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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

HORIZONS

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover
AI

Contributing Writers:

Dawn Lacska-Tommerdahl
Bernadette Carter King
Seth thru Jane Roberts
Clarissa Pinkola Estes
Michelle Whitedove
Mokshapriya Shakti
Cecelia Avitable
David A. Cronin
Abraham-Hicks
Karen Williams
Debra Strasser
Sharron Britton
Mike Dooley
Mitch Ditkoff
Scott Grace
Tom Sannar
Jim Palmer
Jeff Brown

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

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



Horizons thanks everyone willing to take the risk

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

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HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

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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."

Hello and welcome to the **January 2025 Horizons Magazine**. Let's get right into it.

The Mechanics of Changing Thought — the process works no matter the topic

I was asked today about the MECHANICS of changing thought and then a few friends got emotional over the TOPIC and shifted the convo away from the process. That's exactly how we get derailed in the manifestation process. We let ourselves get distracted and derailed.

Don't let EMOTION of any TOPIC prevent you from remembering the PROCESS. The process of relieving a situation by removing your attention from it, by replacing the thoughts of it with thoughts of something else, something happier and more optimistic.

I'd posted on **Facebook** that one of my favorite quotes was "As hopeless as any situation feels it's really only your thoughts that you are dealing with and you have the power to change those" by **Louise Hay**.

Facebook friend **Sherry** asked, "What about the kids taken from their parents? How is that just a thought I am dealing with?"

If you're asking the same question, you misunderstand. I was talking about the MECHANICS of changing thought. **Don't confuse the TOPIC with the PROCESS**. Don't let EMOTION of the TOPIC prevent you from remembering the PROCESS. The process of relieving a situation by removing your attention from it, by replacing the thoughts of it with thoughts of something else, something happier and more optimistic.

Important to note, the process of relieving a situation by removing your attention from it relieves it by removing it from YOUR experience. How does that help? It takes you out of vibrational resonance with it, so you no longer fuel that flame. When your attention moves AWAY from the hopeless situation, you will stop being attuned to it and stop attracting things like it.

Remember, the question wasn't "how do I help these kids?"

The question was "how can I change what I view as a hopeless situation if it's only my thoughts I am dealing with and I have the power to change those?"

Using the immigrant children situation as an example, first understand, it does not matter WHAT the topic is. **If seeing or hearing about a topic causes you distress, the way to lessen your distress is to get off that topic.** Get OFF that topic and purposely get ON a topic that makes you feel happy. Otherwise it can affect all areas of your life because it's all related. Everything.

So the answer is easy until you say "how is it just a thought when kids are being taken from their parents?" Because everyone then shifts their attention from "the process" to "the topic."

You asked how to change it. This is the process to change it.

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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.

ABRAHAM ON WHAT LOVE IS:

Do you know what makes you feel worse than anything else? Seeing something that you don't like in somebody else. Do you know why it makes you feel bad? Because it is so out of harmony with who you really are. Your inner being never finds fault with anyone, not you or anyone else. Your inner being always sees the positive in everything. And if it cannot find any positive, it turns its eyes somewhere else.

What is love? Love is the feeling you get when you are focused upon a thought that harmonizes with that which your inner being knows to be. That's what love is. And so when you're looking at lack within them, you have restricted the flow from your inner being, and that restriction looks like frustration or anger or disappointment. As you look for positive aspects, don't try to do it all at once. Just get a piece of positive twine on each one of them, just look for a little something to feel good about. And as you do, what you will notice is, they will rise to it, they will rise to the level of your expectations. See them as the ratty little monsters that they are, and they will show you that they are.

ABRAHAM ON LIVING THE LIFE THAT IS RIGHT FOR YOU:

What happens with so many humans is that they are trying to figure out what behavior is right and what behavior is wrong. And we say it kind of depends on where you are in relation to where you want to be. Aren't there a lot of factors that equal whether this is the path of least resistance or a path of more resistance? And really, can anybody else in the whole wide world tell you what your path of least resistance is? They don't know what you've been living, they don't know what you've carved out, they don't know what you didn't like and what you did like and what you've created in this vibrational reality which is where your inner being stands. They don't know what you have vibrationally evolved to, and they don't know where you stand in relationship to it, and they don't really know how you feel even though you've tried to tell them often how you feel. They don't really get it - they've just got their distorted perspective of how you feel.



So as you begin taking a poll, "What do you think I should do? What do you think I should do? What do you think I should do?" then you give up your own guidance system, and you lose your ability to sense your own path of least resistance, and then you're just kind of all over the place, making decisions that don't serve you with no long term, obvious improvement in your life experience. But when you get it that you've been carving out a very clear perspective of who you are and that you are supposed to thrive and you are supposed to feel good and you are supposed to be happy, and that, vibrationally speaking, that non-physical part of you is.

ABRAHAM ON CHOOSING WHAT YOU WANT TO APPEAR IN YOUR REALITY:

Imagine yourself as a chef in an extremely well-stocked kitchen that contains every imaginable ingredient. Let us say that you have a clear idea of the culinary creation you desire, and you understand how to combine these easily accessible ingredients in order to fulfill your desire. And as you proceed, there are many ingredients that are not appropriate for your creation, so you do not utilize them, but you also feel no discomfort about their existence. You simply utilize the ingredients that will enhance your creation - and you leave the ingredients that are not appropriate for your creation out of your pie.

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NON - RELIGIOUS SPIRITUALITY

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

14 THINGS THAT THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

As you know, I once was an evangelical mega-church pastor and my pastoral career stretched over many years. Eventually, I could no longer teach Christian doctrine with a good conscience and realized this teaching was not truly changing people's lives... and so I walked away from the whole enchilada.

Below are 14 things that the misguided religious establishment doesn't want you to know. Speaking for myself and my personal experience, I was not able to see or admit these things to myself. I truly got into ministry initially because I wanted to make a difference and help people, and I relied upon the belief-system I learned as the proper framework to achieve this. It took a lot of post-religion reflection to see the ways this belief-system was hurting people.

I offer the below list in hopes that you might disentangle yourself from harmful beliefs and attitudes impacting your life.

14 THINGS THE MISGUIDED RELIGIOUS ESTABLISHMENT DOESN'T WANT YOU TO KNOW

1. Toxic religion is rooted in fear, especially fear about the afterlife. It leverages the false doctrine of hell to win converts and demand holiness. The fear of God's disapproval, rejection, abandonment and punishment is another hallmark of toxic religion.

2. Clergy have no innate authority. Holding a church leadership position or having a theological degree does not imbue a person with special divine authority or superiority. The terms "anointed", "called", or "chosen" or titles such as "pastor", "priest", "bishop", "elder", "evangelist" or "apostle" do not confer any innate authority on an individual or group.

3. We hold sacred what we are taught to hold sacred, which is why what is sacred to one community is not sacred to another.

4. The stories in our sacred books aren't history, nor were they meant to be. The authors of these books weren't historians but writers of historical fiction: they used history (or pseudo history) as a context or pretext for their own ideas. Reading sacred texts as history may yield some nuggets of the past, but the real gold is in seeing these stories as myth and parable, and trying to unpack the possible meanings these parables and myths may hold.

5. Prayer doesn't work the way you think it does. You can't bribe God, or change God's mind through obedience, devotion, or groveling. The underlying theistic premises of prayer are untenable.

6. Anything you claim to know about God, even the notion that there is a God, is a projection of your psyche. What you say about God—who God is, what God cares about, who God rewards, and who God punishes—says nothing about God and everything about you. If you believe in an unconditionally loving God, you probably value unconditional love. If you believe in a God who divides people into chosen and not chosen, believers and infidels, saved and damned, high cast or low caste, etc. you are likely someone who divides people into in-groups and out-groups with you and your group as the quintessential in-group. God may or may not exist, but your idea of God mirrors yourself and your values.

7. Religion is a narrative into which a person is born, conditioned and indoctrinated. Born in **Nagpur**, you're probably **Hindu**. Born in **Nishapur**, you're probably **Muslim**. Born in **Nashville**, you're probably **Christian**. Born in **Narathiwat**, you're probably **Buddhist**. Born in **Nesher**, you're probably **Jewish**.

People become Christian because they are raised or evangelized into it. It's not like they sat down and critically investigated a menu of alternative views about ultimate reality and the meaning of life.

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SOUL SONGS • ABRAHAM FUN

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

SOULSONG #426 RECEIVING CRITICISM

Criticism – "constructive" or otherwise – seldom feels good. But it's a part of life.

Unless I'm living alone in a cave, I'll occasionally step on someone's toes. I'm likely to forget something that was important to another or to unknowingly offend someone.

If I'm successful, I may evoke nay-saying and jealous remarks. If I'm less-than-successful, I may elicit unwanted critiques from people who want to fix me.

Whether well-intentioned or vindictive, people's remarks can sting. But I can prevent them from hijacking my happiness, acknowledging that every mover or shaker on the planet has been the target of hurtful remarks. They've learned to let go of criticism, and I can, too.

Of course, if there seems to be a valuable insight in someone's criticism, I apply that to my life without defensiveness, knowing that is one way to learn and grow.

Bottom line: I allow myself to be human, imperfect, a work-in-progress. If other people don't like me, too darn bad. I'm learning to like myself, and that's what really matters.

SOULSONG #403 THE GUILT TRIP IS OVER

What am I doing to make a contribution? How am I making the planet a better place?

If I browbeat myself with such questions, feeling a sense of inadequacy, I pause to consider: Just by coming forth into physical expression, I'm fulfilling the ultimate lofty purpose. I'm bringing my non-physical self along on a wondrous adventure. And oh, how it craves that type of thing!

My non-physical self is part of All-That-Is/Source/God. It loves every aspect of physical expression, and it actually expands through sharing my unique life experiences. Source is even more than it was before a segment of it came with me to this physical playground.

My non-physical self is, every moment, having fun seeing life through my physical eyes. And when I, too, have fun, I delightfully merge with my inner self, and I thrive.

Save the whales? Help people who struggle here and around the world? I now approach such projects out of love and joy, not out of duty and justifying my existence. For I already fulfill my ultimate purpose with every earthly breath.

AD RATES ON PAGE 4

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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 JANUARY 2025

January celebrations have long been a place where the community gathered in solidarity to overcome the long hard winter.

This month's full moon is called the **Cold Moon**. It is a time for renewal, discovery and dedication to purpose. Use the **Cold Moon** to do workings to bring about wealth and prosperity. Remember that tradition of eating greens and black eyed peas on **New Year's Day**? The beans represent coins and the greens money as well.

Look to the skies between **January 3-4** to catch the peak of the **Quadrantids meteor showers**, considered among the top annual meteor showers. During peak activity these showers can produce about 120 shooting stars per hour.

Ancient cultures believed the appearance of meteors were portentous. They were signs that something good or bad had happened or was about to happen.

It may make us think that they had little scientific understanding of what meteors were, early astronomers of the **Near East**, those who created the **Babylonian** and **Egyptian** calendars, and astronomical data were the most advanced in antiquity.

Don't forget, for the sake of myth or science, to take a few moments out of your day and connect with nature.

Blessed be!

January 1st - New Year's Day. The month of January is named for the Roman god Janus, god of change and beginnings. Janus is depicted as a two faced god, looking back at the old and ahead to the new. While we may be nursing our heads this day, ancient Romans believed in working part of the day, in order to ensure an industrious year ahead. In Japan, Shinto New Year festival.

January 3-4 Quadrantids meteor showers.

January 4th - Perihelion of the Earth. 14 days after the Winter Solstice, the Earth reaches its closest approach to the Sun. It is truly a New year's Day for the whole planet.

January 6th - Known widely as Epiphany, Three Kings Day and Twelfth Night, celebrations mark the beginning of Carnival season in many parts of the world. Feasts, costumes and dance blend indigenous customs with colonial ones from the **Philippines to the Caribbean.**

January 7th - Buddhist celebration of Bodhi Day. Bodhi Day is celebrated in Japan and throughout the Japanese diaspora on Dec. 8 because Japan switched from the lunar to solar calendar in 1873. Buddhists in other East Asian countries, such as China, Vietnam and South Korea, will observe Bodhi Day on Jan. 7, 2025

January 13th - Full wolf Moon in Cancer

January 13th - Sikh festival of Maghi

January 15 – World Religion Day: this date is celebrated in the **Baha'i** faith and highlights the common themes across various faiths and religions worldwide.

January 20th - Martin Luther King Jr Day

January 19th - Sun enters Aquarius

January 26th - Republic Day in India and Pradosh Vrat, a Hindu Holy Day dedicated to Lord Shiva and Goddess Parvati.

January 29 - New moon in Aquarius

HERB CORNER

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

A WEIGHTY SITUATION

Well it appears that I have eaten my way through the holidays again and now its time for my New Years resolution to lose those extra pounds.

Just let me say from the get go that there are no magic potions herbal or otherwise that will make you lose weight. You must also cut back on calories without cutting back on necessary nutrients and fiber eating a well balanced diet provides proper blood sugar levels and helps to increase your metabolism.

It is also a good idea to eat less processed foods because they are loaded with empty calories, fats and sodium which keep the pounds on and makes you retain water. Speaking of water; drink more. Water dilutes cellular debris and aids digestion. I like to add flavored **Stevia** to mine they taste great and there are no calories.

Herbs can help you lose weight in different ways. For instance, some of them can be used to boost thermogenesis warming the body from the inside increasing metabolism burning more calories. **Cayenne, Ginger, Cinnamon and Cardamom** can do this; **Green tea** also increases your metabolism but it contains **caffeine** so it may make you feel a bit racey.

Saponin rich herbs help metabolize and breakdown fat molecules so they can be excreted **Burdock, Alfalfa, Chickweed and Flax seeds** can do this.

Herbs like Fennel, Cinnamon, and Gymnema suppress the appetite by encouraging the **pancreas** to maintain proper blood sugar levels so you don't crave sweets or carbs as much. While other herbs like **Flax seeds** fill your stomach so you don't eat as much.

Eating half a teaspoon of **ground Flax seeds** one half-hour before meals gives you a feeling of fullness so you eat less because they plump up in the stomach plus they are a good source of proteins and fiber.

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If you're the type of person who retains water diuretic herbs like Fennel, Dandelion and Parsley may be able to do this without robbing you of needed potassium like pharmaceuticals can. **And if your digestion is sluggish Cardamom, Fennel, Dandelion and Burdock can help**; they are not strong laxatives but they will help to keep your bowels clear.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

COLOMBIAN MANGO 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](#)

We are stepping into the dawn of a new year. As the days grow almost imperceptibly longer with the emerging of the light, we have the chance to peer out onto the horizon as the future beckons us to open up to newly imagined possibilities. This is truly a time when anything can happen. It's time to dream. Inspiration is emerging.

The crystal that has come calling to me is a rare and unusual variety of included quartz from **Colombia**. For many years the quartz found in the **Colombian** mines was tossed aside and discarded in the mad search for emeralds. Dynamite was used to blow up the pockets as emerald gem rough is very hard and not likely to be damaged so it could be harvested more easily.

As more and more people became interested in collectible quartz crystals, mineral explorers started taking another look at the treasures that could be found in these mines. The **quartz of Colombia** is now considered to be the source of some of the finest quartz crystals in the world and are highly prized by mineral collectors and metaphysical people alike. They are incredibly clear and brilliant - filled with energy and bright light.

In **2017** a new variety of **Colombian quartz** was discovered in **Capiche Boyaca, Colombia**. These crystals were long needles of clear shining quartz that were included with a yellow to orange mineral near the tips. The clusters resembled radiant bursts of sunlight and their unique beauty made them an instant sensation.

They were originally called **Corona Quartz**, but when the **COVID** epidemic struck the name was changed to **Mango Quartz** which is the name in use today. **Mango Quartz** is scarce and the mining production has dwindled so it is not always easy to source, but it is usually available in any good rock and mineral shop. The inclusions have been determined to be **halloysite**, a clay-based mineral in the **kaolinite** tinged with sunshine color.



Quartz with halloysite inclusions, aka "mango quartz" Colombia

Metaphysically, this quartz can help provide a sense of transcendence over the problems and worries that consume us and render us unable to imagine a way out. We can move up into a realm of higher vision and see new possibilities for creating positive change. The tired unnecessary woes we have been carrying seem to drop away as the incredible lightness of being fills our souls.

This is what we need as we move into an uncertain future. The chaos that surrounds our world is fraught with peril, but it is also filled with infinite opportunity for wonders we cannot yet see. This crystal ally makes a perfect companion for moving forward on our path with hope and joy. May you all have a very happy New Year!

Many blessings,
Sharron

WE WERE MADE FOR THESE TIMES



Dr. Clarissa Pinkola is an American poet, Jungian psychoanalyst, post-trauma recovery specialist, author and spoken word artist. *Estés* is Mestiza Latina [Native American/Mexican Spanish] and as an older child she was adopted into an immigrant and refugee family of majority Magyar and minority Danau Swabian tribal people. Her families could not read or write, or did so haltingly. But they were wise in the ways of nature, planting, animals, making everything from scratch, from shoes to songs. Thus she was raised immersed in the oral tradition of old myths and stories, songs and chants, dances and ancient healing ways. <https://clarissapinkolaestes.com/>

Foreward by [Mitch Ditkoff](#): *If you are feeling troubled, down, depressed, despairing, hopeless, dark, and very much out to sea, I invite you to read the following extraordinary piece of writing by Clarissa Pinkola Estes. It is mind-blowingly spot on -- the perfect antidote for what ails so many of us these days. And if you really want to get the maximum value, read it ALOUD, so you not only SEE it, but HEAR it, as well. It will take you about five minutes, but it is just what the doctor ordered, or should I say Medicine Woman. Here goes:*

WE WERE MADE FOR THESE TIMES

"Do not lose heart. We were made for these times.

I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world right now. It is true, one has to have strong cojones and ovarios to withstand much of what passes for "good" in our culture today. Abject disregard of what the soul finds most precious and irreplaceable and the corruption of principled ideals have become, in some large societal arenas, "the new normal," the grotesquerie of the week.

It is hard to say which one of the current egregious matters has rocked people's worlds and beliefs more. Ours is a time of almost daily jaw-dropping astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

...You are right in your assessments. The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking.

Yet ... I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is - we were made for these times.

Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement. I cannot tell you often enough that we are definitely the leaders we have been waiting for, and that we have been raised, since childhood, for this time precisely.

...I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able crafts in the waters than there are right now across the world. And they are

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A FLOWER FROM THE SKY

When it's time to do nothing except open up to what's coming

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

Be Here Now was the Bible of the 1970's or, if not the **Bible**, then at least the **Bhagavad Gita** – a book that bridged the gap between East and West for an entire generation of long-haired, counter culture, God-seeking souls.

And I was one of them.

The author of the book, **Baba Ram Dass** – the ex-**Harvard** psychologist and popularizer of LSD – was fast becoming a new kind of spiritual rock star.

He had just returned from his pilgrimage to **India** with a ton of love and something even better than the **Holy Grail** – the ability to communicate the essence of **Eastern** wisdom in ways even suburban hippies could understand.

I read his book three times the first month I owned it. I read it twice the second month.

So when I heard that he was going to be speaking just a few miles from where I lived in **Cambridge, Massachusetts**, I bought a ticket and went.

The evening was divided into three parts.

Part One was the introduction – **Ram Dass** holding forth in ways even your mother would enjoy. He was charming. He was inspiring. And he made a lot of sense.

A hour into his discourse, **Ram Dass** announced there was going to be an intermission and that if anyone really needed to leave, now would be a good time. And so some did.

Part Two went deeper. Much deeper.

If **Part One** was **Spirituality 101**, **Part Two** was **graduate school**, complete with astounding stories about his Guru, the blanket-wearing **Neem Karoli Baba**.

After an hour or so he informed the audience that there was going to be yet another break, the perfect time, he explained, for anyone to leave who had to go home for any reason.



And so, another bunch of people left, leaving about half of the original audience in the hall – the hard core – people who weren't going to leave until **Ram Dass** himself left or hell froze over, which ever came first.

Part Three went even deeper – a magical mystery tour into various nooks and crannies of the spiritual adventure all of us were on, no matter what path we walked.

And then, as the midnight hour approached, with a sly smile and a slow bow, **Ram Dass** walked to the front of stage, removed the garland of flowers that adorned his neck and, one by one, began tossing flowers into the audience – his gesture of recycling some of the love that had been directed his way all night.

Immediately, most of the audience stood up and began reaching, **Ram Dass** continuing to toss.

When he turned in my direction, I had a decision to make.

...continued on page 35...



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

DEAR WHITEDOVE, I've been trying to get my teenager to become more spiritually aware, I've tried giving him my books about spirituality, even taking him to some events but nothing seems to be helping. How can I get him to grasp some basic spiritual concepts? **-Seeking Solutions**

DEAR SEEKER, Just be it! Being a spiritual example is the best thing that you can do. Live by example, counsel him and listen to him. Live your life like a prayer. It's best not to force spirituality on your teen. You don't want to come on too strong. Instead of making him attend spiritual workshops I'd suggest that you take him to a **New Age** store and let him browse around on his own. See what he's drawn to, notice where his interests lie. Does he like crystals, sacred incense, or a specific type of book? I'd also suggest taking him to have his **aura photography** done, it's something very different and usually the photo comes with a little mini reading which will peak a teen's curiosity. Try to show him that spirituality is a lifestyle. Incorporate the **Universal Laws** into daily conversation when addressing situations. Talk about karma, the law of attraction and all of the others. It's up to parents to lead by example. Slowly but surely your teen will find his own spiritual path

DEAR WHITEDOVE, I own an antique store and after a recent shipment of merchandise I've noticed that strange unexplainable things have begun to happen: lights flickering, a books falling, and items missing and then reappearing. Is my store haunted? **-Spooked in TN**

DEAR SPOOKED, Your problem is not a haunted location, but a haunted thing! Ghosts and entities don't only haunt places; they can also become attached to their personal possessions. This can hold true for antiques. Chances are in your last shipment you received more than your normal, every day merchandise. Since this spirit is obviously creating havoc for you I would suggest going through your shipment and trying to locate the source of your haunt; it should feel different, it will have a heavier energy to it when touched. You can either return it, or dispose of it to someone who is aware of the situation. It would not be nice to sell that item to a customer who was clueless. Until you solve this issue I suggest clearing and blessing your store to try and keep your mishaps down to a minimum. Burn white sage and smudge your store. Then place kosher salt in all four corners of each room. This will raise the vibration of your personal space.

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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.sethlearningcenter.org

NEW YEAR RESOLUTIONS GIVEN BY SETH TO JANE & ROB NEW YEAR'S DAY, 1979:

1 - I will approve of myself, my characteristics, my abilities, my likes and my dislikes, my inclinations and disinclinations, realizing that these form my unique individuality. They are given me for a reason.

2 - I will approve of and rejoice in my accomplishments, and I will be as vigorous in listing these... as RIGOROUS in remembering them, as I have ever been in remembering and enumerating my failures or lacks of accomplishment.

3 - I will remember the creative framework of existence, in which I have my being. Therefore the possibilities, potentials, seeming miracles, and joyful spontaneity of Framework 2 will be in my mind, so that the doors to creative living are open.

4 - I will realize that the future is a probability. In terms of ordinary experience, nothing exists there yet. It is virgin territory, planted by my feelings and thoughts in the present. Therefore, I will plant accomplishments and successes, and I will do this by remembering that nothing can exist in the future THAT I DO NOT WANT TO BE THERE.

SETH ON THOUGHTS AND EMOTIONS:

"It is somewhat fashionable to place feelings above conscious thoughts, the idea being that emotions are more basic and natural than conscious reasoning is. The two actually go together but your conscious thinking largely determines your emotions, and not the other way around.

Your beliefs generate the appropriate emotion that is implied. A long period of inner depression does not just come upon you. Your emotions do not betray you. Instead, over a period of time you have been consciously entertaining negative beliefs that then generated the strong feelings of despondency.

If emotion could be trusted above conscious reasoning then there would be little point in aware thought at all. You would not need it.

You are not at the mercy of your emotions, either, for they are meant to follow the flow of your reasoning.

Your mind is meant to perceive the physical environment clearly, and its judgments about the environment then activate the body's mechanisms to bring about proper response.

If your beliefs about existence are fearful, then the emotional reactions will be those leading to stress. Your own value judgments need examination in such a case.

Your imagination of course fires your emotions, and it also follows our beliefs faithfully. As you think so you feel, and not the other way around."

SETH ON USING THE POWER OF NOW:

You must look within yourself for evidences of what you want in terms of positive experience. Examine your past with that in mind. Imagine your future from the power point of the present. In such a way at least you are not using the past to reinforce your limitations, or projecting them into the future.

It is only natural to contrast what you want with what you have, and it is very easy to become discouraged in so doing, but looking for errors in the past will not help you. A correctly utilized five-minute period of time can be of great benefit, however.

In this period concentrate upon the fact that the point of power is now. Feel and dwell upon the certainty that your emotional, spiritual and psychic abilities are focused through the flesh, and for five minutes only direct all of your attention toward what you want. Use visualization or verbal thought - whatever comes most naturally to you; but for that period do not concentrate upon any lacks, just upon your desire.

Use all of your energy and attention. Then forget about it. Do not check to see how well it is working. Simply make sure that in that period your intentions are clear.

Then in one way or another, according to your own individual situation, make one physical gesture or act that is in line with your belief or desire. Behave physically, then, at least once a day in a way that shows that you have faith in what you are doing.

The act can be a very simple one. If you are lonely and feel unwanted, it can merely involve your smiling at someone else.

If you are poor, it can involve such a simple thing as buying an item you want that costs two cents more than the one you would usually buy - acting on the faith, even that feebly, that the two cents will somehow be given you or come into your experience; but acting as if you had more than you do.

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SPIRITUAL GRAFFITI

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

Shame comes at us from many different directions — families of origin, the guilt-tripping religious world, the competitive marketplace, the collective consciousness itself.

I know of very few people who move through the world with a healthy sense of self, with a real appreciation for their divinity and inherent magnificence.

And the spiritual bypass movement just makes things worse for those who are seeking answers, bashing the ego in its entirety, repressing the shadow in the name of a version of enlightenment that is more self-avoidant than expansive, and even characterizing the body as spiritually sub-standard, as though the divine made a mistake putting us in human form.

This cycle is often perpetuated by the artificial-forgiveness community, who diminish those who dare to work on their unresolved feelings by telling them that their feelings are an illusion, their experiences are mischaracterized, their stories tiresome. Just jump out of your process and forgive your wrongdoers — put their process ahead of even your own.

Levels and levels of madness, that leave spiritual seekers entirely confused about the value of healing the “pain body” and elevating the self-concept.

Let’s get this straight — Shame is not an illusion. Self-loathing is not an illusion. Our stories are not illusions. Abuse and neglect are not illusions.

And the need to heal our hearts and elevate our self-concepts is essential to healthy functioning.

Pretending things aren’t real doesn’t make them go away. Facing them does.



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>

If it's not yet obvious to you, the real reason for this, and all seasons, is you. A more perfect child of the Universe has never lived. Until now, only celebrations cloaked in myth and mystery could hint at your divine heritage and sacred destiny. You are life's prayer of becoming and its answer. The first light at the dawn of eternity, drawn from the ether, so that I might know my own depth, discover new heights, and revel in seas of blessed emotion.

A pioneer into illusion, an adventurer into the unknown, and a lifter of veils. Courageous, heroic, and exalted by legions in the unseen.

To give beyond reason, to care beyond hope, to love without limit; to reach, stretch, and dream, in spite of your fears. These are the hallmarks of divinity—traits of the immortal—your badges of honor. May you wear them with a pride as great as what we feel for you.

Your light has illuminated darkened paths, your gaze has lifted broken spirits, and already your life has changed the course of history. This is the time of year we celebrate you.

Bowing before Greatness,

The Universe



Scott Grace

PHIL DONAHUE INTERVIEWS THE FUN POLICE CHIEF

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, on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.

I have come to believe that how much joy I experience in any given moment pretty much boils down to how much permission I give myself to have it. Sounds simple enough, but for many of us, after a lifetime of withholding permission from ourselves, we might notice some subtle resistance to increasing our joy allowance.

This year I've been pushing the fun envelope in many ways. In the last few months I've taken up jazz guitar, tennis lessons and a comedy improv class. The one thing these activities have in common is I'm enjoying the hell (heaven?) out of them. I'm not doing them for a future reward, profit motive, or esteem-boosting accolades: I'm in it for the fun.

Sometimes I worry that I'm having too much fun. A few times lately, when people have asked me how I'm doing, I've heard myself answer, *"I'm having so much fun, the Fun Police are after me!"*

Now I don't know where I picked up the idea of a **Fun Police**, but I seem to have some affection for it. It came out of my mouth, so I figure they must exist, even if just in my psyche. One morning I went into meditation and asked to speak to the **Chief of the Fun Police**, and, sure enough, was connected to his secretary, who set up an interview.

Worried that I might not be able to maintain the objectivity needed for the dialogue, I called **Phil Donahue**, who recently came out of retirement to host a nighttime talk show. **Phil** graciously agreed to conduct a private interview, and here it is:

Phil: Thank you very much for taking the time to talk to me.

Fun Police Chief: No problem, but I've got five minutes and then it's back to my job.

Phil: And what exactly is that, your job?

Fun Police Chief: I'm on the lookout for **Scott** having too much fun, spontaneity, gaiety, laughter, joy . . . you know, that sort of thing.

Phil: There's a danger? Someone could have too much?

Fun Police Chief: Well, if **Scott** has too much fun, he stops thinking about all the things that are wrong with him and his life. He could get real lazy about trying to fix himself, which in my opinion, he already is – already lazy, that is, not already fixed! Fun, if it isn't balanced with a generous helping of unpleasantness, is downright irresponsible!

And, if he's not suffering and struggling, even just a little bit every day, how deserving could he be of any joy that comes his way? We at the **Fun Police** have to make sure there's a limit to **Scott's** good feelings and good times. It's a public service we are proud to perform.

Phil: How do you get him to stop having fun? He seems to really like it.

Fun Police Chief: Well, it used to be easy enough. A little guilt, properly applied, has always gone a long way. Whispering the 's' word in his ear (as in "**Scott**, you're being Selfish!") used to shut him down real fast. What's making my job hard lately is that he's entertaining some dangerous notions that if he really went all out with, we wouldn't be able to control him anymore. He'd be off just having a good time, while we'd be dealing with lay-offs here at the station.

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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 Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

FOUR LEVELS OF MEDITATION

This is a systematic series of the study of the Our Mind. We will give 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.

FOUR LEVELS OF MEDITATION

When **Sage Patanjali** talks about meditation he refers to all of them as *samadhi*. He describes them as *vitark*, *vichar*, *anand* and *asmita*; they are known as *sampragyaata* or with seed.

Why do we need to meditate? According to **Patanjali** meditation is required to get control of the mind. It is also the key to unfolding the inner Self. However, meditation is also a state in which the practitioner experiences expanded consciousness, deep relaxation, alertness, and inner peace. Scientific research is confirming what yogis have taught for ages.

Meditation reduces stress and tension, thereby promoting physical, emotional and mental health. Meditation increases concentration, which decreases mental distractions and is an obvious benefit in whatever we do, whether it be work, study, sports or other activities of daily living.

In addition, meditation heightens awareness and permits the us to achieve higher levels of consciousness. Lastly, spiritual progress is enhanced giving a feeling of joy and a greater zest for live.

Meditation is conscious awareness. Conscious awareness is beyond the mind. We tap into our inner being, our higher self or soul self. The mind is not involved, nor the ego. The mind is needed to get us there. Our goal is to be able to tap into our higher consciousness, and our intuition to access information needed to complete our mission.

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yogashaktiny@gmail.com



THOUGHTS ON KARMA

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/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles.

The concept of karma is one of those topics that gets discussed a lot in spiritual circles. Basically, the idea is that as you sow, so shall you reap. But I question if there are nuances and subtleties to the law of karma that we might not be conscious of until we reach a high state of enlightenment.

I believe that how we hold things in our hearts plays a role in how we experience them, even so-called karmic events.

I am reminded of something that happened many years ago when I owned my store, Changing Times Books and Gifts. It was a normal day. I was chatting with some customers and staff members when it was discovered that eight of our demo CDs had been stolen. We had anti-theft stickers on all the stock CDs and on the jackets of the demos but not on the demo CDs themselves. All the CD's were of beautiful, relaxing, comforting music.

The customers and staff gathered around the sales counter and expressed their sadness and anger about the theft. Everyone believed it probably was one person who stole all eight during one heist. There was much discussion about what bad karma they had consequently incurred.

Something about the way everyone was talking about karma felt funny to me at that moment. I noticed that when people speak about situations like what had just happened, they tend to speak about it as if it is the

beginning of a new karmic cycle. But what if it was the end, the completion, of a karmic cycle? What if I just paid off a debt? I thought of how wonderful, and freeing, it feels when I pay off a credit card.

I decided to hold the event in my heart that way. It occurred to me that if it was the beginning of a new karmic cycle (and I was holding the event in non-forgiveness) I might be, energetically, tied to this one on a soul level. I didn't want that. By releasing them it might free me from perpetuating the cycle. It certainly brought a level of peace to my heart.

As I was putting anti-theft stickers on all the remaining demo CDs I felt inspired to write about the event and what it brought up in me in our next weekly newsletter. I was pleasantly surprised when I received emails from more than eight people who said the newsletter helped them release old grievances they had been holding on to, some for years.

It's funny how the theft of those eight CDs turned out to be a blessing.





TRUSTING THE UNIVERSE

Dawn Lacska-Tommerdahl is a Professional Herbalist, aromatherapist and Registered Nurse who has been using herbs and aromatherapy to heal people since 1990. Dawn helps clients on their healing journey and teaches online with classes. She has published a book called "A Magical Herbal Compendium" available at your local bookstore. She can be reached at DawnsenchantedGarden@yahoo.com; her website is DawnsEnchantedGarden.com.

As I drive through the back country roads in Florida I see many of my plant allies swaying in the wind. Each one of them represents a spiritual ally that helps me on my journey and helps others on their healing journey as well.

The herb **Vervain** was one of the plants I see growing right now, is used as a relaxant it reduces muscle spasms, pain, and it also is very relaxing. As to the spiritual side of **Vervain**, The druids used it to put their initiates into a hypnotic space before ritual so that they could be open to spiritual transmutation.

The last few months have been very interesting, my position was eliminated at a company that I have worked at for over a decade, so I suffered a period of profound grief and a feeling of fear for the first month.

After that I began to reassess my options, and I started applying for as many jobs as I could, but I realized that this might be just the opportunity I had been asking the universe for.

I was still afraid of the change and lack of income, but then I saw **Vervain** growing on the roadside and I started to relax because I knew that the universe would take care of me.

Now that I have come back to my center, I realize that my true purpose in life is to heal people and to help them grow as humans. This means that I need to focus more on what has meaning in my life.

I have been exercising to get healthier and going for long swims in the springs that are near my house.

I have gone back to doing herbal consults and doing spiritual cleansings to help heal people.

I trust that the universe will take care of me financially and spiritually and have faith that the universe will support me so that I can help others on their journey.

My message to you is simple, in times of rapid change, take time to assess the opportunities and stop to smell the flowers, they will help you relax and find the right road.

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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.

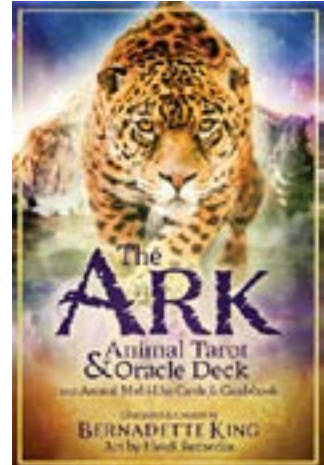
Dawn has written in many periodicals, professional journals, been featured on the radio and featured on TV as an expert in herbal matters; she has submitted a manuscript about the energetics of herbalism and how to use herbs to heal that will be published in 2025. Dawn sees herb and aromatherapy clients in Central Florida and teaches online classes.

She can be reached at
DawnsenchantedGarden@yahoo.com
Her website is DawnsEnchantedGarden.com

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 WhatsMySpiritAnimal.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 WhatsMySpiritAnimal.com



Butterfly Medicine is one of simplification. Go back to the little things. Tend them like flowers in the field. Open your senses to the nectar and aroma of living in the moment. Do what you can now, but remember quality learning rarely happens quickly. Slow, mindful changes are the ones that last a lifetime, laying the foundations for enlightenment and self-actualization. Eventually, your inner **Butterfly** will emerge from its work when the time is perfect, with fresh ideas and inventiveness to guide your following spiritual stages.

BUTTERFLY SPIRIT ANIMAL

As a **Spirit Animal Guide**, **Butterfly** whispers of your hidden potential. There's an old saying that there is nothing in a **caterpillar** that knows it will be a **Butterfly**. Nonetheless, the transformation from caterpillar to winged wonder happens quite naturally. Bear in mind that change is natural. Adaptation is necessary. Both lead to higher awareness.

Are you still the caterpillar? Then feed your soul until it's full and ready for integrating new truths. **Butterfly** also speaks of happiness and vision. If you've felt blue, **Butterfly as a Spirit Animal** is here to help. If you're working on divinatory arts, **Butterfly** gives you greater clarity.

In nature, this insect's eyes are very keen, including seeing ultraviolet light. Don't be surprised if you start catching **Fairies and Angels** out of the corner of your eyes when the **Butterfly Spirit Animal** enters your life. Among the many gifts of the **Butterfly**, this one has a tremendous impact on your daily life. You begin to learn first-hand that there is far more to the world than we know. In spirituality, such an awareness opens up the path to great knowledge and wisdom.



BUTTERFLY SYMBOLISM & MEANING

When **Butterfly Spirit** begins visiting your life, something new and wonderful is about to unfold! It's time for personal growth and greater awareness of your mental, physical, and spiritual rhythms. Change can sometimes be challenging and daunting because it moves us out of our comfort zone.

You cannot embrace a "new you" until you release the old. With **Butterfly Medicine**, you'll find that you can fly gracefully above the barriers that would otherwise hold you back. **Butterfly**, as a teacher, puts great emphasis on movement: Be it blossom-to-blossom, home-to-home, or one state in our spiritual exploration to another.

Butterfly often turns our thoughts inward to review elements of our character, morals, and habits that weigh us down, keeping us stuck in a mire of negative energy. The goal of your winged ally is restoring lightness in your Being so you can dance life's dance with unbridled joy!

In looking at the **Butterfly** spirit in history, this **Animal Guide** has many faces and attributes. For some, it represented the soul. For others, **Butterfly** was a messenger and omen of happiness. Then too, there's just the simple joy of watching a **Butterfly** on a sunny day. It's nearly impossible to frown!



WHAT IS MY SPIRIT ANIMAL

... from page 20

FACT: when the **Butterfly** loses an antenna, it cannot fly properly. As a **Spirit Messenger**, this means that **Butterfly** wants you to keep your spiritual antenna honed and tuned to the **Divine** and **Higher Self** so you don't lose your way. Self-care matters!

BUTTERFLY TOTEM ANIMAL

People born with a **Butterfly** as their **Totem Animal** have a natural lightness of spirit! They love the beauty of nature and are guided by the greatest good when it comes to maintaining balance with the environment. When people are around the **Butterfly**-born, they find heaviness lifting. It's like a breath of fresh air. As a result, you are likely very popular.

The caution with having so much attention is taking time for yourself. It's easy to get caught up in invitations and outings, but you also need time on your own "flower" - your home. There, you can be wholly yourself and clarify your thoughts.

As you work with your **Butterfly Totem Animal**, you'll find that you're better equipped to look at difficult situations from another angle. As you fly on its wings, your perspective becomes more global and hopeful. If you've ever been on an airplane, the wonder of seeing things up high potentially inspires new ways of interacting with the world daily. No one day is the same as the last, and your **Butterfly Birth Totem** wants to celebrate every moment, no matter what comes.

Butterfly people are naturally social, colorful, and vibrant. This often comes out in your wardrobe choices or decorating scheme. Neither will have much in terms of muted hues. Gray? Heaven, forbid! There is nothing conventional about your sense of style. It's playful. You may stand at your wardrobe grabbing this and that until you FEEL like the **Butterfly**-wholly unique.

BUTTERFLY POWER ANIMAL

Are intense changes on your horizon? Then **Butterfly** is the **Power Animal** on which to call. It doesn't matter what part of your life is going through transitions, **Butterfly** eases the process with gentle, renewing breezes and a kiss of beauty.



Other times when **Butterfly magic** is very helpful is when you hit a creative wall or have lost your joy to stress, anxiety, or depression. Your inner **Butterfly** is all about color and vibrant expressiveness. Seek that vibrant energy signature.

During migration, **Monarch Butterflies** will land in the very tree as did their ancestors. After traveling thousands of miles, even being blown off course, the Monarch' grandchild' or even 'great-great-grandchild' **Butterfly** will find the exact same spot their grandparents 'roosted' in after the migration.

Just as **Monarchs** have a cellular memory of their ancestor's wisdom, you can tap into this ancient knowledge. The **Butterfly Power Animal** in your soul reminds you - you are a star child born of the universe. Your past lives and this one provide you with all the tools you need for nearly any situation. Your Ancestors remain in your life to help guide the way.

Invoke Butterfly energy when you want to change the hues of your life, spread your wings, live your dream, and let your spirit soar again!

SPIRITUAL MEANING OF THE BUTTERFLY

All Spirit Animals and Allies are special in their own way. There's something about **Butterfly**, however, that is simple, enchanting, and enthralling. It need not make a sound to have a profound impact on your outlook and sense of self. In your interactions with the **Butterfly Spirit**, it may use the movement of its wings as a means of communication, so pay attention.

When exploring **Butterfly** as a **spiritual emblem**, it's good to know that renditions of **Butterfly** span time. Egyptians used Butterflies in the frescos at Thebes some 3,500 years ago. So, if you are attracted to **Butterfly** energy, you are in good company.



NON--RELIGIOUS SPIRITUALITY

... from page 8

8. Theology isn't the free search for truth, but rather a defense of an already held position. Theology is really apologetics, explaining why a belief is true rather than seeking out the truth in and of itself. All theological reasoning is circular, inevitably "proving" the truth of its own presupposition.

9. Becoming more religious cannot save us. Religion is a human invention reflecting the best and worst of humanity; becoming more religious will simply allow us to perpetuate compassion and cruelty in the name of religion. Because religion always carries the danger of fanaticism, becoming more religious may only heighten the risk of us becoming more fanatical.

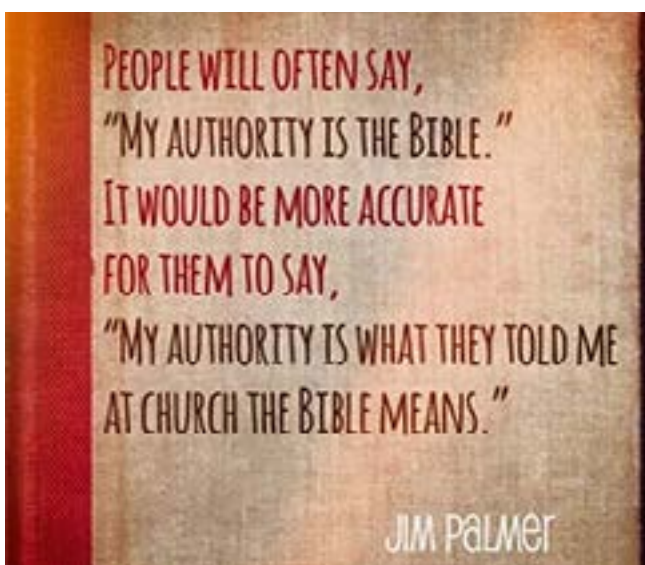
10. Becoming less religious cannot save us. In fact, being against religion can become its own fanaticism. Becoming less religious will simply force us to perpetuate compassion and cruelty in the name of something else. Secular societies that actively suppress religion have proven no more just or compassionate than religious societies that suppress secularism or free thought. This is because neither religion nor the lack of religion solely nullifies our human potential to act out of ego, greed, fear, hostility, and hatred.

11. A healthy religion is one that helps us own and integrate the shadow side of human nature for the good of person and planet, something few clergy are trained to do. Clergy are trained to promote the religion they represent. They are apologists not liberators. If you want to be more just, compassionate, and loving, you must do the personal work within yourself, and free yourself from the conditions that lock you into injustice, cruelty, and hate, and this means you have to free yourself from all your narratives, including those you call "religious."

12. Religious leaders claims that their particular understanding and interpretation of their sacred books should be universally accepted. Religious leaders often say, "My authority is the Bible." It would be more accurate for them to say, "My authority is what they taught me at seminary the Bible means." People start with flawed or false presuppositions about what the Bible is, such as: the Bible was meant to present a coherent theology about God or is a piece of doctrinal exposition; the Bible is the inerrant, infallible and sole message/"Word" of God to the world; the Bible is a blueprint for daily living. Too often religious leaders make God about having "correct theology." There are a lot of unhappy, broken, hurting, suffering, depressed, lonely people in church with church-approved theology.

13. If your livelihood depends on the success of your church as an organization, it doesn't take a rocket scientist to see that you will mostly define and reward Christianity as participation in church structures and programs. Christian living is mostly a decentralized reality or way of life, not a centralized or program-dependent phenomenon. Church attendance, tithing, membership, service, and devoted participation, become the hallmarks of Christian maturity.

14. You are capable of guiding your own spiritual path from the inside out and don't need to be told what to do. You naturally have the ability, capacity, tools and skills to guide and direct your life meaningfully, ethically and effectively. Through the use of your fundamental human faculties such as critical thinking, empathy, reason, conscience and intuition, you can capably lead your life. You have the choice to cultivate a spirituality that doesn't require you to be inadequate, powerless, weak, and lacking, but one that empowers you toward strength, vitality, wholeness, and the fulfillment of your highest potentialities and possibilities.



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HERB CORNER

... from page 11...

RECIPE: Considering all of the options, a nice blend of herbs for a tea would be: 1 part Peppermint, ½ part Chickweed, ½ part Parsley, 1/8 part Gymnema, ½ part Fennel, ¼ part Orange peel, 1 part Green tea and 1/8 part of either Cinnamon or Stevia if you want a bit of sweetness.

Should you feel hungry between meals chewing 2-3 Fennel seeds helps to suppress food cravings. The Greek word for Fennel in ancient times was *marathon* which meant *to grow thin*; maybe they knew something back then.

Oh yeah don't forget to exercise, it's an important part of a well rounded weight loss problem. You don't have to run a marathon, just move more than you do now make it something you like so you'll do it.

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Esther Hicks

ABRAHAM HICKS

... from page 7...

Some of the ingredients in this well-stocked kitchen are harmonious with your creation, and some of them are not. But even though adding some of these ingredients to your creation would absolutely ruin your pie, you do not feel the need to push against those ingredients or to ban them from the kitchen, because you understand that there is no reason for them to end up in your pie unless you put them in it. And since you are clear about which ones enhance your creation and which ones do not enhance it, you feel no concern about the great variety of ingredients that exist.

ABRAHAM ON THE RELATIONSHIP WHICH IS YOUR GREATEST PRIORITY:

If you make your relationship with your Inner Being your top priority, and you deliberately choose thoughts that allow your alignment, you will consistently offer the greatest advantage to the others with whom you interact. Only when you are aligned with your Source do you have anything to offer another.

If your behavior is influenced by your desire to keep another person happy, you will lose your Connection to your Source. And it is not possible for you to be happy unless you are in alignment with your Source. Without that alignment, you have nothing to offer another.

ABRAHAM ON WHAT GETS IN THE WAY OF HAPPINESS:

Wouldn't it just be great if you could reach the place where you were so in love with yourself that it didn't matter what anybody else felt in the moment? It's the up and down of it that makes you nuts. Wouldn't it be nice if their opinion didn't matter to you because you're so well-connected? That's true freedom, and that's the basis of the best relationships.

There's a lot of stuff in the world that gets in the way of your happiness. But it is because you've got your nose in places that it does not belong. You care too much about things that don't have anything to do with

you. And we want to shout so that you'll hear that what somebody else thinks about you is really not any of your business. It's not any of your business. Don't make it your business.

ABRAHAM ON CHOOSING WHERE YOU STAND:

Many people are wanting to fan your flames of discomfort because they believe that "you're either with us or against us; if you don't stand in the same disgust and horror that we are all standing, then you are not with us." It's hard for people to understand that you can not agree with them - and not be against them. That you could be FOR something without being AGAINST something else.

ABRAHAM ON HEALING:

Healing is a word that we don't even like, that is absolutely inaccurate and has nothing to do with what is really happening. Healing is nothing more than allowing the natural state of wellness, but the word healing distorts it because it gives attention to what is wrong. All of you are many more times healthy than you are ill, even those of you who have been diagnosed as terminally ill. You are many times more well than you are ill.

There is not such thing as healing. We would say there is such thing as acknowledging your well-being or acknowledging the lack of it. Acknowledging the well-being brings about wellness, acknowledging the lack of it brings about illness. It is as simple as that. Wherever you have your attention is what your body is doing.

Your society for the most part has you looking at illness and guarding against it, with doctors offering free checkups just to come and probe a little, just to see if they cannot find just the slightest little clue of something, something to get you back in there for a second time and the third time and the fourth time; something to get your thoughts focused upon something, some sort of seed of doubt to plant within you. And we say, why would you want to look for something you don't want to find?

We encourage you to look for your wellness. Are there wellness clinics? Are there places that you go and talk about how good it is? Are there places where you go and talk about how good it feels to be in your skin? Are there places that take naps together, and when they awaken they all bask in the spirit of wellbeing and feel the comfort of the mattress beneath, and breathe in the air and feel of that? Or are most of these clinics illness clinics?



Scott Grace

PHIL DONAHUE INTERVIEWS THE FUN POLICE CHIEF

... from page 18...

Phil: Oh, I see. And what, in a nutshell, are these new ideas?

Chief: If I tell you, you have to promise not to print them or air them on your show. No one who reads Scott's newsletter or his column should see them. Part of my job is to prevent chaos from breaking out, and these are pretty revolutionary ideas, especially if they fall into the hands of the wrong people. You wouldn't want the masses quitting their jobs and letting their inner children run wild in the streets, now would you? It would wreak pandemonium!

Phil: Oh, yes, I can see what you mean. All right, I promise not to disclose what you say, scout's honor. (**Phil** crosses his fingers behind his back, nullifying his promise.)

Chief: OK, then I'll tell you. **Scott** is starting to consider that unconditional, across-the-board self-acceptance might be more valuable to his soul than waging war against his faults and inadequacies. He's getting more and more gentle and patient with himself, even imagining there is some kind of 'Divine Purpose' to his weaknesses and stumblings, that he's evolving and growing at a perfect pace. How can we do our job against ideas like that?

Also, whenever he was having too much fun, we would remind him to remember all of the suffering in the world. Against that tactic he was defenseless, and it usually would spoil his party fast. Nowadays he just shoots back, "All the more reason to have fun. Somebody's got to maintain the joy vibration so people in pain are inspired to see there's another way."

Oh, and another thing: **Scott**'s really into meditation lately, and that's even more bad news for us. When he meditates, he goes into a witness state, and just watches his thoughts and feeling pass by without judging them or trying to make them go away. Sometimes he even witnesses the **Fun Police** at work.

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When he's doing that, we can't get to him at all, cause he's under the **Witness Protection Program**.

Phil: I can see why you're worried about your job.

Chief: And I've got to get right back to it. **Scott**'s starting to smile and laugh while he's typing this article.

Phil: Well, Chief, thank you for your time, and for your commitment to serve and protect **Scott** from too much fun.

Chief: No problem.

"Why do dolphins leap joyful from the sea? Why do the morning birds sing? Why does the earth dance in trees and reach forests to the sun? Why do children play? The purpose of these realms is enjoyment. This is a recreational universe. When you remember the play that lifted your heart as a child, you will know the heart of God."

— Ken Carey, The Third Millennium



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

We know that the mind interprets everything with a bias. Everything we hear we immediately go into our memory bank and retrieve information regarding similar situations. Then we process the present moment with those previous thought patterns that have been created by our parents, society and others. We react spontaneously to what is in the memory and subconscious mind. So there is no new experience, it is conditioned or biased by previous interpretations. We relive the past in a new environment.

All experiences are in the present moment, and only in this present moment without referring back to previous interpretations we find our true self. In meditation we try to silence the mind. When we do that, we begin to know what is in the mind. Previously we stated that the goal of yoga is to have complete control of the mind, Meditation is one way that will lead to that goal.

VITARK SAMAADHI: When we sit down to meditate, our thoughts are still there, the mind is still active. It splits into two and has a dialogue with itself. The first stage of meditation is a dialogue in the mind, but it is a kind of meditation because the mind has gone from outside to inside. In this meditation the mind meditates on an object or form. In this dialogue we are not influenced by the senses. Our mind has its own mind and begins to create thought

VICHAAR SAMAADHI: The second stage of meditation is more stable. It is a concentrated continuous flow. There are no dialogues and the mind does not split itself. The mind is like a continuous thread of thought. Like a stream or river, the mind flows in one direction only. All the scattered thoughts and energy of the mind are brought together. We need to remember that *chitta* or *mind stuff* has manufactured the ego, will and mind. Mind is governed by the forces of *prakriti* or *nature* and projects them as thought.

VICHAAR meditation allows the mind to meditate on these forces and become one with them. Or it allows the mind to meditate on the quality of any form and find that energy within the meditator. Once the mind becomes one with the object of meditation, the mind comes to a natural state of flow without effort.

ANAND SAMAADHI: In the second stage we are still riding the waves of thoughts. Later thoughts disappear. What remains is only consciousness, our awareness of ourselves. This awareness is influenced by the feeling of anand or joy. We are still with the waves of the mind. But it does not depend on external circumstances. It comes from within: from our heart and our soul.

ASMITA SAMAADHI: Later we transcend bliss and stand naked in our consciousness. Word and sound are only external but internally, without sound, we still have consciousness.

Asmita means "I am, I exist," and awareness is there. When the consciousness goes through these stages and realizes the "I" awareness or consciousness, it achieves *sampragya samaadhi*. (sa - with, pre - prefix, gya - knowledge of the soul, atah - having known) It is a kind of *samaadhi* which has some seed of knowledge. It is potential consciousness. There are two types of *samaadhi*, *sabij* - with seed, *nir bij* - without seed. A seed is full of potential.

Sampragya is sabij because it contains the seed of knowledge with it. It is full of knowledge, full of potential. When we leave all knowledge of the world we reach a field of divine knowledge. All knowledge comes from there. We all have access to it, but we use it only a little. **Anuruupagama** means following these stages. So when these four stages are followed by the mind (**vitark, vichaar, anand, asmitaa**) it reaches the high stage of meditation known as **sampragya samaadhi**.

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WE WERE MADE FOR THESE TIMES



Clarissa
Pinkola Estes

... from page 13

fully provisioned and able to signal one another as never before in the history of humankind.

I would like to take your hands for a moment and assure you that you are built well for these times. Despite your stints of doubt, your frustrations in arighting all that needs change right now, or even feeling you have lost the map entirely, you are not without resource, you are not alone.

Look out over the prow; there are millions of boats of righteous souls on the waters with you. In your deepest bones, you have always known this is so.

Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a forest greater. That long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

We have been in training for a dark time such as this, since the day we assented to come to Earth. For many decades, worldwide, souls just like us have been felled and left for dead in so many ways over and over – brought down by naiveté, by lack of love, by suddenly realizing one deadly thing or another, by not realizing something else soon enough, by being ambushed and assaulted by various cultural and personal shocks in the extreme.

We all have a heritage and history of being gutted, and yet remember this especially ... we have also, of necessity, perfected the knack of resurrection.

Over and over again we have been the living proof that that which has been exiled, lost, or foundered - can be restored to life again. This is as true and sturdy a prognosis for the destroyed worlds around us as it was for our own once mortally wounded selves.

...Though we are not invulnerable, our risibility supports us to laugh in the face of cynics who say “fat chance,” and “management before mercy,” and other evidences of complete absence of soul sense. This, and our having been ‘to Hell and back’ on at least one momentous occasion, makes us seasoned vessels for certain. Even if you do not feel that you are, you are.

...continued to page 47...



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SETH SPEAKS

...continued from page 16...

In health terms, it involves conducting yourself once a day as though you were not sick in whatever way given you. But the belief in the present, reinforced for five minutes, plus such a physical action, will sometimes bring literally awesome results.

Such effects will occur however only if you cease looking into the past 'for what is wrong,' and stop reinforcing your negative experience.

These same principles can be used in any area of your life, and in each you are choosing from a variety of probable events.



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

Andrea de Michaelis
Publisher

The thing that is causing you pain is thinking about the topic. Is it unjust? Yes. Is it horrible? Yes. But IF it is NOT your battle to fight and there is nothing you can do about it, get off the topic if it makes you feel bad. If you feel bad, you're not doing anyone any good.

If it doesn't feel right to you to get OFF that topic and think happy, fluffy thoughts so you can bring happy, fluffier people and circumstances into your experience, then DO something about it. Pray for guidance about where your time might be better placed, where you can do good right where you are, starting now, today.

A galpal said, "We HAVE to deal with our hearts and our emotions as human divine beings ... otherwise it's just a mind game ... What would Jesus do? turn his back on his children? um I don't think so."

To that I say: **Sherry** didn't ask **WWJD**, she asked how is it just a thought she is dealing with. She asked me what the mechanics of that was, what the technical process was. I told her what the process was.

And yeh, I know that sounds fluffy if you don't know how it works. If you stay ON the topic that causes you distress, it's the same as being dialed into that station

on the radio. You're got to be on that frequency to even hear about things like that bcz if you're on **98.5** you can't hear what's on **88.3**. So you stay ON your aggravating topic, you read about it, you chat about it with friends, you're not only ON that station, when you're on **98.5**, you're also attracting into your life people and circumstances that are also on **98.5**.

When you start watching the news and getting aggravated, you're likely to have all sorts of other aggravating stuff begin happening because that's where you've vibing by paying attention to all that. That's the channel, the station you're dialed into. But you can change it in an instant, by moving your focus to something happier. because then you begin attracting all sorts of other happy stuff to focus on.

Does this mean turn your back on the woes of the world?

Ah, there's the dilemma, isn't it? There's the work: balancing enough caring what goes on in the world with keeping your focus uplifted so you can have a happy, successful life. You're the only one who can decide where that balance lies. But the process to do it lies in merely removing your attention from distress.

Gravity doesn't care if you have a moral dilemma with everything dropping to the ground when released. Gravity is just a natural force at work in the world, the same as it's a natural force attracting something when you place your attention on it.



Andrea

"As hopeless as any situation feels it's really only your thoughts that you are dealing with and you have the power to change those."

Enjoy our offering this month. Hari Om.



Mitch Ditkoff

A FLOWER FROM THE SKY

...continued from page 14...

I had a decision to make.

Do I stand and join the people standing all around me or do I simply sit cross-legged where I was, hands on my knees in classic mudra position, thumb and index finger joined, my other three fingers extended, palms upward to the sky?

Free of need as I was, I did not move. I just sat there, watching **Ram Dass** toss another flower.

I could see it coming towards me – in slow motion, it seemed, a kind of time lapse photography of my life. The closer it got, the more people reached for it, everyone wanting a memento of the evening.

I continued sitting my ground.

Looking up, it felt as if I was living in a giant pin ball machine, the many arms above me, all at different levels, flippers poised for action.

The tallest person near me was the first to touch it, but when they closed their hand, they missed and the flower continued its descent.

A second person reached... and then a third – in a succession of seven – each failing to catch the object of their desire.

I did nothing. I just sat there, watching, both of my hands open on my knees.

And then with absolutely no effort, not a millimeter of adjustment to the falling object from the sky, the flower landed perfectly in my right hand, bright purple petals facing upward to the sky.

Just... like.... that.

COMMENTARY

This little story happened to me 52 years ago, but it feels like yesterday. And why it feels like yesterday is because the lesson I learned was a timeless one.

What kind of effort do I need to make in life? What does it take to accomplish what I want?

For most of my life, I have made a ton of effort, standing tall, reaching for what I want.

Effort I have reasoned is what it takes to accomplish my goals – effort and tenacity and a whole lot of perseverance. Who can argue with that?

Read about the lives of anyone who has ever made a difference in the world and you will discover they have made a tremendous amount of effort. Makes sense. True. I get it.

But there are times when the garden variety kind of effort human beings make will not suffice – when trying and reaching and grasping get in the way.

Ever try to catch a milkweed pod floating by you?

More often than not, just the wind of your reaching will be enough to push it further away.

Bold reaching doesn't always work. Nor does grasping. Sometimes, we need to let things come to us. Sometimes, we need to simply strike the pose of receptivity and trust the process of our life.

That's how the flower landed in my hand. And that's how the flower will land in your hand.

Knowing when to sit and when to stand is something only you can decide. There is no formula, no blueprint to follow. It's a moment-by-moment act of discovery.

If you are experiencing, these days, that all of your standing and reaching and grasping is leaving you empty-handed, consider another approach.

Slow down. Sit still. Breathe deep.

Open your eyes and your heart and your hands and let whatever it is you truly want come to you in its own sweet time.

HOROSCOPES JAN 2025



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR JANUARY 2025

You're dedicating yourself to a life project that has the potential to change everything. You're seeking the best strategies to innovate at work. You are using your financial resources and talents to steer your family life according to your aspirations. It's time to provoke change.

Mood

ARIES: MOOD FOR JANUARY 2025

Saturn invites you to introspection, while Jupiter stimulates your desire for communication. Find the balance between enthusiasm and reflection. You know how to draw attention to yourself and finish the month on a high note.

Love

ARIES: LOVE FOR JANUARY 2025

Channel your emotions so as not to disrupt your main objectives in your professional life. You will succeed if you manage to moderate your passions. Success is guaranteed, whether in love or elsewhere.

In a Relationship: To achieve your goals in all areas, start by managing your intense emotions that interfere with your intentions. This is the key to ending the month on a high note.

Single: If you have trouble controlling your emotions, you'll quickly realize that it's essential to choose your words carefully and manage your interactions to seduce effectively. You'll reap the rewards.

Money

ARIES: MONEY FOR JANUARY 2025

Use a gentle approach to achieve your financial goals. Don't force things and rely on your discreet but effective support to move a unifying project forward.

Work

ARIES: WORK FOR JANUARY 2025

Move forward cautiously, carefully assessing the impact of your actions and words. By learning from the past and thinking things through, you know how to convince others and may even pick up the pace at the end of the month.

Leisure

ARIES: LEISURE FOR JANUARY 2025

Start the month by focusing on your personal affairs, you'll quickly rediscover the joy of socializing. End the month well surrounded and with growing popularity.

Key dates

ARIES: KEY DATES FOR JANUARY 2025

The 4th: Take a step back to learn from past experiences and make the right decisions, act, and convince your partners to believe in and follow you.

The 13th: Rely on your originality to surprise and seduce those in high places. The full moon invites you to make changes within your family.

The 19th: Your arguments help you win support; you refine your strategies before taking action. Rely on your emotional maturity to fully unite people.

The 23rd: You achieve some success in your private and social life, playing on your boldness and combative energy to establish yourself as indispensable and direct events according to your vision.

The 30th: A strong enthusiasm and a talent for successful communication help you shape the future as you wish. It's time to believe in it.

Advice

ARIES: ADVICE FOR JANUARY 2025

Manage your interactions carefully, but be ready to seize great opportunities towards the end of the month to shape your future in your image. It will be worth it.

TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR JANUARY 2025

Your destiny is undergoing a major transformation, and you're actively working to accelerate the process. You're nurturing a project that will, in time, fulfill your ambitions. You express your uniqueness, your desire for freedom, and your creativity.

Mood

TAURUS: MOOD FOR JANUARY 2025

While Venus may tempt you to let go, you quickly return to a more serious approach. You don't want to miss the opportunities to tackle challenges with a responsible attitude.

Love

TAURUS: LOVE FOR JANUARY 2025

You might be tempted to enjoy yourself without thinking too much about the future, but keep an eye on your ambitions, which need your attention. You'll manage to balance these aspects and succeed on all fronts.

HOROSCOPES JAN 2025

In a Relationship: If you can moderate your desires, you'll enjoy a pleasant period while staying focused on your affairs.

Single: You're drawn to immediate pleasures, outings, and entertainment. Your romantic concerns are light unless you already have someone in mind.

Money

TAURUS: MONEY FOR JANUARY 2025

Be wary of an urge to spend recklessly. Manage your finances in a way that allows you to indulge yourself without emptying your wallet.

Work

TAURUS: WORK FOR JANUARY 2025

You have serious projects in mind and aspire to build a solid future. Commit yourself and act in line with your ambitions to move forward with full awareness of the responsibilities you must take on. Your efforts will bear fruit by the end of the month.

Leisure

TAURUS: LEISURE FOR JANUARY 2025

Between shopping and desire to clear your mind, the month is filled with entertainment. Stay mindful of the importance of seeing projects through to completion.

Key dates

TAURUS: KEY DATES FOR JANUARY 2025

The 3rd: Don't pressure your loved ones to accept a lifestyle that disrupts their sense of stability. Opt for persuasion over coercion.

The 12th: You're communicating about the projects that drive you. By inspiring others, you'll find it easier to rally them to your cause.

The 13th: You're eager to broaden your horizons, push the boundaries that stifle your creativity, and break free from constraints that feel limiting. It's time to shift into high gear.

The 19th: The future looks brighter, and you're reconnecting with a more positive vision of what's ahead. You find joy in tackling obstacles that now seem like achievable challenges.

The 29th: The new moon encourages you to enhance your professional status, defend your interests, and innovate. You communicate to advance a career plan or even a destiny that is undergoing significant revision.

Advice

TAURUS: ADVICE FOR JANUARY 2025

Balance your efforts on an important project while also enjoying life's pleasures. Don't compromise your budget



so you can navigate the month successfully and with balance.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR JANUARY 2025

You're feeling the urge for something different, perhaps somewhere new or in a new way. You aspire to broaden your horizons and push your limits. You're fully committed to improving your social status, negotiating in your favor, and adopting a disciplined approach to defending your cause. You're deploying strategies that will allow you to make a discreet yet effective impact.

Mood

GEMINI: MOOD FOR JANUARY 2025

The stars enhance your enthusiasm and your desire to enjoy life. Even with some constraints, you're in a good mood. You soften situations and charm those around you. By the end of the month, your ambitions come to fruition, further lifting your spirits.

Love

GEMINI: LOVE FOR JANUARY 2025

Your charisma lightens the atmosphere both at home and at work. You seem more focused on charming others in social settings than on wooing your partner.

In a Relationship: Your partner enjoys it when you take the time to whisper sweet nothings in their ear. However, let them know that your priority right now is to warm things up on the professional front.

Single: Even though you have plenty of qualities that attract attention, do you have time to search for a soulmate? You seem focused on strengthening your position at work.

Money

GEMINI: MONEY FOR JANUARY 2025

You have a special talent for defusing tense situations and influencing circumstances in your favor. Expect opportunities to arise, especially towards the end of the month.

...continued on page 36

HOROSCOPES JAN 2025



Work

GEMINI: WORK FOR JANUARY 2025

The stars demand a lot from you, but you're delivering. You're negotiating to your advantage and skillfully steering events in your favor.

Leisure

GEMINI: LEISURE FOR JANUARY 2025

While you're working hard to innovate professionally, your current charm brings you social success and opens up new possibilities. It's a good time to go out or travel.

Key dates

GEMINI: KEY DATES FOR JANUARY 2025

The 4th: You develop effective strategies to make changes on the socio-professional front. This persistent energy helps maintain or improve your position.

The 12th: You're using your potential and talents to reach an ideal that inspires you or to serve a cause that motivates you. Throw yourself into it wholeheartedly.

The 14th: Dynamic, enthusiastic, and eager to shine socially, rely on your charisma to stand out, just be mindful not to overdo it.

The 21st: You want to push the boundaries of what's possible, transcend your usual limits, even if it means moving abroad, changing careers, or completely altering your life.

The 26th: Skillfully conducted negotiations defend your interests and steer your destiny in the right direction. It's the perfect time to connect with your inner self and tune into positive vibes.

Advice

GEMINI: ADVICE FOR JANUARY 2025

The stars encourage you to enjoy yourself but also to delve into important matters. One doesn't exclude the other, so don't deprive yourself of anything.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR JANUARY 2025

External events are pushing you to turn a page, to embrace a necessary transformation that will allow you to rise from the ashes and let go of anything that was hindering your growth. You're eager to improve your situation and relationships in a positive direction.

You're fully committed to pursuing a life project that could bring new meaning to your existence.

Mood

CANCER: MOOD FOR JANUARY 2025

You're not skimming over the surface of things you're excelling on all fronts. This diligence and reliability earn you the respect and trust of those around you. By month's end, you can look forward to promising developments.

Love

CANCER: LOVE FOR JANUARY 2025

Your conversations with your partner are becoming more frequent, and you both understand each other better. These discussions guide your relationship, with the potential for moments of deep connection at the end of the month.

In a Relationship: Take advantage of the current circumstances to make important decisions that will impact your romantic life. You're seeking a meaningful relationship, and you can steer your connection in that direction.

Single: You're not interested in fleeting romances. You're searching for someone special who meets your high standards. The stars strengthen your desire for a lasting, meaningful relationship.

Money

CANCER: MONEY FOR JANUARY 2025

At the end of the month, you'll receive the rewards of your efforts and loyalty. Discreet yet effective supporters will encourage your commitment and adherence to the rules.

Work

CANCER: WORK FOR JANUARY 2025

Your collaborations are built on solid foundations. You're able to convince colleagues, superiors, and partners that you're up to the tasks assigned to you. Be patient, even if progress feels slow. By the end of the month, your strategies will pay off.

Leisure

CANCER: LEISURE FOR JANUARY 2025

You're actively preparing for the coming summer. You feel the need to connect with others, so don't hesitate to enjoy some shared activities, as long as they enrich you mentally or spiritually.

HOROSCOPES JAN 2025



Key dates

CANCER: KEY DATES FOR JANUARY 2025

The 6th: Balancing daily constraints with an ideal you're striving to reach is challenging, but you're getting closer to your goal.

The 13th: You rally support around a bold project that gains unanimous approval. Don't hesitate to present your plans.

The 17th: You can draw others into your world by charming them and making them dream. Follow me if you love me.

The 23rd: Determined and assertive, you demonstrate your talents and your desire to shape the future as you see fit. No one can resist you, unless you demand too much.

The 30th: Behind the scenes, you're sharpening your strategies and preparing for the future to win an important negotiation.

Advice

CANCER: ADVICE FOR JANUARY 2025

At the start of this year, fully invest yourself in anything that brings meaning and substance to your life. Focus on laying solid foundations for the future.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR JANUARY 2025

You're embarking on a complete overhaul of your relational world to meet your expectations. You're eager to move on from a past that has been holding you back and to break free from the monotony of your life to embrace something new.

Mood

LEO: MOOD FOR JANUARY 2025

You start the month very focused on making sure everything works smoothly. Your efforts bear fruit, and the sky gradually clears. A surge of optimism returns your smile and energy.

Love

LEO: LOVE FOR JANUARY 2025

You're overcoming certain obstacles that have been hindering your daily life, and your dedication is lightening and warming the atmosphere. You're involving your partner in an exciting project.

In a Relationship: Your efforts are paying off. An inspiring project revitalizes your relationship, and you're both motivated to build a bright future together.

Single: You're working hard to reverse a challenging trend. As a reward, you'll find an exciting opportunity to envision a thrilling future with excellent company.

Money

LEO: MONEY FOR JANUARY 2025

Financial management has been difficult since last year, but you're finally seeing signs of improvement.

Work

LEO: WORK FOR JANUARY 2025

You're determined to overcome the resistance that was slowing down your progress. You're succeeding in your efforts, and the future is opening up wide.

Leisure

LEO: LEISURE FOR JANUARY 2025

You're too busy to take a break, but you're working for a good cause, and your commitment is paying off. By the end of the month, you'll see brighter prospects ahead.

Key dates

LEO: KEY DATES FOR JANUARY 2025

The 4th: You're not shying away from the effort needed to overcome obstacles that once seemed insurmountable. It's time to roll up your sleeves and believe in your efforts.

The 12th: You work behind the scenes to steer your destiny according to your hopes. Keep your strategies discreet, discretion is your best asset.

The 16th: If you feel like your initiatives are dragging, it's likely due to a lack of patience. Dedicate yourself to the common cause, and you'll be pleased with the results.

The 21st: Your relational world remains sensitive. You want to open constructive discussions to better understand and harmonize with others.

The 26th: You guide conversations and make an impression. You surprise and charm in social settings.

Advice

LEO: ADVICE FOR JANUARY 2025

A somewhat challenging month ultimately opens up promising perspectives. Just a bit of patience is required.

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HOROSCOPES JAN 2025



VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR JANUARY 2025

Channel a tendency to rush things. Your daily life is evolving but needs adjustments to become satisfying. Take a step toward others to tighten bonds. Seeking renewal in your emotional life, rely on your charm and boldness to add some flair.

Mood

VIRGO: MOOD FOR JANUARY 2025

There's an opportunity to reconnect with more lightness and warmth in your interactions. Stay attentive to others' needs and use your charisma to move past a frustrating period. Take advantage of this favorable time to get closer to loved ones and colleagues.

Love

VIRGO: LOVE FOR JANUARY 2025

If your relational world leaves something to be desired, you can warm things up this month. Rely on your personal radiance to rekindle more constructive dialogue and ease tensions.

In a Relationship: Your interactions were minimal, but the trend is shifting towards tender closeness rather than sulking.

Single: You've been hesitant to make a move. Use your seductive power to overcome doubts and seize your chance.

Money

VIRGO: MONEY FOR JANUARY 2025

You're gaining confidence in your professional life and can look to the future more calmly. This doesn't mean splurging, but rather spending wisely.

Work

VIRGO: WORK FOR JANUARY 2025

Focus on a more evident creativity to convince partners, associates, and collaborators to trust you. Your willingness to serve the company earns you recognition for your talents and efforts.

Leisure

VIRGO: LEISURE FOR JANUARY 2025

Your social life is more active, and family and emotional connections are easing. This rekindles your desire to collaborate and share. It's a good time to organize a celebration and pop the champagne, though avoid overspending.

Key dates

VIRGO: KEY DATES FOR JANUARY 2025

The 4th: Your charm works its magic, breaking the ice and fostering more gratifying connections. A great energy for rekindling relationships.

The 13th: It's time to avoid complacency in love and stifling your creativity. Don't hesitate to be bold to strengthen your romantic connections and make a mark with your originality at work.

The 19th: You take a step towards others, and your efforts to lighten the mood and tighten bonds pay off. You find the right words to charm or reconnect with your partner.

The 23rd: You assert your ambitions and impose your vision of the future, which is well-received by those around you. You gain unanimous support.

The 30th: You have the chance to improve your status and serve the company's interests. A combination of goodwill and a desire to succeed helps you make progress.

Advice

VIRGO: ADVICE FOR JANUARY 2025

January allows you to break away from a difficult period. You regain a taste for connecting with others and rebuild trust. If you can work well with others, you'll end the month on a positive note.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR JANUARY 2025

Intense exchanges are expected in love. This area of your life requires all your attention, and you will need to adjust your behavior. You find ways to overcome obstacles but must deal with external changes.

Mood

LIBRA: MOOD FOR JANUARY 2025

You emerge from a period of constraints and regain a freedom of action that brings color back to your daily life. Your kindness and commitment to your family help overcome obstacles, while your personal radiance opens up promising new perspectives.

HOROSCOPES JAN 2025



Love

LIBRA: LOVE FOR JANUARY 2025

If you've recently faced persistent obstacles in your romantic life, January looks more promising. Family relationships improve, and your desire to please warms the atmosphere. By the end of the month, a joyful ambiance is palpable.

In a Relationship: Better communication with those around you, especially family members, helps you approach recent challenges with a lighter touch. Rely on your top-notch charisma for special moments together.

Single: Family bonds tighten thanks to your considerate approach to delicate situations. By the end of the month, you establish a new relationship.

Money

LIBRA: MONEY FOR JANUARY 2025

After successfully addressing family and daily challenges, you have a good chance of attracting attention and possibly new income by the end of the month.

Work

LIBRA: WORK FOR JANUARY 2025

Recent difficulties seem to dissipate thanks to your ability to ease tensions and resolve conflicts. By the end of the month, your creativity and charisma enhance your popularity.

Leisure

LIBRA: LEISURE FOR JANUARY 2025

Organize activities to bring your family closer together. By the end of the month, you are more inclined to explore new passions and venture out.

Key dates

LIBRA: KEY DATES FOR JANUARY 2025

The 6th: Avoid minor mistakes caused by inattention by carefully weighing your words and managing your interventions and initiatives. You undoubtedly aim to do well give yourself the means to succeed.

The 12th: Assertive and determined to make your views known at higher levels, you influence and even inspire those around you, who are eager to follow your lead.

The 21st: Intense emotions and underlying questions push you to transform what needs to be changed to fulfill and enrich your connections, allowing you to engage more wisely.

The 25th: Your willingness to collaborate and serve the common cause eventually takes precedence over your own interests. Don't hesitate to invest in the

collective, your efforts pay off and positively influence those around you.

The 29th: The new moon enhances your radiance and strengthens your desire to love, be loved, and rekindle or maintain the flame. It's a perfect time to reflect on what needs to change in yourself to live more harmoniously with others.

Advice

LIBRA: ADVICE FOR JANUARY 2025

January offers you a chance to move past recent deadlocks, with increased freedom and a renewed ability to positively influence your daily life. It's about time.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR JAN 2025

Smoother and more harmonious exchanges ease past difficulties in communicating with loved ones. You focus on family issues, integrating the lessons learned to turn a new page. You have the right approach and say the right words to improve your relationships without risking breaking them.

Mood

SCORPIO: MOOD FOR JANUARY 2025

Although Saturn continues to demand rigor and maturity in your actions, January provides some flexibility. It's an opportunity to reconnect with lighter communication and step out of your usual habits. By the end of the month, your positive disposition fosters closer family ties.

Love

SCORPIO: LOVE FOR JANUARY 2025

If you've struggled recently with expressing your feelings or doubted your ability to love and be loved, January brings more fluid communication, allowing you to reconnect. You understand each other better and can break the ice. Expect positive developments in your family relationships by the end of the month.

In a Relationship: Your interactions with your partner warm up significantly. You find the right words to get closer to those you love. By the end of the month, there is a significant improvement in your private life.

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HOROSCOPES JAN 2025



Single: If you've struggled to let your heart speak and commit to a new relationship, January marks a notable improvement. You will break down emotional barriers, with the possibility of considering building a home or improving relationships with close ones by the end of the month.

Money

SCORPIO: MONEY FOR JANUARY 2025

If you've felt pressured to settle for less, pay attention to anything that might enrich your assets, such as a bonus or a potential inheritance.

Work

SCORPIO: WORK FOR JANUARY 2025

If you've recently faced difficulties in expressing your creativity, January offers greater ease in communicating your ideas. You have the chance to convey your messages with fewer constraints.

Leisure

SCORPIO: LEISURE FOR JANUARY 2025

Use your increased freedom of expression to lighten the mood and invite others to share enjoyable moments. You should particularly have fun towards the end of the month.

Key dates

SCORPIO: KEY DATES FOR JANUARY 2025

The 4th: Focus on smoother communication to warm the atmosphere with your partner. If you've tended to shut down or hit a wall in your exchanges, you can expect to reconnect.

The 13th: You seek to redefine a more free and less fusion-like mode within your duo or association. It's the time to communicate in this direction with a good chance of making creative changes.

The 17th: The flow between you and others is excellent, with cordial understanding seeming to be on the agenda. A fusion-like climate fosters grand romantic gestures, inspiring meetings, and heartfelt declarations.

The 23rd: If you aim to change direction, broaden your horizons, and spice up your commitments, you lack neither boldness nor authority to impose your rules.

The 30th: External events contribute to your personal and family growth. If you receive an offer that aligns with this, don't hesitate to jump on board; it will lead you to the right place.

Advice

Scorpio: Advice for January 2025

Start the year by warming up the atmosphere, lightening conversations, communicating more openly. Take advantage of this period. By the end of the month, things will positively evolve in your family sphere.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE FOR JAN 2025

You're exploring new interests and deepening your communication to better understand what's going on between you and your loved ones. Family issues are resolving, the atmosphere lightens, and you're reconnecting with your surroundings in a warmer way. You're evolving your daily life to enhance both personal and family fulfillment.

Mood

SAGITTARIUS: MOOD FOR JANUARY 2025

You breathe more freely and are not short of ideas or means to advance situations that have been holding you back for a while. This boosts your energy and smile, allowing you to connect more openly and warmly with your loved ones and the wider world.

Love

SAGITTARIUS: LOVE FOR JANUARY 2025

If you've recently faced difficulties managing family matters or overcoming recurring obstacles, rely on your commitment to get through it. You'll invest your talents and resources into your community, helping to warm the atmosphere. By the end of the month, things should flow more smoothly.

In a Relationship: Your efforts to support your loved ones bear fruit this month, resolving lingering issues. By the very end of the month, a mutual understanding or partnership seals this positive period.

Single: If you've struggled to thrive at home, January offers a more favorable period to smooth over potential conflicts or support those in need within your family. There's even a possibility of a new relationship or engagement towards the end of the month.

Money

SAGITTARIUS: MONEY FOR JANUARY 2025

If you need funds to support loved ones or improve your living conditions, you find them through advantageous alliances or associations. Your negotiation skills come into play.

HOROSCOPES JAN 2025



Work

SAGITTARIUS: WORK FOR JANUARY 2025

While you're mainly focused on overcoming blockages or trials affecting your family and personal life, your skills and efforts are paying off. You'll be able to highlight your achievements, with a success or recognition expected by the end of the month.

Leisure

SAGITTARIUS: LEISURE FOR JANUARY 2025

Your personal life is brightening up; take advantage of this improvement to create a lighter atmosphere and organize an event that strengthens bonds and warms the mood. Don't hesitate to take the initiative and seek support from others.

Key dates

SAGITTARIUS: KEY DATES FOR JANUARY 2025

The 6th: If you aim to convince your loved ones that your worldview and projects deserve consideration, allow them the opportunity to express their views as well.

The 13th: You find ways to align your daily life with your vision, freeing yourself from constraints that have weighed you down. The current situation liberates you and facilitates the creation of a new version of your life. No hesitation needed.

The 16th: Even though you're seemingly in control and can rely on your potentials and talents to move forward, don't be too demanding financially. Handle financial matters with care when dealing with your bank.

The 23rd: You have the energy, determination, and power to gain more freedom in being and acting. If your daily life has felt stifling, now's the time to open things up.

The 30th: Favorable partnerships and a potential sentimental commitment materialize. The end of the month promises to be joyfully shared.

Advice

SAGITTARIUS: ADVICE FOR JANUARY 2025

January unravels family tensions that have been blocking you. It's a time to invest yourself, with the prospect of a happy end to the month.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR JAN 2025

You're focusing on exploring new potentials that broaden your horizons. You improve your income and find ways to open up more rewarding exchanges with those around you. You're emerging from a period of relative isolation to warm up the daily atmosphere. You're brimming with ideas to break away from constraints that have been holding you back in your personal and creative life.

Mood

CAPRICORN: MOOD FOR JANUARY 2025

Your benevolent approach towards the world benefits you, helping you to renew tender connections and communicate creatively with various people. This opens doors and hearts.

Love

CAPRICORN: LOVE FOR JANUARY 2025

You use your enhanced personal charm to break free from the reserve that has recently affected your interactions with close ones. You handle discussions with care and rekindle more fulfilling connections.

In a Relationship: Goodbye to superficial conversations and reserve. You successfully reignite discussions, freed from the tendency to withdraw into yourself.

Single: After a period of introspection, you take the initiative and communicate your feelings more gently, opening up new possibilities for connection.

Money

CAPRICORN: MONEY FOR JANUARY 2025

Jupiter continues to favor your daily initiatives, with potential opportunities at the end of the month to improve your performance and perhaps earn a promotion.

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HOROSCOPES JAN 2025



Work

CAPRICORN: WORK FOR JANUARY 2025

Your increased willingness to communicate and ease tensions does not prevent you from demanding constructive and solid exchanges. Towards the end of the month, there may be an opportunity to enhance your status thanks to your talents.

Leisure

CAPRICORN: LEISURE FOR JANUARY 2025

Whether through warmer exchanges with others or by leveraging talents more advantageously, your daily life becomes richer. Enjoy this positive change and use it to warm up an atmosphere that has been chilly recently.

Key dates

CAPRICORN: KEY DATES FOR JANUARY 2025

The 4th: If communication has been difficult between you and your close ones recently, count on a breakthrough initiated by you. Use your personal charm to restart constructive dialogue.

The 12th: If you have a vision in mind, you're not afraid to step up and advocate for it. Your assertive tone engages your surroundings, gaining support for your proposals.

The 19th: You adopt a more flexible attitude in your communication, allowing you to convey your messages more smoothly and influence those around you.

The 21st: You dig deeper into your potentials and talents, discovering and utilizing new facets of yourself that contribute to significant gains.

The 26th: No settling for routine in love; you're keen on adding excitement and spice to your relationship. If you're single, a new meeting is on the horizon.

Advice

CAPRICORN: ADVICE FOR JANUARY 2025

Your perspective on the world is shifting. You're more inclined to see the glass as half full rather than half empty. You deserve the accolades coming your way. Don't hesitate to open yourself up to the world.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR JAN 2025

You're working with your instincts and subconscious behaviors to enable a significant transformation. Reflect on the means to break through certain barriers to thrive in your activities. Take the necessary step back to assess what needs to change to break free from stifling habits and routines.

Mood

AQUARIUS: MOOD FOR JANUARY 2025

If tempted to spend recklessly, hold back and think before acting. Let reason guide your decisions. Resisting temptations will allow you to enjoy a month where everything seems possible.

Love

AQUARIUS: LOVE FOR JANUARY 2025

You avoid excessive spending to enjoy pleasant moments, while Saturn urges you to channel your desires. Your reasonableness is key. By the end of the month, love and joy are on the horizon.

In a Relationship: By controlling your displays of affection rather than trying to impress with money, you'll have more success. Maintain control of your impulses to rekindle the flame intensely at the end of the month.

Single: Excessive behavior can be detrimental. Maintain control over your desires and wait until the end of the month to make your move.

Money

AQUARIUS: MONEY FOR JANUARY 2025

Avoid asking for too much and temper your demands as you might be seen as overly greedy. By the end of the month, opportunities expand.

Work

AQUARIUS: WORK FOR JANUARY 2025

Advance discreetly; avoid trying to impress your professional circle as they respond better to effective actions than theatrical gestures. You have a chance to shine by the end of the month.

Leisure

AQUARIUS: LEISURE FOR JANUARY 2025

Refrain from planning a casino trip as you may struggle with setting limits. Focus on reflection, and you should be able to recover by the end of the month.

HOROSCOPES JAN 2025

Key dates

AQUARIUS: KEY DATES FOR JANUARY 2025

The 6th: If your dreams and projects seem within reach, don't overestimate your means to achieve them. Stay realistic.

The 12th: Fully express your potential and talents, putting them to use for both collective and personal benefit. This should lead to achievements that meet everyone's expectations.

The 21st: Amidst transformation, rely on your personal initiatives to accelerate the process. Focus on inaugurating a new, more authentic version of yourself rather than repeating past behaviors.

The 25th: Your expanding potential and talents bring significant rewards. Put considerable energy into developing and applying them.

Advice

AQUARIUS: ADVICE FOR JANUARY 2025

Follow the guidance to control your desires and reflect before taking action. By the end of the month, you'll see that these strategies pay off and open up new avenues.

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR JANUARY 2025

You reflect on your past to gain valuable insights and move forward with a newfound maturity. Embrace your originality as you break free from your surroundings to shape the future according to your vision.

Mood

PISCES: MOOD FOR JANUARY 2025

You're more open to others and less focused on the past. Reconnect with those close to you and be ready to meet new people. Your increased charisma helps you shine and reconnect with your loved ones.

Love

PISCES: LOVE FOR JANUARY 2025

If you've felt isolated, you'll enjoy a stronger presence from your circle. Use your enhanced personal charisma to deepen your social life and consider enticing new projects.

In a Relationship: You emerge from isolation to reconnect with a more engaged and pleasant circle. Expect enjoyable moments this month, and a happy family

event is likely at the end of the month.

Single: It's time to end a necessary period of solitude and embrace the support of friends. Family renewal is on the horizon.

Money

PISCES: MONEY FOR JANUARY 2025

You won't be prone to extravagant spending. Despite a return to a more social life and warmer family interactions, you remain cautious with your finances and energy.

Work

PISCES: WORK FOR JANUARY 2025

Projects start to take shape, allowing you to move past a stagnant phase. Reignite your desire to act, communicate, and even captivate others. If you're planning to start a business or retire, this is the ideal time to take action.

Leisure

PISCES: LEISURE FOR JANUARY 2025

Don't stay holed up in your ivory tower. Your friends will reach out, and family festivities are expected at the end of the month. This will keep you busy and bring joy to your life.

Key dates

PISCES: KEY DATES FOR JANUARY 2025

The 4th: Gradually, you lay the foundation for a solid future. This is not a time for improvisation but for a determined and wise evolution.

The 13th: You refuse to conform to others' or societal expectations. You're forging your own path and resisting outside influence.

The 19th: Share your vision for the future with your circle. Convince them that your choices are best, and your depth will impress.

The 23rd: Expect dynamic exchanges as you are determined to convey your messages. Your charm, determination, and originality will make a strong impression.

The 30th: Act discreetly, take time to reflect, and refine your strategies for improving family dynamics and thriving in a warm and supportive atmosphere.

Advice

PISCES: ADVICE FOR JANUARY 2025

This month supports pleasant reconnections with friendly or family circles that welcome you warmly. Don't hesitate to step out of your shell.

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.

WE WERE MADE FOR THESE TIMES



Clarissa
Pinkola Estes

... from page 33

Even if your puny little ego wants to contest the enormity of your soul, the smaller self can never for long subordinate the larger Self. In matters of death and rebirth, you have surpassed the benchmarks many times. Believe the evidence of any one of your past testings and trials.

Here it is: Are you still standing? The answer is, Yes! (And no adverbs like “barely” are allowed here). If you are still standing, ragged flags or no, you are able. Thus, you have passed the bar. And even raised it. You are seaworthy.

...In any dark time, there is a tendency to veer toward fainting over how much is wrong or unended in the world. Do not focus on that. Do not make yourself ill with overwhelm. There is a tendency too to fall into being weakened by perseverating on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails.

We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us and guide us, and we will know them when they appear. Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater?

Didn't you ask for grace? Don't you remember that to be in grace means to submit to the Voice greater? You have all the resource you need to ride any wave, to surface from any trough.

...In the language of aviators and sailors, ours is to sail forward now, all balls out. Understand the paradox: If you study the physics of a waterspout, you will see that the outer vortex whirls far more rapidly than the inner one. To calm the storm means to quiet the outer layer, to cause it, by whatever countervailing means, to swirl much less, to more evenly match the velocity of the inner, far less volatile core - till whatever has been lifted into such a vicious funnel falls back to Earth, lays down, is peaceable again.

One of the most important steps you can take to help calm the storm is to not allow yourself to be taken in a flurry of overwrought emotion or despair - thereby accidentally contributing to the swale and the swirl. Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.

Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely.

It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts - adding, adding to, adding more, continuing. We know that it does not take “everyone on Earth” to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

...One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times.

The light of the soul throws sparks, can send up flares, builds signal fires ... causes proper matters to catch fire. To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others, both - are acts of immense bravery and greatest necessity.

Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do.

...There will always be times in the midst of “success right around the corner, but as yet still unseen” when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it; I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours: They are the words and deeds of the One who brought us here.

In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But ... that is not what great ships are built for.

...This comes with much love and prayer that you remember Who you came from, and why you came to this beautiful, needful Earth.”

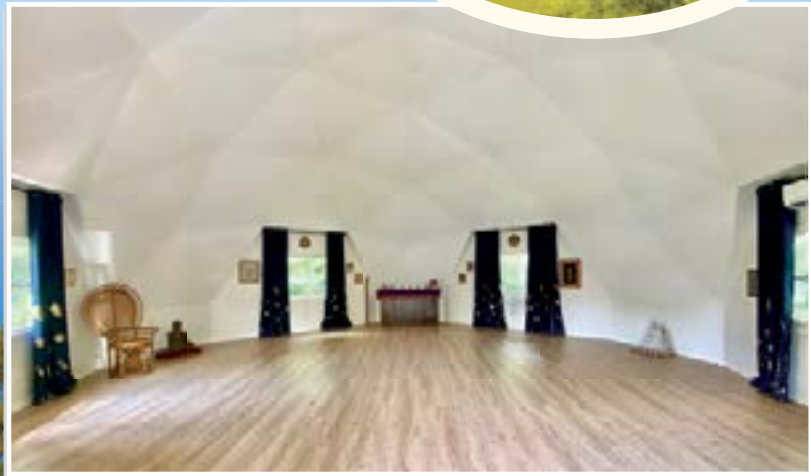


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