male, having seen the violence and abuse inflicted on the world through masculine energy trying to lead without the feminine.**

The experience, called *the New Warrior Training Adventure*, helped me heal my father wound and forge a new relationship with my masculine side. Since then I’ve both been in and facilitated men’s support groups. From the work I’ve done, here are my thoughts on what healthy, safe, and non-toxic masculinity is:

Healthy masculinity is the courage to move towards fear, which starts with the willingness to own and admit fear. Healthy masculinity is appreciating a challenge, whether it be lifting more weights or finding a creative way to face adversity.

Healthy masculinity is harnessing the bravery of a warrior in battle, and using it to fight the inner fight, to confront the demons inside the psyche with vigorous self-honesty.



A new warrior finds the courage to do battle with selfishness, small thinking, competing and comparing oneself to others, self-destructive habits, and limiting beliefs.

A new warrior is not afraid or ashamed to ask for directions (and other forms of help), whether it be asking men, women, or God for support.

A man with healthy masculinity may or may not work out in the gym, but he is in constant training to strengthen the emotional and mental muscles needed to face obstacles and to serve someone or something other than himself.

Lastly, organic, gluten-free non-toxic masculinity appreciates the feminine energy, both within himself and in female form.

He can express feelings, be in touch with vulnerability, and values intellect, emotion, and intuition equally.

He’s energized by women who are in their power, and encourages them to use their voices and lead with their strength.

This kind of mature man appreciates just being around feminine beauty, and has no need to own, possess, or control what pleases his senses or ignites the fire of sexual desire.

He approaches a woman from his energetic overflow, not from need to sexually possess or fill a hole from the lack of nurturing mothering.

He honors and cherishes all things feminine, including the beauty in nature.

He exists to protect and serve feminine curves, and values creating connection over letting his erection make his selections.

By Scott Grace- Author of [Mindful Masculinity - A Book for Men and the Women Who Love Them](#).

# ESSENTIAL LIFESTYLE HACKS



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

## FIVE VIRTUES TO ATTAIN THE HIGHEST STATE OF MEDITATION

**This is a systematic series of the study of the Our Mind. We will be giving you the most important Yoga Sutras of Sage Patanjali each month. The Sutras reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.**

**Sage Patanjali** understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

### FIVE VIRTUES TO ATTAIN THE HIGHEST STATE OF MEDITATION

The four levels of meditation we discussed all were with seed or potential, *samprgyaa samadhi*, But when all previous impressions of sense experiences known as *samskaras* are exhausted by the practice of meditation on the origin and the end, one will reach another kind of *samaadhi* (*asamprgyaa*, a - opposite.)

Before knowledge, our consciousness is without any form, color, taste, without any kind of worldly thing. If we allow our *samskaaras* to be exhausted we will reach a high stage of *samaadhi* known as *asamprag-yaa*, free from worldly consciousness. This leads to *nirvana or moksh*; complete liberation or salvation. The *samadhi* becomes seedless. Consciousness by itself is when he mind is just suppressing the waves. Tendencies are still there which can become wave again. Therefore we need to go beyond our consciousness.

We have many *samskaaras*, or impressions, from many previous lives. All these *samskaaras* are stored in us. Why does a person act in a particular manner? Why is a person good and another bad? All previous experiences are stored in our hearts or personality and they influ-

ence our thoughts and actions. If we remove them by meditation, we will reach *asamprgyaa samaadhi* or complete nirvana. There will be no seeds in the mind that can again become waves of the mind.

By meditating on the origin of a thought, one will achieve a state of realization known as *videah*, the body lessness. Consciousness will merge into nature and merge in the divine. If we can destroy our originating cause of beingness, if we have no cause or passion then we become a bodyless person. We can become a bodyless person without leaving the body. It is called prakriti laya, when we become part of nature.

...continued on page 28...

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# SACRED OBJECTS

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 hiking in nearby woods. You can follow him on Facebook: [www.facebook.com/david.cronin.79/](http://www.facebook.com/david.cronin.79/) and Instagram: [www.instagram.com/david.a.cronin/](http://www.instagram.com/david.a.cronin/). He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles.

**I remember the morning my mother died. It was April 4, 1991. She was 62 years old. She had been battling cancer for several years and her body just gave out. She died very peacefully in her sleep, in her own bed, just where she wanted to.**

I lived nearby and before she died I would visit her and my father several times a week. I often sat with her and massaged her feet, something she enjoyed. As she neared death she went into a coma so I held vigil with my father. At night we would lay cushions on the floor next to her bed and take turns sleeping in her room.

Around 3 a.m. on the day she died my dad woke me up and told me she had just passed. I had been sleeping on the floor next to her when my dad, asleep in his room, suddenly woke up and felt compelled to be by her. He came into her room, sat on the bed, and held her hand. A few moments later she quietly stopped breathing and left her body.

Hours after the funeral home had removed her body I went into her room and just looked around. Everything was exactly the same and yet everything was different. All her books, her inspirational tapes, her journals, all the 'stuff' that helped define her were exactly where they had been for months and years.

But now, as I picked something up and simply held it, I experienced something else. It was as if the object had somehow become a sacred thing.

I knew that the objects themselves had not changed, but rather my perceived value of them had changed. They had once been used by my mother, but they would not be any longer. I was aware that I had never even given these same objects the slightest thought before.

Days later, after the funeral and all the relatives had gone home, things began to settle down. I was still processing my grief and on one particularly rough day I wandered into my daughter's room. I sat down on the floor in front of a large dollhouse I had built for her years before. I absent-mindedly picked up a miniature table and held it in my hand.

As I allowed myself to simply be with that little table I found myself being filled with something I can only describe as joy. It felt like a sacred object too, just as the objects had felt in my mother's room. Even though my daughter was still very much alive, she had and would continue to play with that little table, it was to me at that moment, a sacred thing. I then ran into my son's room and picked up some trading cards of superheroes and villains he played with. It offered me the same experience.



I then went into my room and picked up a small wooden box of my mother's. It still felt like something sacred, but now there was a feeling of joy attached to it along with the sadness. I reflected on my different experiences of it. From not paying any attention to it; to it being something sacred attached to loss; to being something sacred attached to joy and sadness simultaneously. I remember laughing and crying at the same time as I let the emotions pass through me.

I learned a lot that day, many years ago. From that experience, I have formed a habit of occasionally stopping when I am at a friend's or relative's home, quietly picking up an object that is part of their everyday life, and just marveling at its beauty—its beauty by virtue of nothing other than it being a part of a dear one's life—a sacred object.



# THE OTHER SIDE OF LOSS

James J Fennell served as a counselor for grieving parents in Helping Parents Heal and Compassionate Friends. He also co-authored a book “ Grief Diaries Through the Eyes of Men” published in 2016 dealing with men and how they deal with grief. He lives in South Jersey where he is semi-retired and continues to run his on-line business.

**She was laying in the hospital bed, actually looking somewhat peaceful. The bottom half of her face was covered with bandages which were holding the breathing tube in place. Her mother, sister and I were huddled at her bedside along with a Chaplin who was assigned to the hospital. As the machine keeping her alive was disconnected, I wondered how I would face the rest of my life without her.**

Just hours earlier **Lauren's** boyfriend came by to take her to a late night movie. **Lauren** and **Mike** often worked late at **Sam's Club**. She was the restaurant manager and he managed the bakery. It was not unusual for them to head out at 10 o'clock at night at the end of their shifts. I was just coming home from a business trip when they were heading out. Little did I know that this would be the last time I would see her on this earth alive.

It was a car crash caused by a drunk driver that ended her life.

Where did she go?

I had to know where she was and that she was okay.

I haven't a clue how to go about answering these questions. However, I made a conscious decision to leave myself open, open to anything that would provide an answer. Little did I know that doing so would lead me, step by step, to not only to healing but to a place of peace I had never known before.

Was anyone strong enough to stay conscious enough through such a teaching? How could I push aside the grief, rage and horror?

Now was the time to quietly speak to **Lauren** and thank her for being with us these few years and to encourage her to proceed with whatever her work was to be. For my rational mind could never understand what happened, but my inner self could certainly, as I found out, begin to realize the eternal gift she had given me.

I can honestly say, the love I feel for her now is greater than when she was alive.

**Lauren's** work on earth was done. And that work included the manner of her death.

What led me to this place was openness. Being open to intuitives, being open to dreams, meditation, and lastly, but possibly the most important behavior for me was reading.

Through this process, I have learned of some of the ways we have known each other, and in the ways that we will continue to be in each other's life. For it is certain that sometimes only in such a “**Dark Night of the Soul**” can someone see and feel love the way that **God** does.

As convoluted as it seems, sometimes an unthinkable tragedy can lead to spiritual growth and peace. Now her soul is free and our love is as endless as time.



## WAT PUNYAWANARAM

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### SATURDAYS

6:00 am, Chanting and Meditation  
7:00 pm Evening Chanting and Meditation

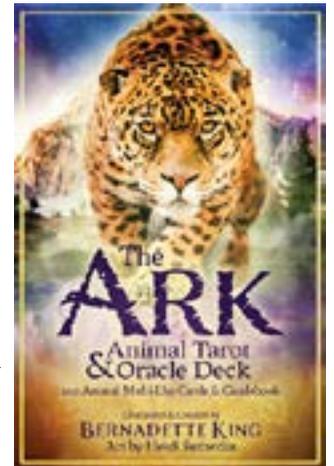
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# WHAT IS MY SPIRIT ANIMAL



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

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



## CHAMELEON Symbolism & Meaning

**Are you struggling to fit in? Deciding whether or not to keep a low profile? Chameleon, as a Spirit, Totem, and Power Animal, can help! Chameleon** teaches ease of adaptation in any situation. Delve deeply in **Chameleon** symbolism and meaning to find out how this Animal Spirit Guide can educate, support, and enlighten you! **Chameleon** is one of the fascinating creatures in the Spirit Animal Kingdom. Not only does **Chameleon** blend into their environment for safety, but their symbolism and meaning manifests in the ability to change color depending on their temperament. They are, in effect, Nature's Mood Ring!

In various cultural settings, people have interpreted the **Chameleon's** aptitude as much a statement of uniqueness as it is a product of their environment. Yes, circumstances sometimes dictate a **Chameleon's** transformation, but **Chameleon** also determines his own color patterns for wooing. This little guy puts on a show for his lady love trusting in that ability to find a mate.

One of the great lessons in **Chameleon's** ability to adjust to the environment is that we don't always have to stand out to make a difference. Some of the most amazing people are those working behind the lines without flash or notoriety. When we do choose to step out, we can choose whatever hues we wish for expressing our truth. More importantly still, **Chameleon** seems to know exactly when it's best to hide or shine by relying on natural instinct.

**Chameleon's** eyes are different from many other creatures. It can move one eye at a time independently. Their unique visual skills serve them well in hunting. All they need do is watch and wait for just the right opportunity. In the human world, this represents vision, perception, and clairvoyance.

**Chameleon** feels no need to rush. They prefer to find just the right moment, the best opportunity, and then let change happen; this objective demeanor serves them well for adapting to nearly any situation their environment hands them. Flexibility!

**Chameleon's** slow, steady approach means it conserves energy wisely. There is no stress over when opportunity will call, but rather the awareness that it WILL call. We often use phrases like "nature provides" or "the Universe provides." That outlook is one that **Chameleon** lives, honoring the rhythm of life.

At first glance, **Chameleon** looks like a tiny dragon, and the wisdom this Spirit exhibits has similar power and historical importance. Keywords associated with notable **Chameleon** traits and characteristics include energy sensitivity, conservation, transformation, personal power, choices, emotional control, shape-shifting, safety, survival, and objectivity.

## CHAMELEON FACTS & SPIRITUAL ASSOCIATIONS

While being generally somewhat small in stature, **Chameleon** is big on symbolism and meaning. Let's look at some of the facts about this Spirit Animal and what they represent. The **Chameleon** tongue can be up to twice the size of their body. They use this for capturing prey from a nice distance (Safety, communication, planning).

**Chameleons** have highly specialized feet that keep them secure on many surfaces (Sure movement, adaptation).

**Chameleons** see Ultraviolet light, which is invisible to human eyes. Some people with psychic powers "see" this along with other high-vibration hues in the aura. Some Shamans and



# WHAT IS MY SPIRIT ANIMAL

... from page 22

Wise people teach that the UV spectrum is the wavelength where Angels and Spirit Guide and Animal Teachers may abide.

Male, female, and juvenile **Chameleons** have different base colors (Individuality).

There is a tiny **Chameleon**, the dwarf Brookesia, that measures only 1/2 inch (at most), meaning it can hide on the tip of a match (Illusion, shape-shifting).

**Chameleons** grow throughout their entire life, shedding skin as necessary (Change, maturity, renewal).

Eyes of a **Chameleon** have a 360-degree view of the world (Vision, awareness, psychism, clairvoyance, future, past).

## CHAMELEON SPIRIT ANIMAL

There are a variety of reasons why **Chameleon** may have appeared out of the background of your life. First, it's possible that **Chameleon** has been there for a while watching and assessing before making himself known. You are probably about to experience a change.

The question here is, how do you want to handle it? You can try taking a low-profile and avoid a challenge. Or, you can come out with all your beautiful colors and embrace change with boldness. **Chameleon** simply reminds you of these options. The final decision is up to you.

Another time **Chameleon** appears as a Spirit Animal is when slowing down would be in your best interest. Stay where you are, secure, wait, and consider the next, best steps. Also, ponder exactly what you want to do when you reach your goal or destination. The Wheel of Life never stops moving, and **Chameleon** offers insight on working with that momentum. **Chameleon** teaches the mantra, "Slow and steady wins the race." That outlook will serve you well right now even if you have a proverbial Hare in the competition.

Third, **Chameleon** asks what you are gobbling down as spiritual truth. Life presents us with options in our energetic menu. You don't have to clean that plate. You don't even have to take one bite if that offering is not right or healthy. **Chameleon** knows that amazing soul food awaits when you are patient and practice mindful peace with yourself and your situation. Whatever happens, the wait is definitely worth it in the long haul.

The fourth focus of **Chameleon** Medicine is teaching you how to activate your psychic self and begin trusting in those skills as they grow. Perception, sensitivity, and awareness are tools from which everyone can benefit. You can see what's coming and adjust your demeanor and actions accordingly. If your inner **Chameleon** sends up a warning sensation, listen to that. Not everyone to whom you show allegiance returns it in kind. **Chameleon** Spirit symbolism says: Think for yourself!

## CHAMELEON TOTEM ANIMAL

If you were born with a **Chameleon** Totem, you have an impressive aptitude for hinging how you feel when you feel it's necessary. Some in your circle find this off-putting and distant. Over time they will come to understand that this is part of your survival kit. Plus, there is something fun about being a bit mysterious!

**Chameleon** people perceive life differently. It's not about what seems real. Instead, your instincts guide you toward truly honest living and people that support harmony every day. You are not one to stress over things and don't really enjoy heavy conversations. Unique and curious topics are more your speed.

Like the **Chameleon**, you change on a dime. In nature, Chameleon transformations only take approximately 20 seconds. That shifting shocks some who never expect your colorful actions or words. And when you feel overexposed, no one finds you unless you wish it.

If you have friends or family with a **Chameleon** Totem, don't even try to surprise them. The phrase "eyes in the back of the head" also applies when they are two rooms (or two states) away! **Chameleons** have some of the best eyesight in the reptile world, and those with **Chameleon** Totems exhibit this physically and psychically.

A **Chameleon** Totem is a master of climbing, be it up the ladder, down into a well for water, or out of harms' way. They also respond deeply to unique signatures and vibrations like auras. Because of this, some **Chameleons** become energy workers with great success.

## CHAMELEON POWER ANIMAL

Reach out to **Chameleon** as a Power Animal when you need to stand out from the crowd, or you want others to understand your current emotional state clearly. You can also call on this creature whenever you want to keep a low profile or your just in need of some alone time. **Chameleon** can just as easily make its mood known through the color it chooses to take on, just as it can camouflage itself.

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# ABRAHAM HICKS

... *from page 7*...

Esther Hicks

And when you are doing it, be more specific. If you're happy, the more specific you are... the happier you become. If you're unhappy, go more general because if you get more specific... the more unhappy you become. So, pretty simple, isn't it?

**GUEST:** Yeah, and most people are doing it based ON something.

**ABRAHAM:** Well. We've been talking that, haven't we? That's conditional happiness. We find no reason to freak out about that. Of course, you're going to respond to lovely things. And the more lovely things you have in your life, the better you feel. We just don't want you to need something in every moment tone present to you for your reason to react. We want you to be ready for it.

In other words, we want you to practice it when it's slower. Find the "happy vibe" earlier in the day... when you've trained yourself to be a responder to conditions, now you've got to control the conditions... Then there is a dipping in the way you feel because you have made the correlation between controlling this circumstance or this experience and then having an emotional response to it. And there is a trap in that...

Every single thing you want, every condition you seek to change... whether it's the condition of more money, or condition of a better relationship, or condition of a different circumstance... every single thing that you want is because you believe that in the having of that improved condition, you will feel better. And we want you to leave this voyage knowing that you can feel better ANYWAY. You can feel better because you WANT to. You can feel better because you CHOOSE to. And, if you can get out ahead of that, then you've got it made...

It is your birthright to feel good. It is natural that you do... It is natural for you to feel good... It is natural for you to be joyful. And if your not feeling joyful, it's because you've trained yourself - by your observation of something - away from the vibration that your Source is holding.

And the thing that we so want you to hear - this is the piece that will make it the most easy for you - if you can accept that you are vibrational, and that your **Inner Being** is too, and if you can accept that you have these two vibrational perspectives going on at all times... the perspective of the **Source** within you and the perspective of whatever you're looking at right here and now... and that your emotions are - singularly - the only thing that your emotions ever, ever, ever, ever are... they are indications of the agreement or difference in the perspective between you right here right now this red-hot minute and the Source within you right here right now this red-hot minute... which brings you to an awareness that we think you should find ASTONISHING...

And that is that your **Inner Being** is with you right here right now this red-hot minute, thinking with you about that... and about that... and about that... and about that... and about that... knowing what your **Inner Being** has come to know, having synthesized all the goodness from all those lifetimes, and knowing the best of the best of the best of all of it... that pure vibration, having worked the resistance out of the details of life... over and over and over again...

Until your **Inner Being** stands in Pure Love, in Pure Knowing, in Pure Worthiness, in Pure Mind... non-resistant... thinking with that Pure Mind... about the very thing that you're focused on right now... and your emotions being the meter, or the indicator of how the variance is between the love that Source has... and the less than that... that you might have... or the confidence that **Source** has.. and the less of that... that you might have... or the awareness that Source has... or the less of that... that you might have...

So, when you start looking for love in all the right places, instead of all the wrong places... When you stop trying or needing to control the circumstances, or the opinions of others, or the awareness of others, or the practice of others, or the alignment of others, or the experience of others...

When the condition is irrelevant, and the only thing that is relevant is your relationship with that knowing, with that clarity, with that love... then, when you tend to that first, and then... find alignment first, and then... find the joy, and then... Now, the conditions will brighten, they will brighten...



# ESSENTIAL LIFE HACKS

... from page 19

Mokshapriya  
Shakti

If we are part of nature we do not feel anything is wrong. If the sun sets nobody cries, it is natural. We will have no ego to feel happiness or sorrow. A yogi lives in the world without joy or sorrow. A yogi is part of nature, a part of the glory of **God**.

The science of yoga is a real science and only by following the correct stages will true *samadhi* or realization be achieved. **The six stages of meditation according to Patanjali can be summarized as:**

1. Aspiration
2. Concentration
3. Meditation
4. Contemplation
5. Illumination
6. Inspiration

Firstly we need to have aspiration to know what is beyond this realm. Intense concentration will lead to meditation. Meditation will lead us to contemplation and illumination. Then we will be inspired to be a part of the glory of **God**.

*Asampragyaa samaadhi* can also be achieved by the gradual practices of the five virtues of *shraddha*, *veerya*, *smritti*, *samaadhi* and *pragya*. These relate to our soul activities not the egoistic feelings.

*Shraddha* is devotional, respectful love and joy combined. Reverence has distance, *shraddhaa* has closeness, faith, trust and honor. If there is *shraddhaa*, the impossible is possible. We understand that we are seeking our pure spirit. With *shraddhaa* there is so much outpouring of love that a magnetic field is created, everything is drawn in, and miracles occur.

Through intense *shraddha* we begin to realize that our soul can merge with the **Divine**.

*Veerya* is semen: strength. When men write books, they write with and about *veerya*, the energy of man. Women's energy is call *raja*, or inspiration. Here we will translate it as physical and mental strength that we obtain by understanding our goal.

*Smriti* means super-fine memory. Intelligent understanding, which comes by improved memory, is essential for a raj yogi. It involves removing all the false consciousness of the ego that has veiled the Truth.

*Samaadhi* means the practice of meditation. It means to pool all energies of the mind into one place. With *samaadhi* one achieves both worldly and intuitive intelligence. The information that we receive through our soul in meditation needs to be incorporated into our life.

*Pragyaa* means knowledge before the knowledge, or knowledge of the knowledge. Intuitive knowledge that comes from the Source as one merges into nature. *Pragyaa* should come on its own, not depending on something else. Just as intelligent people do not need to be told, they do it on their own.

If a yogi practices these five virtues, the yogi will reach the high state of salvation called *asampragyaa samaadhi* a state which is one with the **Divine** and no longer have any type of individualized impressions.

To achieve this highest state of mind through these virtues one must have emotions of a superlative degree. Devotion, or high forceful emotions, is the path for brave people. Unless we have passion for doing what we do with sincerity and devotion, we will not achieve anything. This is true for worldly matters as well as for spiritual matters.

Whatever one practices must be sincere and serious. It must have all of one's heart, mind, soul, and emotions. Those who nourish this high kind of devotion will achieve *samaadhi*. Usually our emotions are used in worldly goals.

The highest state of *samaadhi* can also be achieved by extreme devotion to Eeshwar the Christ consciousness within all of us.

**Eeshwar** is **God** is in the heart of all beings. **Eesh** means god, **var** means highest. **praanidhaanad** is with our life, or giving of the heart. If we give our hearts or life to God, or worship God with extreme devotion, we may reach the highest stages of self-realization or nirvana. This kind of devotion can only be achieved after we have fully understood that **Eeshwar** is within all beings and we are part of that existence.

We have discussed three technique that lead to the highest state of enlightenment: *samadhi* or meditation, five virtues or feeling oneness with the **Divine** through extreme devotion. Next we will discuss the nine inner conflicts that prevent us from reaching our goals either in meditation or worldly endeavors.

# HERB CORNER

... from page 11...

**Gotu Kola** improves memory; strengthening mental ability even in children with learning disabilities, it improves circulation to the brain plus it has a calming effect on the whole body.

Since ancient times **Rosemary** has been know as the herb of remembrance I wear an essential oil locket with **Rosemary, Marjoram and Sage** when I study or take tests it helps me to remember and it keeps me focused and alert.

I also use an herbal formula containing equal parts of **Peppermint, Rosemary, Clubmoss, Ginkgo, Sage, Gotu Kola, and Eluthero** either as an extract or as a tincture when I need to be alert and focused. I have a child with ADD he would often use this when he was having trouble focusing.

Some other things that may help the memory besides herbs are exercising your mind read, do puzzles the mind needs stimulation and becomes dull if it's not used.

Avoid fatty foods, fats cut off the needed glucose that supplies the brain with energy.

Block fluoride and aluminum toxicity by cutting back on foods with additives, preservatives, antacids, deodorants, relish, tobacco and canned sodas.

Get more **Vitamin A, C, E, and B, folic acid, lysine, COQ 10, essential fatty acids, boron and lecithin** from your foods, supplements or herbs to support, protect and nourish your brain.

And don't forget to drink water dehydration is a major factor in "Brain Fog".

## THE HERB CORNER AND LEARNING CENTER

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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."*

*... from page 6*

To me, faith is a scientific thing. I see the cause and effect and have come to trust it. I have learned that I can't always see the cause or the effect in physical form, so I have learned to become attuned to the nonphysical world around me. I have absolute faith that when I need to know something, I will know it. I have absolute faith that in any emergency situation, I will be shown a way out of it. I just need to stay attuned what is going on around me and know where I want to be instead.

See examples and exercises at <https://horizonsmagazine.com/blog/developing-faith-as-a-scientific-fact/>  
There are no ads or popups on my sites.

I've been reminded often lately of **Willis Harman's First Dream** and know by the time I get to it, I will have figured it out. Right now, my solution may seem concealed by mist & clouds but experience has taught me that as the time approaches, opportunities for resolution will present themselves. I just need to stay vigilant and take everything I come across as a piece of the puzzle, a clue to take me where I need to be by the time I need to be there. It's never not worked. May it ever be so.

## Three Dreams by Willis Harman

**IN THE FIRST DREAM** I am walking along a very rough terrain, on the way to climb a high and rather forbidding mountain, the top of which is concealed by mist and clouds. It is clear that the ascent of this mountain symbolizes my whole life.

Clambering over the rubble in front of me is not too daunting, but as I look ahead I see that my way is blocked by several cliffs that appear to be around ten feet high. Beyond those are some still higher cliffs, the farthest being perhaps hundreds of feet high.

I have no idea how I will deal with those when I get to them, but meanwhile there seems nothing to do but forge ahead. However, although I didn't know notice it at first, I am growing in stature as I go along, so that by the time I finally reach the ten-foot cliffs I am tall enough that I can simply step up over them. The same with the hundred-foot cliffs.

**IN THE SECOND DREAM** I am in a cafeteria. I take a tray, place it on the rails, and proceed to move down the food line. At the end of the line is a door. Somehow I realize that this also symbolizes my life, and the door at the end is what we call death. Behind the food line is a gigantic figure who is ladling out the food; I can't see his head, he towers so far above me.

I notice that the persons in the line on either side of me have trays with large round holes in the middle, so that the food simply falls through the holes onto the floor. This seems to me a strange way to run a cafeteria, and I ask the food handler about it. He replies that the food is available to everyone, and the choice of tray is optional; some people just choose the trays with holes.

**IN THE THIRD DREAM** I am in a solo spaceship which has somehow become a derelict, destined to travel around the Earth for centuries. There is no way to deflect its orbit and manage a return to Earth. It is clear that I have only two choices. I can stay alive as long as possible, eventually run out of air, food, and water, and die a slow death. Or I can open the hatch and let the remaining air rush out, the cold come in, and have it all over within seconds. It is an agonizing decision, but I finally decide on the latter.

I open the hatch and feel the air rushing past, and immediately find myself in a space which is not cold and black, but wonderfully illuminated and somehow "loving." I seem to be everywhere in this space, and nowhere in particular. I had never given the idea of heaven much thought, but this seems to fit. I feel intensely alive, supported in every sense, and totally content to stay here forever.

Reprinted from the Institute of Noetic Sciences Review, Spring 1997.

Enjoy our offering this month.  
Hari Om.



Andrea



# PSYCHIC MICHELLE WHITEDOVE

... from page 13

## Dear Lucky:

It would be very presumptuous of us to look up to the Heavens at night to see the sky teeming with stars only to assume that Earth is the only planet with life. There are most definitely other forms of intelligent life, which I prefer to call "Star Beings". Humans must open their hearts and minds to realize that just because we cannot see something doesn't mean that it does not exist. Science recently discovered planets in neighboring galaxies that they call "Super Earths" and look to be more than capable of sustaining different life forms. Hopefully the human race will learn to accept Star Beings as common knowledge, thus opening us up to new possibilities, perhaps even contact.

**Dear WhiteDove:** I've had so many horrible things happen in my life even though I try to be a good person. My Husbands sister is very selfish and uncaring, yet she seems to have a completely charmed life. Why isn't the law of Karma applying here? **Jilted in Jersey**

## Dear Jilted:

Karma is like a never ending debit card, pay now or pay later - no one is exempt. And don't forget that your good karma is repaid too.

Re your sister-in-law and her instant karma or lack thereof, you have to understand that there's a bigger picture at work. Many karmic debts we pay back in our lifetime stem from what we created in previous lives. In other words, if you do something negative to a person in this life, you will most likely pay that karma back in a future life. Karma does not equate to being good or bad, it is simply a reaction to our actions. Another thing to remember is that we come to Earth to learn many lessons some of which are painful and unpleasant, but this does not automatically mean we deserved it or that we were paying back karma. Example, if you write in your life contract that you wish to learn the spiritual lesson of forgiveness then you must have things happen in your life that would necessitate the act of you forgiving. This is why it is so important to put our faith in Great Spirit, to always remember that we chose this life for our own soul's growth.

We must strive to stay away from judgment, only God knows the path of the soul's journey. My advice is to focus on your own spiritual growth, and let your family members work on theirs. Karma is an eternal equalizer.



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# HOROSCOPES FEB 2025



## ARIES – (March 19 – April 18)

The social sector will be as important as the projects you have on the go! Until the 18th, you are advancing smoothly, your interpersonal relationships are good, and you are confident. Then, the atmosphere becomes a bit too sensitive for your liking, with too many murky energies, your conquering nature and Mars, your planet in Cancer, injecting emotional tension that leads to efforts in vain! Luckily, on the 4th, Jupiter offers you a full chance in the sector of your close circle, boosting your morale and enabling a rich and varied social life. On the same day, Venus arrives at your place and you are all enthusiastic, ready to charm all around you.

### LOVE IN GENERAL

This sector looks contradictory! Venus in your sign on the 4th makes you very loving, you might feel like conquering someone with all your powerful energy. However, Mars in Cancer squaring these energies could cause conflicts due to misplaced jealousy or excessive pride.

### IN A RELATIONSHIP

From the 4th onwards, you will be demonstrative, warm, and passionate with your partner, but beware of those who act like angels but are really beasts! An ill-aspected Mars in Cancer will bring familial troubles or marital disagreements your way. Your desires will be strong, perhaps even too strong.

### SINGLE

All fired up! You're burning with love starting on the 4th, and watch out for the chosen one of your heart, you may not let him go for a second. Caution, Mars is filling you with a torrent of emotions, don't confuse seduction with aggression!

### CAREER / FINANCE

As active as you should be, this sector should follow an upward trend, especially before the 18th. Extremely magnetic, you could use your charm from the 4th to renegotiate your loan or a salary increase, with guaranteed positive results!

### ADVICE FROM FREE HOROSCOPE

This winter month won't be harsh for you! You should navigate it smoothly in many areas, especially if you compromise.

## TAURUS – (April 19 – May 19)

This month could invite you to engage more in your work due to resistances from others or your boss that you will have to either endure or address. Until the 18th, spare no effort to achieve what you desire, but remember to do so with authentic flexibility, or risk alienating your colleagues. Mars energizes your close relationship sector, while Venus, your planet, may facilitate premonitory dreams or express little emotion. Uranus still gives you desires for freedom or radical change, make sure to make the right choices (last decan). Your wallet could grow from the 4th, as Jupiter bestows its financial blessings directly in your money sector (especially the 1st decan). If you have sown seeds, it is probably time for the harvest.

### LOVE IN GENERAL

Your feelings will be left hanging, causing the person involved to be left wanting more. It must be said that you are not expressing what you feel, especially after the 4th, and this could lead to minor difficulties. Will your desires help you heighten your sensuality enough to compensate?

### IN A RELATIONSHIP

Before the 14th, your poor communication will cause problems in your relationship, but afterwards, your words will be just right even though your feelings are very reserved, even shy. Fortunately, a well-aspected Mars will facilitate the expression of your very strong sensual side, which is your monthly asset!

# HOROSCOPES FEB 2025



## SINGLE

Between strong but unexpressed feelings and a tender sensuality that you want to fully experience, your chances of meeting someone remain high but require you to find a balance between these two facets of love. Keep an eye out around you, your other half is surely hiding there!

## CAREER / FINANCE

Your activities will occupy your mind during the first half of the month, as you'll have a lot of work to do, even if it drains a lot of your energy. After that, you can take a breather - you deserve it. Your assets might then see an increase in value from your past actions or professional involvement.

## ADVICE FROM FREE HOROSCOPE

It's shaping up to be a lovely month! Don't charge in headfirst, especially before the 18th, and simply go with the flow. Rely on your legendary perseverance and sensuality.

## GEMINI – (May 20 – June 19)

A great deal of idealism tints this month for you! During the first half, you will receive support from the energies present in Aquarius, with the Sun and Mercury, along with Pluto adding to your morale and self-confidence. Venus in Aries from the 4th will greatly benefit your relationships or financial matters deriving from a partnership or group endeavor. Your aspirations won't be solely humanitarian, as Mars in Cancer throughout the month supports your possessions and desire for professional advancement. Jupiter in your sign and direct from the 4th helps you solidify your social standing, laying the groundwork for the future with relative ease. You establish yourself gently, which is just how you like it! Saturn in Pisces may slow you down a bit (2nd decan), so act methodically and everything will fall into place!

## LOVE IN GENERAL

From the 4th on, your feelings will be strong and focused on your circle of friends, where you may feel particularly good this month. Your desires will be more complex, both possessive and very emotional, you may hesitate between expressing what you feel and showing your affections concretely. Find the balance!

## IN A RELATIONSHIP

Your partner will need to share a bit with you if they want to maintain harmony in your relationship, but will they accept that? The intense intimacy may make you want to leave home more often, so beware of the consequences.

## SINGLE

Starting on the 4th, focus your efforts on social, athletic, or activist outings. You might come across someone dynamic and passionate who inspires you to change your romantic status! Mars in Cancer gives you a captivating but possessive charm, so relax!

## CAREER / FINANCE

Financial benefits are possible all month long if you work within a cooperative or an association. One thing is certain: your ambition will be high, you will spare no effort to increase your income. Be sure to communicate diplomatically after the 15th, as before, you would spoil your chances.

## ADVICE FROM FREE HOROSCOPE

Balance your emotions and desires because this month looks set to bring positive events. A little tension at work is possible after the 15th, so remember to practice your legendary sense of humor!

*...continued on page 34*

# HOROSCOPES FEB 2025



## CANCER – (June 20 – July 21)

This month is shaping up to be intense and idealistic! The sky is pushing you to exceed your limits, with Aquarius energies requiring you to engage in introspection or sometimes drastic changes under the guidance of Pluto (1st decan). After the 15th, the atmosphere becomes less electric and more focused on a broad perspective that you appreciate. What do you want to commit to? With Mars in your sign, your dynamism will skyrocket, and you will act with passion and sometimes a bit of emotional tension, so be mindful of that. The professional sector is supported by Venus, and individuals could help you or your boss might notice your skills. You may reconnect with people from the past or take an interest in the less fortunate. Jupiter will favor various social circumstances conducive to this humanistic quest.

### LOVE IN GENERAL

After the 15th you regain confidence in yourself, and your emotional life will benefit from the inner peace that you will exude. However, Mars in your sign sparks your desires, so make sure to align them with others to avoid unpleasant disagreements. Venus square Mars in Aries from the 4th intensifies your emotions, so proceed with caution.

### IN A RELATIONSHIP

Don't bring anything from work if you want to preserve harmony with your partner. Especially since your physical appetite will be strong, your feelings passionate, and your partner may not have the same temperament, give them time to adjust to you!

### SINGLE

Your thirst for romantic conquest will be strong, allowing yourself even a few indiscretions like seducing someone in a committed relationship elsewhere? Find the right balance between your desires and reality. After the 15th, tenderness becomes your asset again!

## CAREER / FINANCE

Your work should occupy your mind almost all month, engage with passion, Mars in your sign strongly supports you there. Professional opportunities are dormant for now, but your time will come! Before the 15th, financial assistance from a third party or an awaited letter could help boost your growth.

### ADVICE FROM FREE HOROSCOPE

Adapt to the strong influences that may come your way this month. Set aside your shy, sometimes overly sensitive personality and believe in yourself to achieve what you desire.

## LEO – (July 22 – August 21)

This month, the sky invites you to pay attention to others who should take a very important place. The sun, Mercury, and Pluto, facing your sign during the first half, urge you to communicate but also to listen more to the opinions of others and to take them into consideration because you could be up against strong opposition. To do so, Jupiter in a good aspect supports your social relationships - you will be full of humor, energetic, and willing to connect with people who are youthful in spirit. After the 15th, a certain fluidity could help you release any potential pressure, but not too much, prefer to use relational wisdom. The emotional sphere is favored starting on the 4th, your feelings will be powerful but your actions a bit reserved, adjust the palpitations of your heart!

### LOVE IN GENERAL

You will experience many warm and vibrant feelings under Venus in Aries starting on the 4th. However, Mars in Cancer hinders the expression of your emotions. You may want to be affectionate with your loved one, but an unusual inhibition will prevent you from doing so. Be mindful of being a bit touchy and remember, giving will lead to receiving!

# HOROSCOPES FEB 2025



## IN A RELATIONSHIP

Until the 15th, your partner might be demanding, but harmony should return afterwards. Venus, starting from the 4th, reignites your feelings, warms up your desires to please your partner. Stay patient and show them your affection. Be more emotional in your interactions, but don't get carried away.

## SINGLE

Your desire to love should drive you to conquest! You could pursue the object of your desires with passion and loyalty, beware of people who don't know what they want! Your desires will be more timid than usual but you will be able to convince.

## CAREER / FINANCE

If you have made a banking request in the past, after the 4th, you could receive some good news. Alternatively, a training that you have been waiting for could come this month, especially from the 1st to the 15th. Jupiter favors contractual life, projects, go for it if you feel like it, the sky will support you!

## ADVICE FROM FREE HOROSCOPE

More emotional but no less combative, do not give importance to petty disagreements or your ego. Refocus on your inner strength and the power of your heart, which is your asset!

## VIRGO – (Aug 22 – Sept 21)

This winter month pushes you to focus more on your professional or social development. The energies in Aquarius: the sun, Mercury, and Pluto will inspire you until the 15th to want to succeed, to create, maybe within the scope of your job. A major change could emerge from this, do you have desires for renewal? Thanks to Mars in a harmonious aspect, you advance your positions with the help of your friends or social partners, the time is right after the 15th to sign a new contract or partnership. Jupiter still reigns in the sector of your

social destiny, you will certainly need to act in a respectful manner to avoid complications. Starting from the 4th, Venus will help you with a money return or adorn you with a charismatic allure.

## LOVE IN GENERAL

Your legendary shyness may shatter during the month. From the 4th, you are leaning towards exclusive and strong feelings while Mars gives you intuitions that will influence your actions. Your nature awakens to a way of loving more intensely than usual, will your partners follow the change?

## IN A RELATIONSHIP

If you take a little break from work, your love life should really start to warm up! Your partner may notice that you haven't lost any of your former passion and that you are willing to show your feelings. Keep your chin up!

## SINGLE

Determined and dynamic, you truly want to provoke a lovely encounter and you are willing to step out of your comfort zone. A strong encounter, stemming from your circle of friends, could capture your heart. Take your time to get to know each other.

## CAREER / FINANCE

Jupiter requires you to work with others and follow certain protocols. Your income could increase starting from the 4th, with an additional sum of money on top of your salary possibly boosting your bank account. Unless an addendum to the contract is more favorable?

## ADVICE FROM FREE HOROSCOPE

Active, productive, and engaging, this month looks promising! Don't give up, go with the flow but make sure to leave your personal mark because your place belongs to you.

*...continued on page 36...*

# HOROSCOPES FEB 2025



## LIBRA – (Sept 22 – Oct 21)

Your children and your loved ones will be very important this month! The well-aspected Sun, Mercury, and Pluto in your sign ensure you'll experience beautiful intense moments. You'll be communicating in all directions with your intimate and friendly circle, and your diplomacy should unite those around you. After the 18th, your thoughts will turn to the professional sphere. You will act seriously but with a keen intuition. You may take on additional responsibilities as the Sun, Mercury, and Saturn inspire you in your daily life - whatever you do, you are building. With Mars in Cancer all month, your ambition will be reinforced, or you may find some challenging dynamics with certain colleagues - stay calm! Venus will be facing you on the 4th, enhancing your married or contractual life. Have a pleasant month!

### LOVE IN GENERAL

Your emotions are highlighted by several planets, so it's very likely that your feelings will be emphasized! With Mars urging you to react rather than act, and Venus sweet-talking you in intimate moments, your love life should fulfill your sensual and romantic nature.

### IN A RELATIONSHIP

The passion could reignite between you and your partner, especially after the 4th! Venus enflames your heart and Mars your body! These very emotional energies should be watched if you don't want to spoil your intimacy as a couple. Love gives you wings!

### SINGLE

It is probably in the professional sphere that you could have a very intimate encounter, especially after the 24th. Your feelings are turned towards the other, your delicacy should charm the chosen one of your heart! Unless a past love comes back into your life?

### CAREER / FINANCE

Your work could earn you a raise, but you could also try your luck with the lottery and hit the jackpot, especially before the 18th. Throughout the month, you have the support of others to smoothly strengthen your assets: your banker or employer will be receptive. Play up your irresistible charm!

### ADVICE FROM FREE HOROSCOPE

This winter month seems very pleasant for your sign. Make the most of it, savor your opportunities, but don't forget your responsibilities. Remember that success is shared, it only shines brighter that way!

## SCORPIO – (Oct 22 – Nov 20)

Some household or family issues could take up your time during the first half of the month, with a lot of communication ahead. Your ruling planet, Mars in Cancer, helps you to sense things and people, and act accordingly, this will be even more apparent after the 24th. The professional sphere is protected thanks to the harmonious influence of Venus in Aries, facilitating your contacts and processes. Jupiter starting from the 4th, could bring in a significant sum of money from a legal or banking transaction. After the 18th, you will regain your energy and confidence with your children if you are a parent, or with your loved ones, which could compensate for any worries at the beginning of the month. Uranus continues to bring about contractual or partnership changes (especially for the last decan). Adapt accordingly!

### LOVE IN GENERAL

Your daily life benefits from the influence of Venus, which brings its passion and generosity, so that your love life could regain a beautiful romantic hue! Mars in a tense aspect to Venus encourages a sensuality full of emotion that could disturb the more spontaneous expression of your feelings. Adjust this!

# HOROSCOPES FEB 2025



## IN A RELATIONSHIP

Domestic frictions will be forgotten after the 15th and will then ensure open sharing of your mutual feelings. March ignites passion and can warm up your intimacy, with a lot of emotions in store.

## SINGLE

Keep an eye out at work or in your daily life, love may be hiding there! Your desire to charm will be strong and joyful, but your desires could lead you towards excess. Go out, sports venues or cultural festivals could hold a surprise for you!

## CAREER / FINANCE

Your career development is progressing nicely. Jupiter could bring a significant windfall, beneficial for your career, while Mars supports education or training, especially towards the end of the month. Play, buy a lottery ticket - luck will be on your side after the 18th. No worries in sight!

## ADVICE FROM FREE HOROSCOPE

Don't get upset at the beginning of the month if a few annoyances arise, handle them with tact and composure. Love will help you relax just as much as a hobby.

## SAGITTARIUS – (Nov 21– Dec 20)

A very relationship-focused month lies ahead, with love in the air and some little family issues to deal with. Until the 14th, Mercury joins the Sun in Aquarius, influencing your intellectual life. Your mood is good, and your conversations are fruitful. Take advantage of this time to express what's in your heart - you will be heard. After the 18th, the Sun, Mercury, and Saturn in Pisces require you to focus more on your family life, an elderly relative, or a home that may need some work. Jupiter in opposition supports your intimate relationships or partnerships - work together with others. Mars brings you a strong sense of sensuality or financial drive. You will be assertive and magnetic. From the 4th, Venus offers you its passionate tenderness - your children or loved ones should appreciate it.

## LOVE IN GENERAL

This sector is full of promises, it's up to you to make them happen! With Venus in Aries whispering its loyal passion and lyricism, and Mars in Cancer giving you powerful charisma, this well-handled duo should bring you emotional happiness. Express your personality with all your heart and soul!

## IN A RELATIONSHIP

Your relationship looks set to be intense and joyful as long as you put effort into it. A certain nervousness stemming from Mars in a water sign could complicate your connection with your partner, so be sensuous with sensitivity and moderation; your partner will love you even more!

## SINGLE

"Boarding could be your motto! Halt the horses, show your passionate feelings and desires, but without aggression. Starting from the 4th, a meeting is possible, to make it lasting, communicate in a friendly way, to start."

## CAREER / FINANCE

Under the influence of Mars, you will be combative and seek to replenish your savings, especially after the 23rd. Jupiter is helping you to finalize a contractual deal or to make an interesting financial encounter. A win in gambling is possible as early as the 4th, so get a lottery ticket!

## ADVICE FROM FREE HOROSCOPE

It is a month full of events and emotions awaiting you. A challenging personality, roll up your sleeves and approach this month with warmth, tenacity, and respect for formalities.

*...continued on page 38...*

# HOROSCOPES FEB 2025



## CAPRICORN – (Dec 21 – Jan 19)

This month invites you to focus your efforts on your material life through your work or a talent you could develop. The Sun, Mercury, and Pluto in Aquarius enhance your ambition, making your desire to progress on the social ladder clearer. Jupiter, in a favorable aspect to these energies and in your professional sector, facilitates contacts and opportunities. Be open to all possibilities. After the 18th, you will feel a call from others or a form of spirituality that touches you more and more sincerely. Venus, from the 4th, soothes your home or family life. If there had been some tension, it will be in the past! Mars opposing your sign exposes you to demands from your partner or associates. Listen to them with wisdom and kindness.

### LOVE IN GENERAL

From the 4th onward, Venus in Aries brings a desire for conquest, either to rekindle your bond with your loved one, or to pursue someone you love. You assert your feelings. Mars could create tensions with the other person, so don't try to be right, as it is fruitless and destructive for your emotional relationship.

### IN A RELATIONSHIP

A beautiful bond is shaping up thanks to sensitive and intuitive communication between you, especially after the 14th. Your feelings take on a passionate turn after the 4th, but your desires may clash with those of your partner, so don't ruin everything out of pride!

### SINGLE

You aspire to long-lasting romance. After the 4th, someone you meet at your parents' or in the neighborhood could meet your expectations. March gives you energy but also a tendency to act abruptly, don't scare the other, tame them!

### CAREER / FINANCE

Serious and hard-working this winter month, you will give yourself the means to succeed and increase your income, especially up to the 17th. Jupiter favors the work sphere, between hesitation and action, do not hesitate too long, seize opportunities. A little help from your family could help you start a project.

### ADVICE FROM FREE HOROSCOPE

A beautiful evolution of your way of life is possible; you are putting in effort to strengthen your achievements, no one will blame you for it. Remember to tell your loved ones that you love them.

## AQUARIUS – (Jan 20 – Feb 17)

The Sun, Mercury, and Pluto in your sign give you an undeniable aura, an art of persuasion, and unwavering determination. Take advantage of these energies in the first half of the month to start a brand-new project or make a request that is close to your heart. Mars joins Saturn and Neptune in your work sector, you should fulfill your tasks with flair and a lot of method while Jupiter favors your emotional life or an important leisure activity for you. Your neighborhood relationships will be excellent starting from the 4th. After the 18th, your financial sphere is a priority, it's possible that some good news will make you smile. Only the last decan still receives Uranus' call for change, do not resist when faced with the unexpected, instead, embrace it.

### LOVE IN GENERAL

Throughout the month, you'll feel the call of the senses driven by Venus in Aries, while Mars in a water sign will unsettle you. You'll have many desires but not the means to express them. Your emotional life may fluctuate between a great need to love and a rather clumsy way of showing it.

### IN A RELATIONSHIP

You communicate easily with your partner and your feelings are expressed with a hint of passion starting on the 4th. However, Mars, in a tense

# HOROSCOPES FEB 2025



aspect, may increase your emotional nervousness and could overshadow your desires to share intimate moments together. Be cautious.

## SINGLE

A meeting may take place at your workplace, especially after the 23rd, unless your beloved is hiding in your neighborhood? You will be assertive and persuasive until the 14th, then possessive. Respect the other person's timing, or they might slip away from you!

## CAREER / FINANCE

A healthy ambition drives you, and you could achieve some success if you curb a behavior that, while captivating, may displease your superiors, especially towards the end of the month. Jupiter strongly supports your creativity, and you will be inspired and inspiring. A trip could lead to a financial gain.

## ADVICE FROM FREE HOROSCOPE

This month looks promising, you are setting the stage for future events. Keep a close eye on the professional sphere, a concentration of energy is drawing you in! Also, remember to relax.

## PISCES – (Feb 18 – March 18)

A lot of introspection characterizes the first half of the month, you are maturing your ideas and desires to progress in an area that is dear to you. On the 14th, Mercury moves into your sign, followed by the sun on the 18th; this duo joins Saturn and Neptune, making you feel motivated, ready to act and communicate with ease. After the 18th, you allow yourself to dream with pragmatism! Mars in harmonious aspect to this cluster reinforces your joy of living, creativity, as well as your relationships with youth if you are a parent. Some tensions are possible in your home, however, Jupiter exaggerates disagreements and turns them into conflicts, so stay vigilant and calm things down. Venus favors your financial life starting on the 4th: a raise?

## LOVE IN GENERAL

Possessive, exclusive, you will want to follow what makes your heart sing! With Venus in Aries favoring your initiatives, you know better what you want and do what it takes to get it. Especially since Mars in Cancer in good aspect to your sign energizes your behavior, serves your charisma, and reinforces your desires.

## IN A RELATIONSHIP

After the 14th, you communicate better, which strengthens your bond with your partner. Venus ignites your heart from the 4th, encouraging you to express your feelings to each other and creating a passionate atmosphere between you. Mars enhances your sensitivity towards a rich sensuality.

## SINGLE

Your scope for action is clearer from the 14th, but the whole month is conducive to a seduction full of sensitivity, which will awaken your romantic soul. Get out, visit cultural places, someone may be waiting for you there!

## CAREER / FINANCE

Starting from the 18th, the sun, Mercury, Saturn, and Neptune are working in your favor, boosting your morale and self-confidence. As a result, you act at the right moment, with intuition and a touch of opportunism, which will help facilitate your professional growth. Could there be a bonus starting from the 4th?

## ADVICE FROM FREE HOROSCOPE

A lovely month is coming up for creating something new or improving an aspect of your life. Keep acting with respect for time and processes, what you establish will be long-lasting.

# 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.**

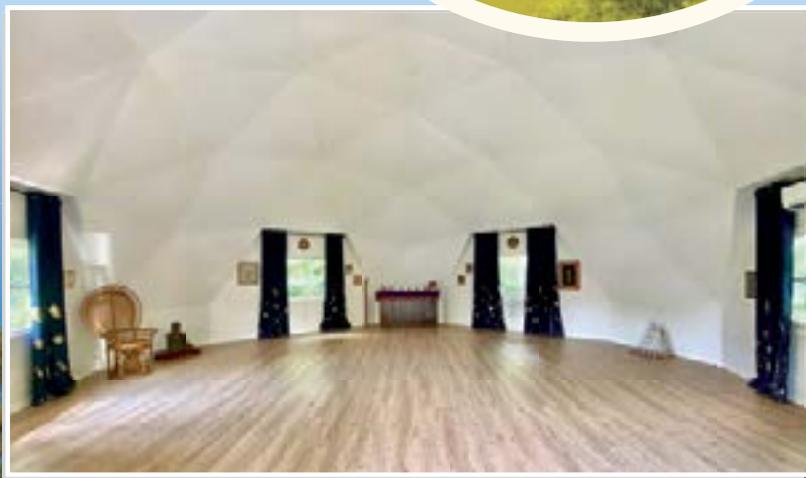


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