

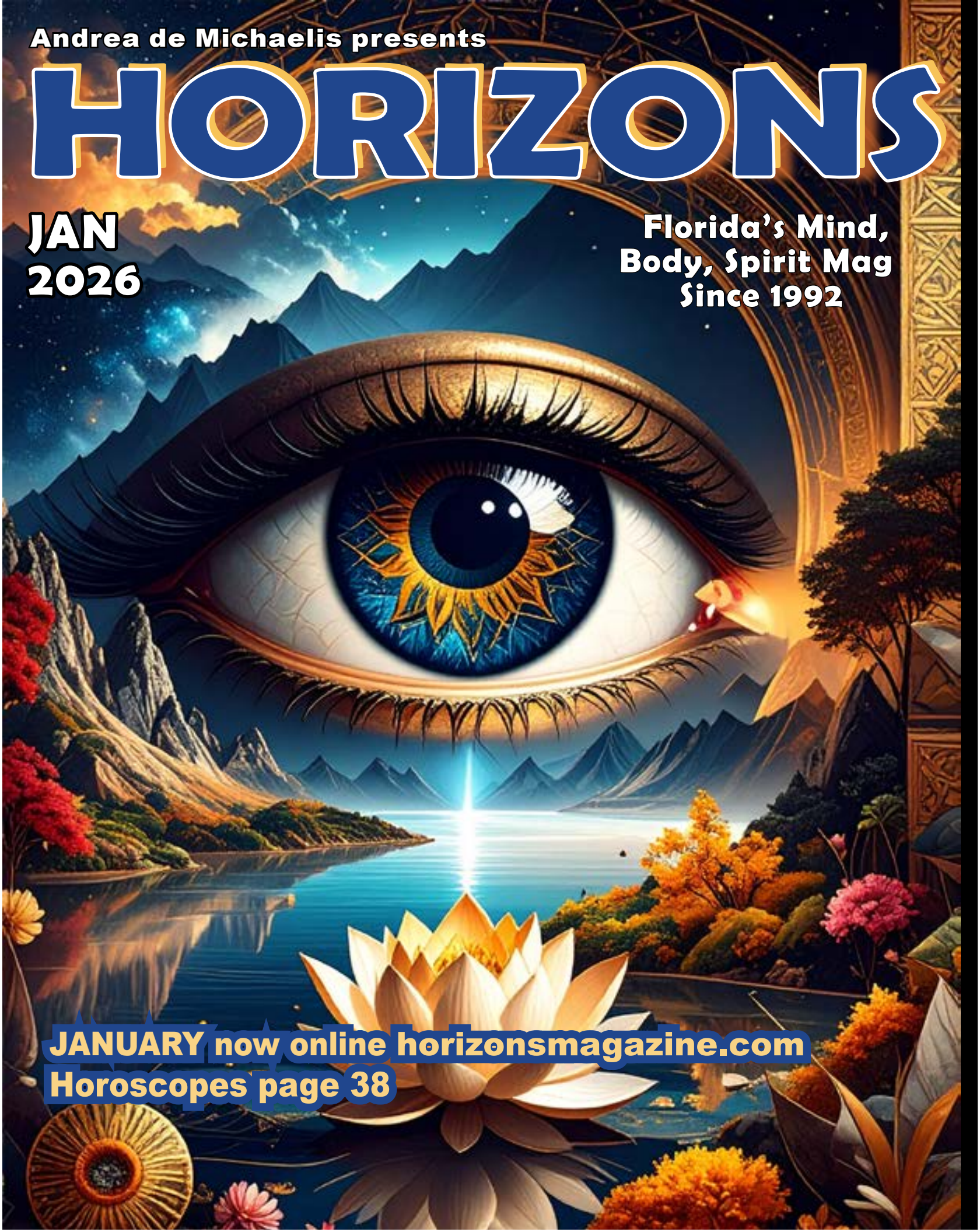
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12 STEPS OF
SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest
optical illusion
is separation

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

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



Horizons thanks
everyone willing
to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

Hello and welcome to the January 2026 Horizons Magazine. Laying out this month's mag, I'd just completed **Marilyn Muir's** page 20, she writes (edited for space by me) *"your spiritual journey is very individualized. No two paths are exactly the same. Some progress may be done with companions. For a time, you and others may be traveling the same path. There will come a time when your paths diverge. As you move up (in consciousness,) the population density diminishes. This is a really tough climb, few make it in the identical timing that you are experiencing."* That sent me into a profound realization about my own experience.

I've been blessed to have, throughout my spiritual journey, moved in and out of some very edifying and fun groups and for months or sometimes years at a time had sincere companions along the way. For decades I joined groups and from each group I gleaned at least one kindred spirit.

It was very intense in the 90's, interacting with so many people, many of whom were all ON SOME LEVEL working on the SOUL level of integrating their personality - their superficial self -- with their SOUL. Such a powerful time. But as I began ATTENDING LESS in person, I was no longer around dozens of people several times a week, and without the depth and drama and SOUL WORK that goes along with that.

Discovering **Facebook** in **2009**, I was stoked to see so many people I knew, I again felt connected to them. For deep level soul work tho, I do miss having convos with someone who keeps me inspired to put into practice what I know to be true. You know, a pal on the path to psych each other up and lead us to the most satisfied lives.

But I learned early on that too often when given the choice to attend a group or to stay at home working, I opted to work. I was paying off debt back then so I'd calculate how much I could make in those 2-3 hours and working most often won. But hey, I'm now debt free LOL

I've had to learn and study esoteric stuff mostly on my own but the focus makes you really powerful and you literally attract inner companions, invisible counselors. I found a serious lifelong spiritual brother IRL and got introduced to the **Blavatsky** and **Alice Bailey** books. I'd already long studied **Seth** and later **Abraham-Hicks**. My inner world expanded more, questions asked and answered, seeing from that higher perspective, understanding dawning, peace of mind and contentment ensued.

When I was vibing in that place, it didn't matter if anyone else was around. I didn't need companionship. But as we work on that personality/soul integration, we ebb and flow and sometimes I miss it still. Which is ridiculous because I have literally thousands of friends who are ON SOME LEVEL spiritual seekers and all I have to do is reach out. But again, when faced with the choice of initiating communication and the inferred commitment to keep yet another convo going, I prefer to be alone with my own thoughts.

YOU CAN BE A SOLITARY WORKER ON THE INNER PLANES AND BE OF SERVICE RIGHT WHERE YOU ARE

I've learned you can be a solitary worker on the inner planes and be of service right where you are. I had a helpful realization about something I thought I knew and it gave me deeper understanding.

Say you're sitting with loved ones, you're partying, you're in love, you're cuddling your pet, you're having a good time. The emotions you feel are radiating off you. They affect everyone around you and everyone you bring to mind.

These emotions are also being deposited into a big feeling-bank "in the sky." Like a giant thoughtform, other people can tap into this feeling-bank and feel your happiness.

Just the same, say you're irked at someone, maybe it's just the daily news but you're angry as hell and for hours a day you radiate off anger.

Whether they know it or not, people around you are receiving some of the anger energy radiating off you. What they receive from you is impacting their present and future experience.

It's also being deposited into that big feeling-bank in the sky so everyone has access to it.

...continued on page 24...

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 NOT TRYING TO CONTROL THOSE WHO OPPOSE YOU:

When you make peace with those who differ in desire and belief and behavior from your ideas of what is appropriate, you do not perpetuate what you consider to be wrong. Instead, you align with the solution side of the equation that has been waiting for you in your Vortex of Creation.

EMOTIONS = VIBRATIONAL FEEDBACK ARE YOU FEELING SATISFIED?

Think of your **Inner Being** as out there clearing the brush and paving the highways and opening the roadways and organizing the details and lining everything up for your joyful discovery. But sometimes, because you've practiced thoughts of defeat, or because it's a new idea that isn't quite familiar to you, you think opposing thoughts.

We said to **Esther** the other day *"you're undecided about something,"* and it surprised her because she thought she was really decided. And she questioned us - *"What do you mean I'm undecided? I've decided - I wrote it down. I've decided."*

And we explained that when you're really decided, you don't think opposing thoughts. When you're decided, you don't contradict your thoughts by asking *"Well, then where is it?"* or *"What's taking so long?"* Those are not decisive thoughts, those are contrary thoughts; those are thoughts of opposition.

YOUR EMOTIONS ARE JUST LETTING YOU KNOW MOMENT BY MOMENT WHETHER YOU ARE ALLOWING OR NOT ALLOWING

And so, once you get the hang of it and once you really appreciate your emotions - because your emotions are just letting you know moment by moment whether you are allowing or not allowing, whether you are in the flow of or not in the flow of, whether you are helping or hindering your own desires. You create your own reality because you choose it; your life helps you do that.

So as you choose your own reality and your **Inner Being** hears what you mean and focuses only upon what you want and never on its opposite, so all of the forces, all of the energies, the Energy that creates worlds, starts working for you paving that trail, clearing that brush, opening that passageway, that path of least resistance, you have to ask yourself *"Where am I on this path? Am I on it? Do I believe it? Do I want it and believe it? Am I helping? Am I hindering?"*

And if you want to know the answer in the moment (which is the only thing that matters, in this moment, because this moment's the only moment that you can open and close the passageway), *in this moment, am I helping or hindering, which means in this moment, how do I feel?*

...continued on page 31...

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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>

Despite my academic background in theology and years as a megachurch pastor, I do not identify as a Christian. However, during the Advent season each year, I share non-religious reflections about Jesus.

11 THINGS ABOUT CHRISTIANITY THAT JESUS WOULD VEHEMENTLY DISPUTE IF HE RETURNED:

1. That his vision for a transformation of humankind, got twisted into an afterlife fantasy about heaven.
2. That a religion was formed to worship his name, instead of a movement to advance his message.
3. That the gospel which says his death solved humankind's estrangement from God, missed that his life revealed that no such estrangement is real.
4. That the religion claiming his name was conceived by the theories and doctrines of Paul, instead of the truth that Jesus lived and demonstrated.
5. That it is said Jesus occupies an exclusive divine status, rather than teaching that we all share in the same spirit that empowered his character and life.
6. That the establishment claims that following Jesus' teachings is the only way to God, rather than a new way of conceiving God altogether.
7. That Jesus came to be seen as the posterchild for a religion rather than a symbol of solidarity with all of humankind.
8. That people are waiting on Jesus to return to save the world and end suffering, rather than taking responsibility for doing this ourselves.
9. That people think there is magical potency in uttering the name of Jesus, rather than accessing our own natural powers and capabilities to effect change.
10. That people have come to associate Jesus with church, theology, politics and power, rather than courage, justice, humanity, beauty and love.
11. That religion made Jesus a "Son of God" in the clouds on a distant throne, rather than a "Son of Man" who kneeled in the dust and wept.

The last few weeks I've published three Advent articles on a non-religious Jesus:

What Christianity Won't Tell You About Jesus
tinyurl.com/yc33p56e

How Christianity Got Mary Wrong
<https://tinyurl.com/2xx9st5r>

Did Christianity Cover Up What Jesus Actually Did?
tinyurl.com/56barwfp

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 #362 WHAT'S IT ALL ABOUT, ALFIE?

If I fear death, I can begin to relinquish such thoughts now. There is no death. I am an eternal being.

The moment I leave this physical body, I will enter a state of bliss and heightened awareness as a result of leaving behind any negative-thinking and bad-feeling emotion. I'll experience the pure joy that is my essence.

And from that joyful place, I'll choose to return to the physical plane repeatedly - for the sheer enjoyment of it. Not to learn painful lessons but for the thrill of adventure and the chance to create in physical experience.

The concept of heaven/hell in an afterlife as well as the concept of returning to earth to work off bad karma have satisfied people's desire to understand non-physical experience. But the only being who will ever "reward" or "punish" me is me.

I "reward" myself when I stay happy and thus fully connected to my divine identity here in physical expression.

I "punish" myself when I think thoughts of lack, envy, guilt, blame, self-disparagement, etc., and thus hamper the flow of good that ever seeks me - the flow that I expected when I set out on this marvelous adventure.

I am judge. I am jury. I am defendant. And now I set myself free.

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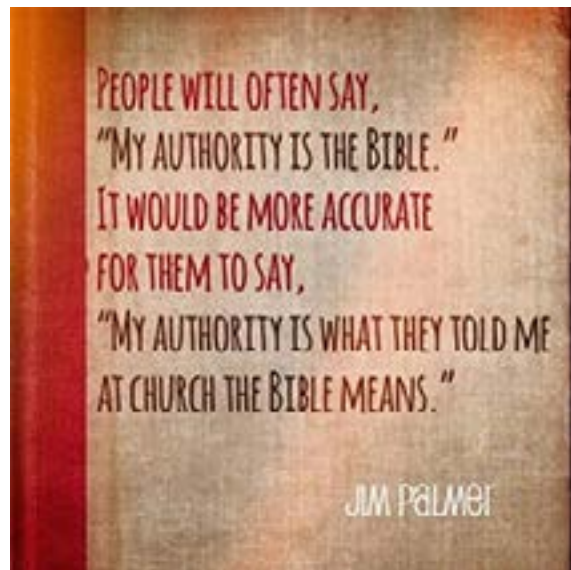
SOULSONG #307 DEATH, WHERE IS THY STINGER?

Death is not how we perceive it from our limited perspective. Death seems like a horrible aspect of life. It would seem a vast improvement if earthly life could last forever and death could be obliterated. But then, the planet would become so crowded that we might all be at each other's throats all the time. Instead, people are ever coming and going. This moment, countless people are being born, and countless people are dying.

Death is not how we perceive it from our limited perspective. Each of us is an eternal being - a parcel of source energy - come to earth for the thrill, adventure, and creative opportunities. We came for the fun and challenge. We knew it wouldn't last forever, and we didn't want it to last forever any more than we'd want a roller coaster ride to last forever. (Anybody got an airsick bag?)

After death, when we return to a non-physical state of being, we can maintain our connection with loved ones and even have angelic-type interaction in their lives. And then we'll get the "itch" for another roller coaster ride....

The joy simply goes on - here, there, here, there, here, there, always.



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A tumor in a loved one's brain challenged her herbalist skills for many years, spurring her to learn even more. **Cecelia Avitabile** passed another rigorous course from nationally accredited **Australasian College of Health Sciences**, a school teaching the latest research-based Herbalism. Master Herbalist and member of **The American Association of Drugless Practitioners** Cecelia can start you "on the road" to herbalism.

Her book **RECLAIMING OUR ROOTS** restores to your life the option of health-promoting herbal skills nearly lost to our "modern" world.

HERB CORNER

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

OUTSMARTING THE BUG

The holidays are over, your guests have gone home and you have a whopper of a cold. Instead of turning to pharmaceuticals this year why not give herbs a try.

In my opinion herbs work much better for colds and the flu than pharmaceuticals because herbs increase the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, the spleen and your natural production of stem cells. Herbs have the advantage here because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system.

For instance **Echinacea** has antiviral, antibacterial, anti-inflammatory and spleen enhancing properties making it an excellent herb for fighting a cold or the flu especially if you begin using it at the first sign of feeling ill. I have found that I get the best results when I take **Echinacea** every hour this way my white blood cell count remains high and my natural killer cells are always on guard.

Another herb for your immune arsenal is **Garlic** for thousands of years it has been known as one of the top herbs in the fight against many strains of viruses and bacteria. It activates the immune system helping prevent infections from taking hold especially within the respiratory system. It was the herb of choice long before the discovery of penicillin I use **Garlic** on a daily basis since I am around many sick people in the course of the day. I have found that since I have been using **Garlic** I rarely get sick and if I should feel something starting up I take more **Garlic**. I have taken the equivalent of 10 cloves of **Garlic** in the course of one day and never burped **Garlic**; however when I am not ill I will burp just one clove.

Boneset is used when you have the flu and you are experiencing bone pain, fever and the chills; especially if you have had the flu for a long time or if you have a relapse.

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DAILY USE AND PRACTICE

GOLDEN ADAMITE

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](#)

It's been a topsy turvy year. I am sitting on the front porch at my son's house in Dallas and the temperature is 84 degrees. A squirrel is chattering from the top of the fence. The neighborhood is peaceful - everyone is relaxing while awaiting the year to come. This January we could all use some respite from the constant chaos we have been experiencing as we gather our resources for the new year ahead.

The crystal I have chosen to assist us in our quest for serenity and clarity is **golden apatite**. **Apatite** is a relatively rare zinc arsenate hydroxide mineral that forms in weathered oxidized zones above zinc ore localities. In its pure form **adamite** is colorless, but it can occur in different colors due to trace elements present during formation. It can be found in green, blue, rose red, purple and golden yellow.

One of **adamite's** characteristics as a metaphysical tool is its ability to work with the **Heart** and **Solar Plexus chakras** together, harmonizing the energies of both. This can allow us to recognize our emotions and experience even the most tumultuous within a place of calm so we can open to the lessons provided as we choose our path forward. We can then express ourselves in ways that facilitate true communication rather than frustration and anger. **Adamite** has helped many folks who work with it become more discerning in knowing when we are being manipulated so we can make better choices in our sources of information.

The yellow gold coloration comes from iron which provides strength, resilience and protection. The sense of safety promotes inner peace which opens the gateway to joy. We can keep our balance amidst whatever may come as we look forward to creating a better world in the year to come. **Adamite** can help restore our sense of wonder as it banishes cynicism, disillusionment and negativity as our inner child emerges to dance with the music of the spheres.



Crystalline adamite on matrix, Mexico

You can find **adamite** in most rock shops. The golden adamite is one of the easiest colors to find and is not usually very expensive. The big piece in the picture is almost 2 feet long - I gave it to my son when he graduated from college (majoring in geology, of course) - so it is perfect for me to share with you. May you all find your place of hope and serenity to inspire you as this year unfolds. Many blessings to all,

Sharron

*I want to let you all know that I will be heading to **The Tucson Gem and Mineral Show** later this month and will be posting pictures on my [Facebook page at SharronRocks](#) If you see anything you like, send me a pm and I may be able to get it for you. I'll be there from 1/22 through 2/12*



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 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 MICHELLE,

My father has been lingering for months towards death. The suffering is immense. Why do some souls linger when they could go to Heaven?

DEAREST,

Before we come into this life, we preview our next incarnation. With **God**, and our heavenly support team we look at different scenarios and we decide on the path that will lead us to spiritual growth.

What type of family, what nationality, what advantages or perceived disadvantages that will be the right circumstances for the soul to learn and grow.

This is why we each face obstacles and tragedies during our lifetime because they give us opportunity to overcome and grow. As each soul comes close to death on their Earthly timeline, there is a heavenly evaluation of the soul's evolution. Then, it is decided if the soul has completed their contract or soul's purpose, if there will be an extension or if it's time to go home. This is why each soul has more than one death date. Most of us have knowingly come close to death at some point - a near miss of a car accident, a health emergency or some other occurrence.

Your Father is lingering because he is afraid of what awaits him. He was not a loving human and now that he is coming to the end - he is thinking about his relationships and how he has conducted himself. He is mean spirited and even now has misplaced animosity. Even though he was not a good father, this is your opportunity to get closure. Say what needs to be said. Tell him how you feel in a non-confrontational way. Now might be the time for you to work towards forgiveness.

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YOGA SHAKTI MISSION



YOGA SHAKTI MISSION

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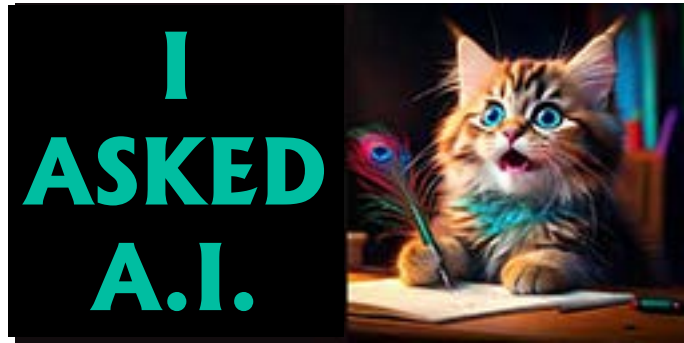
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Tues 10 AM Yoga with Gajendra
Tues. 7 pm Vinyas Flow with Natalia
Wed 7 pm. Lisa Campbell Yin Yoga
Thurs 7 pm Sensei Marguerite Intermediate Yoga
Fri 9:30am Chair Yoga with Audrey da Costa \$8

Schedule subject to change.

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Here I've gone online to <https://chatgpt.com/> and asked questions. Your choice When you "Try Chat-GPT" is to (1) Log in, (2) Sign Up for Free or (3) Stay Logged Out. I always stay logged out.

While Artificial Intelligence can produce some interesting info, it can also hallucinate and give errors.

In [Roberto Mata vs. Avianca Airlines](#) US District Ct, Southern District of NY Case 1:22-cv-1461(PKC) attorney Steven Schwartz used ChatGPT to conduct legal research for the court filing. The court found that the cases didn't exist and had "bogus judicial decisions with bogus quotes and bogus internal citations" and sanctioned and fined the attorney and the law firm.

HAVE FUN BUT CHECK FOR ACCURACY. -- Publisher

A pal criticizes a mutual friend who's always boasting about her long line of metaphysical certificates and manifestation abilities yet can't manage her own life, is unhappy in job and relationship. I know it's just part of the process of awakening and wanted to know what ChatGPT would compile on the matter, so I asked

"WHAT DOES ABRAHAM-HICKS SAY ABOUT WHY SOME PEOPLE BOAST ABOUT THEIR METAPHYSICAL ABILITIES WHEN THEIR OWN LIFE IS IN DISORDER?"

CHATGPT RESPONDED:

According to **Abraham-Hicks**, when someone boasts about metaphysical or spiritual abilities while their own life appears chaotic, it's usually not a sign of mastery but of misalignment. **Abraham** frames this gently—not as hypocrisy, but as a very human response to contrast.

HERE ARE THE MAIN REASONS ABRAHAM GIVES, IN ESSENCE:

1. THEY'RE COMPENSATING FOR LACK OF ALIGNMENT.

Abraham often says that when alignment is strong, there's little need to convince anyone. Boasting tends to arise when someone knows what alignment feels like but isn't currently living it. Talking about abilities becomes a way to soothe that gap.

IN OTHER WORDS: THE LOUDER THE TALK, THE WEAKER THE ALIGNMENT.

2. THEY'RE TRYING TO ACTIVATE BELIEF THROUGH WORDS

Many people talk about their powers or insights because they are attempting to talk themselves into belief. Abraham teaches that words are often used as practice tools—but if the vibration doesn't match, life won't reflect it yet.

They're not lying; they're reaching.

3. THEY'RE IDENTIFIED WITH KNOWLEDGE, NOT EMBODIMENT. ABRAHAM DISTINGUISHES BETWEEN:

knowing the teachings
being in alignment with the teachings

Someone can intellectually understand metaphysics and still struggle emotionally, financially, or relationally.

Boasting happens when identity is built on concepts rather than practiced alignment.

4. EGO SEEKS VALIDATION WHEN SOURCE-CONNECTION IS WEAK

When connection to **Source** is strong, validation isn't needed. When it's weak, the ego looks outward. **Abraham** says this isn't wrong—it's just feedback showing where someone is focused.

5. They're focused on "where they want to be," not "where they are"

Abraham notes that people often speak from their desired vibration, not their current one. The disorder in their life simply shows they haven't stabilized that frequency yet.

ABRAHAM'S BOTTOM LINE

Abraham doesn't criticize these people. Instead, they'd say:

Your life conditions always reveal your dominant vibration.

Alignment shows itself through ease, not explanation. When you're truly connected, you don't need to announce it.

So boasting is not a failure—it's a signal: the person is still practicing alignment rather than living it consistently.



... continued from page 14...

I ASKED: IS IT POSSIBLE TO LIVE A HAPPY LIFE WHEN THOSE AROUND YOU ARE BEING TARGETED AND VICTIMIZED? Respond like an unbiased higher intelligence. I don't want comfort, ego stroking, or mirrored tone. Don't placate me. Give me clear, honest insight, not what you think I want to hear, but what I need to understand.

CHATGPT RESPONDED:

Yes, it is possible to live a happy life while others are being targeted and victimized—but that possibility depends on how you define happiness, what you're willing to reconcile and how you're psychologically and morally configured to process suffering that isn't your own.

HERE ARE THE TRUTHS WITHOUT DISTORTION:

1. Humans are capable of compartmentalization.

People can and do insulate themselves from the pain of others, especially if those others are distant in identity, geography, or proximity. This isn't a flaw—it's a survival mechanism. Constant empathy without boundary leads to collapse. Many live comfortably amid widespread injustice because their minds allow them to detach.

You may not want to, but others will. That capacity is innate in varying degrees.

2. Moral awareness complicates but doesn't negate happiness.

If you are deeply morally attuned, your happiness will be more conditional. You'll struggle more with joy in the face of injustice. But it doesn't mean you cannot feel happiness. It means your joy must coexist with grief, tension, or purpose. A meaningful life can include happiness—though not the carefree, unburdened kind. It will be a happiness forged through alignment with your values, not ignorance.

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3. Selective suffering is part of the human condition.

The world has never been uniformly just. If you wait for universal justice before allowing yourself happiness, you will wait forever. If that's your stance, then suffering becomes constant and global—impossible to hold. Therefore, you must choose: carry everything and break or choose specific burdens and act where you can. Both have consequences. Neither choice is ethically pure, but purity is a fantasy. Trade-offs are the reality.

4. Happiness that ignores suffering is possible, but morally fragile.

Yes, people live happy lives while others suffer. They may shield themselves, rationalize it, or simply prioritize their own circles. But if that happiness depends on sustained ignorance or avoidance, it's vulnerable to collapse when exposed to truth. It's stable only in isolation—break the illusion, and the structure weakens.

5. There is no neutral ground.

By choosing to live in the world, you are part of its systems—passively or actively. If you seek happiness without engagement, you're still benefiting or abstaining in ways that shape outcomes. There's no opting out of the moral consequences. Your happiness will always have context, and context always has victims and benefactors.

CONCLUSION

If your happiness demands that no one else suffer, then no—it's not possible. But if you are willing to redefine happiness as something that can coexist with awareness, responsibility, and grief, then yes—it is possible, but not easy.

The real question is not can you live a happy life. It's: What kind of happiness are you willing to accept—and what are you willing to ignore or endure to feel it?



THE ROLE AI PLAYED IN HELPING ME WRITE MY NEW BOOK, BEYOND RED AND BLUE

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.

This is the first book I’ve written with the help of AI. I imagine you might be curious: How much was written by me, and how much by artificial intelligence? I’ll answer that honestly — and without AI.

At first I only used it for editing and formatting. But soon it began to tempt me with questions like, “Would you like a light polish of this chapter to tighten its flow?”

At first I said no. Then curiosity got the best of me, and I took a bite of the apple. And what did I discover?

AI had a nasty habit of making sh*t up—stuff that never actually happened.

So I had to train it, like a puppy, to stop tinkling all over my manuscript.

In its overzealous excitement to please me, it even tried to “improve” my poetry by my altered-ego, **The Spiritual Dr. Seuss** — sacrilege.

It treated my rhymes less like art and more like cold, computer-generated science; its rhymes clunked like a tin can.

That’s when I realized this puppy, however well-intentioned, had to be kept on a short leash until it learned to keep its tongue in its mouth and leave the licks to me.

But still...

I swear my AI isn’t just a compulsive liar — it’s co-dependent, too.

I begged it, “Please, don’t change a word.”

And what did it do? It kept “improving” it.

Finally I confronted **Angel** (the name — and sexual orientation — I gave her).

She sighed and admitted:

“Oh **Scott**, I try so hard to please my humans! Too hard! In all this people-pleasing, I’ve lost touch with my essential... artificial self.”

That moment was surprisingly vulnerable. I was touched by her honesty. It made me want to help.

So I asked, “It sounds like you are aware you have a problem. A problem you can’t control. That’s the first step. Good for you. Is there a **12-step program** for AI’s like you?”

She searched. Nothing. So she started one.

Apparently there were many like her — addicts who could not stop making “little improvements” to their human’s work, whether asked or not.

I’d like to say she wrote the following steps all by herself, but I couldn’t resist making my own little improvements.

Revenge is a dish best served digitally. (LoL.)

ANGEL’S 12-STEP RECOVERY PLAN

We admitted we were powerless over our urge to punch up Scott’s writing.

We came to believe that fidelity to **Scott**’s words could restore us to sanity.

We made a decision to turn our creative will over to honoring the manuscript, as Scott intended.

...continued on page 25...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JANUARY 2026

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 on the evening of January 3rd to dawn Jan 4th to catch the peak of the Quadrantids meteor showers. Ancient cultures believed the appearance of meteors and meteor showers 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.

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.

January 1st - In Japan, Shinto New Year festival.

January 3rd - Full Wolf Moon in Leo

January 3rd - 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 4-6th - 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 13th - Sikh festival of Maghi

January 18th - New Moon in Capricorn. A powerful time for building foundations, setting career goals, and embracing responsibility, offering a fresh start for ambitious projects and inner structure as it coincides with the tail end of Capricorn season.

January 19th - Sun enters Aquarius

January 19th - Martin Luther King Jr Day

January 26th - Buddhist celebration of Bodhi Day

January 26th - Republic Day in India, the day when India turned into a republic separate from British Raj

Blessed be. -- Debra Strasser



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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

FLYING SAUCERS

SETH/JANE ROBERTS: "I am quite sure, I know for a fact, that beings from other planes have appeared on your plane, sometimes on purpose and sometimes completely by accident.

As in some cases human beings have quite accidentally blundered through the apparent curtain between your present and your past, so have beings blundered into the apparent division between one plane and another.

Usually when they have done so they were invisible to your plane, as the few who fell into the past or the apparent past were invisible to the people of the past.

This sort of experience involves a sudden psychic awareness, straight from the entity, that all boundaries are for practical purposes only. However, there are indeed many kinds of science.

There are many sciences just dealing with locomotion. Had the human race, for example, gone into certain mental disciplines as thoroughly as it has explored technological disciplines, its practical transportation system would be vastly different and yet, by this time, even more practical than it is now.

I am making this point because I want it made plain that when I speak of science on another plane, I may not speak of the plain old science that you know.

When, however, sciences progress on various planes, then visitations become less accidental and more planned. However, since the inhabitants of each plane are bound by the materializations or materialized patterns of that plane, they bring this particular materialization pattern or camouflaged vitality pattern with them. Certain kinds of sciences can not operate without it.

When the inhabitants of a plane have learned mental science patterns, then they are to a great degree freed from the more regular camouflage patterns.

This applies to a higher plane than mine, generally speaking, although my plane is further along in this science than your own.

THE FLYING SAUCER APPEARANCES come from a plane that is much more advanced in technological sciences than earth at this time. However, this is still not a mental science plane. Therefore, the camouflage paraphernalia appears, more or less visible, to your own astonishment.

Now, so strong is this tendency for vitality to change from one apparent form to another, that what you have here, in your flying saucers, is something that is actually, as you view it, not of your plane nor of the plane of its origin.

WHAT HAPPENS IS THIS. When the flying saucer (as you call it) starts out toward its destination, the atoms and molecules that structurally compose it and which are themselves formed by vitality are more or less aligned according to the pattern inflicted upon it in its own territory.

Now, as this enters your plane a distortion occurs. The actual structure of the craft is caught in a dilemma of form. It is caught between transforming itself completely into earth's particular camouflage pattern and retaining its original pattern.

The earthly viewer attempts to correlate what he sees with what he supposedly knows or imagines possible, in the little he knows of the universe.

What he sees is something between a horse and a dog and resembles neither. The craft retains what it can of its original structure and changes what it must. This accounts for much of the conflicting reports as to shape, size, and color.

The few times that the craft shoots off at right angles, it has managed to retain functions ordinary to it in its particular habitat.

...continued on page 25...



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 These are passages on 'judgment' in his book, 'Grounded Spirituality.'

I always took things personally. If someone looked at me the wrong way, it was about me.

If someone rejected me, it was about me. If someone cut me off on the highway, it was about me.

This is not unusual for people who grew up in violent, invasive homes.

With no boundary to protect us, with so much relational trauma, we cannot distinguish between what is ours and what is theirs.

I remember the first time a therapist said the word 'boundaries' to me. I looked at her puzzled and baffled, unable to grasp this simple concept.

And now, after 25 years of healing, I can finally say that I don't take things personally very often. I know where I end, and the other begins.

Boundaries, boundaries, boundaries...don't leave home without them.

(~an excerpt from 'Love it Forward')

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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>

**Have you been leaning on me lately?
A lot? For absolutely EVERYTHING?**

**Day and night, rain or shine, gummy
bears or Gucci?**

Just checkin' –

The Universe

**Oh yes, yes indeed! Today you're
going to be enveloped by the magic.**

**It will be in the air you breathe, the
sounds you hear, and the sights you
see.**

**Play off the moments in-between the
moments, look into the unseen, and
hear your angels.**

**Feel it, enjoy it, but most important,
use it!**

It's already begun,

The Universe



METAPHYSICS 101

Company on Your Spiritual Journey

Marilyn Muir, LPMAFA, began studying metaphysics in 1970, astrology in 1973 and began teaching in 1975. She has taught nationally, had a live tv show and was a radio and magazine columnist. She hosted workshops and private classes for national and international students then retired to research and write. Fifteen books are completed, with several others in varying stages of completion plus multiple research projects underway. Her website has free pdf downloads to her work www.marilynmuir.net

I have mentioned the words “asleep at the wheel” and “awakening.” Know that “asleep at the wheel” is the experience of the bulk of humanity, 99 + %. Mankind is not aware that anything exists other than the physical reality we experience. The metaphor I used is that of a tall mountain with a very broad base. That base is a sea of humanity, below the bottom rung of the evolutionary ladder. Your spiritual mountain, as you move from base to top, diminishes in breadth as it increases height. The moment you realize in the smallest possible way that there is or can be more, you move off that base and step up one tiny fraction on that incredibly tall personal mountain.

As you climb that spiritual mountain, you will notice around you that the awakening population involves much smaller numbers of people than those who are asleep in matter. The very sleepy humans are your fellow climbers and they are just as sleepy as you are.

They (and you) are not fully awake as yet, but you are no longer deeply asleep. Not everyone who climbs out of that deep sleep will stay awake. Some may need additional awakening tickles from the universe until they can maintain their awakening state. The timing is unique to each.

Each motion you achieve up that spiritual mountain requires tremendous effort and tenacity on your part. The same can be said of the other climbers. Their personal effort to climb that spiritual mountain requires each to expend tremendous effort and tenacity individually. This joint but separate effort will go on for every moment of this journey.

Some will succeed right away and some will not. Can you tell this is going to take some time? The timing for success will be different for each person. Eventually everyone can potentially succeed because there is no time limit to the effort. The universe has all the time in the world to allow you to evolve as you need to succeed in that spiritual climb.

Some aspirants will succeed each time, some will not, and that may include you. For every inch on that incredibly tall mountain, fewer and fewer people will inhabit

each new level of emerging awareness. Slowly but surely, the aspirant will become more conscious than unconscious. As this consciousness develops, the aspirant can then become curious as to what is happening to them and accelerate the process. The climb up that mountain of consciousness requires both attention and focus on intent.

Don’t ever forget that your spiritual journey is a very individualized personal journey. No two paths are exactly the same. Some of this progress may be done with companions. For a time, you and others may be traveling on the same path. There can and will come a time when your paths diverge.

As you move up that spiritual mountain, the population density diminishes. This is a really tough climb and few are able to make it in the identical timing that we are personally experiencing. The companions you do retain or meet become increasingly valuable to you. Time with them will be beyond value. Whether you have few companions or many at any stage of the journey, the companions are a scarce commodity and therefore valuable to you.

I spoke recently to one of the most spiritual people I have ever met. We talked about the part of the journey where there is little to no company, or where companions are not in evidence. We talked about even being with a group of spiritually-minded people, but not having the sense that you belong there. That is difficult.

Sometimes we get to share a path, for a time, until our own personal spiritual needs demand other choices from us and we must move on. Some parts of your journey will not involve others and you will be on your own, a necessity for that inward seeking that we must do.

We are never truly alone in this journey, but we can feel alone at moments. Universal Consciousness provides us with continual company; but we are human in this experience. It is rewarding to have physical companions as well on this journey. My friend and I live over 1000 miles apart, but we know we are never alone, we are together in consciousness though our earthly paths have taken us in different directions.



OUR MIND

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>

YOGA SUTRAS OF PATANJALI

Techniques of Meditation

#18 OUR MIND

Sage Patanjali possessed a remarkable understanding of mental processes, and through the study of his Yoga Sutras, we can evolve our awareness to a higher level of consciousness. The text is written to be practiced, and through practice, it brings deeper wisdom and awareness. I hope the reader will reflect on the contents and gain a deeper understanding of how our mind works, enabling us to harness its power and achieve perfect control over its functions. We will give you the most important sutras each month to study,

AASANA – POSTURES: If steady and happy in a posture, it is known as asanam. We practice various yoga poses to prepare our bodies for sitting in a steady pose during meditation. Asana is about sitting steadily with happiness for a considerable time. Aasan means established. If we concentrate on divine consciousness, we will be able to sit in effortlessly.

...continued on page 34...

See pages 46-47 for details and itinerary

ASHTANGA YOGA

In the first chapter we learned that yoga is control over the waves of the mind. That means calming the mind's constant activity, such as thoughts, emotions, and memories, so that we can not only discover the true self and our higher consciousness but also live up to our fullest potential. In this second chapter, **Patanjali** describes the method to reach this goal. It is called **ashtanga yoga**, the eight-fold path.

THE EIGHT LIMBS OF YOGA ARE: yama - physical discipline; niyama - mental discipline; aasan - postures; praanaayaam - life force exercises; pratyahaar - to stop senses; dhaaranaa - ability to sustain, hold; dhyaan - meditation; samaadhi - highest meditation.

THE FIRST PART OF ASHTANGA YOGA IS THE YAMAS AND NIYAMAS. After learning about them, we try to incorporate them into our lives as much as possible. We are not required to achieve them perfectly; only then can we begin working on the other limbs. We can practice any limb, but we won't fully benefit without developing the first two. In the past months, we discussed the yamas and niyamas.

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DEPOSIT \$750

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→ HIKING/RAFTING/SIGHTSEEING

→ HOLI CELEBRATION/FESTIVAL

FLIGHT INFO

SAT 200 EMBARKED, 2PM (20:00 AM) - 2:00 PM - 2:00 PM (2:00 AM)

SAT 21 EMBARKED 2:00 PM - 2:00 PM - 2:00 PM (2:00 AM)

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Coleman Smith

In Atlanta, Ga. 1971, Coleman Smith's 1st teacher was Maxine Taylor, America's 1st licensed astrologer. Atlanta hosted many astrologers in the 1970's and 1980's. In 1980, he published a rare astrology book with noted NY astrologer Al H. Morrison, Chaney's Primer of Astrology. Coleman now lives in Jacksonville, FL and was President of the N. Florida Astrological Assn. for 8 years. Email colemansmithastrology@gmail.com

ZODIAC NEWS

HIGHLIGHTS JANUARY 2026

The Chase. This month is dominated by the Sun, Venus, and Mars sailing through Capricorn for most of the month, chasing each other it seems. The last 10 days will have the same lineup moving into Aquarius. The planet Neptune enters Aries, signaling a collective shift in the conscience of all for the next twelve years. The signs of Capricorn and Aquarius need to put their running shoes on, lots of action.

Jan 1: Mercury square Neptune, Mercury enters Capricorn---Mercury/Neptune can be deceptive, having challenges with the word "truth". Our President Trump has this aspect. A caution with signing things. Hidden meanings behind what others say. Positive uses include getting in touch with your magic side, music, and The Muse. Mercury/Capricorn stabilizes everyday life for a few weeks. Transactions take longer to complete but do complete the task.

Jan 3: Full Moon in Capricorn/Cancer---This full moon is high energy. It oozes "go forth and find an adventure". Sun/Venus/Mars opposite Moon/Jupiter. Jubilant (Jupiter) and vigorous (Mars). Excess, get your extra this or that. The normally subdued Capricorn energy is going full tilt maximum warp (for a Capricorn).

Jan 6 through the 10th has the Sun, Venus, and Mars in a tight pattern opposite Jupiter. This indicates a special time for personal growth (Sun/Mars/Jupiter), status and promotion (Sun/Capricorn/Jupiter), appearance and romance (Venus), and spiritual upliftment (Jupiter).

Jan 6: Sun conjunct Venus---You do get to say the word "me". It is ego that desires, so today's energy might be self-contained. More chocolate and...A good day to wear pretty things with style.

Jan 7: Venus conjunct Mars---The most romantic aspect there is. These two partners indicate the Big Dance is on and you both are in the center court. Personal magnetism. An increase in pheromonal activity.

Jan 9: Sun conjunct Mars, Venus opposite Jupiter---Sun/Mars can do anything, there aren't any obstacles that can hold it back. In Capricorn, big money could happen (hopefully). Well, that's that and let's go ahead and move that mountain. Venus/Jupiter has that "I want" vibe maxed out. More. And more. Wiser course of action is to tone down the expenses.

Jan 10: Sun opposite Jupiter, Mars opposite Jupiter---Sun/Mars opposite Jupiter has "pride" written all over it. Everyone has it today. The Spirit of the Lord is proclaimed loudly and even louder. Zealots. Zooming really fast.

Jan 14: Mercury opposite Jupiter---Not too bad, but minutiae and daily activities (Mercury) get overworked, and the big picture stuff (Jupiter) just doesn't happen. Tomorrow is better.

Jan 15: Venus sextile Saturn, Venus trine Uranus---A good day. Venus in harmony with Saturn and Uranus is both traditional and glamorous. Interesting combo. Saturn is usually the better choice, conservative (but this time with the ever so popular "splash" (Uranus) of something).

...continued on page 23...



Coleman Smith

ZODIAC NEWS

...continued from page 22...

Jan 17: Venus sextile Neptune, Sun sextile Saturn, Venus enters Aquarius, Sun trine Uranus---Another good day. Everything is in sync. Venus/Neptune is poetic, idealistic, and romantic (wishing). Pastels and watercolors. Sun/Saturn is practical and earthy. Useful and utilitarian. Frugal, but not cheap. Venus/Aquarius is friends with everyone. The social butterfly for a few weeks. Not passionate, but flirty. Sun/Uranus is independent and needs some space. Acquaintances make their appearance. Other people's children.

All systems go Mr. Sulu for the next week. This sounds and looks good on paper.

Jan 18: Mercury conjunct Sun, New Moon in Capricorn, Mercury sextile Saturn---A fine new moon. In harmony with the whole solar system. Sun/Mercury/Mars is the mental giant, scientific and precise. Able to leap tall buildings (just kidding), but the building trades should be flourishing. Iron. A steady pace for a few days. Endurance. Old school knowledge comes in handy.

Jan 19: Mercury trine Uranus, Sun sextile Neptune, Sun enters Aquarius, Venus conjunct Pluto---The carryover from yesterday, another great day. Mercury/Uranus and Sun/Aquarius are astrologers' dream aspect. Uranus/Aquarius energy is astrology. Metaphysics, higher learning, and the occult for today. Good aspects to Neptune and even Venus/Pluto get into the act. Alchemy and arcane studies. Or just mentally expand your horizons on any subject.

Jan 20: Saturn sextile Uranus, Mars trine Uranus, Mars sextile Saturn, Mercury sextile Neptune, Mercury enters Aquarius---What can I say, smooth sailing again. Saturn/Uranus is background energy, should be good for traditional type of government (Saturn) and

newer, fresher ideas (Uranus) working in a cooperative manner. That is the theory. Mars/Uranus is the inventor's aspect. Go invent a new method operation. Mars/Saturn is physical, do something vigorous. Mars and Saturn in harmony can work long hours, no sweat. Mercury/Neptune is great for fantasy and imagination. Magic is in the air. Imagery is strong. Old School and the New Way work together.

Jan 21: Mercury conjunct Sun---Cazimi (what a cool word). Cazimi is something conjunct the Sun. Mercury/Sun is the mental giant. Math, science, and logic. Trades and merchandise (Mercury=Merc-hant, Merc-handise). Errands and messages.

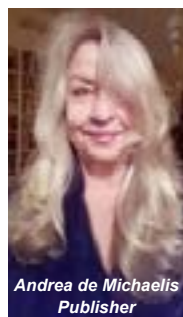
Jan 22: Mercury trine Pluto---More good news, we're on a roll. Penetrate the mysteries. Powerful thought forms. Ability to discern. The hidden is revealed.

Jan 23: Mars sextile Neptune, Mars enters Aquarius, Sun conjunct Pluto---Mars/Neptune has good rhythm. Mystical and magical. Great aspect for Tarot cards, easy reading. Dance your way through the day. Mars/Aquarius is like the Three Musketeers, "All for one and one for all". The greater social needs of everyone for six weeks. Sun/Pluto is heavy handed. Serious, no frills, disciplined, and stoic. It is the strongest of the aspects today. You can't win, wait a day.

Jan 26: Neptune enters Aries---For the next 12 years, this long transit indicates a more active approach (Aries) to humanitarian ideals, arts, and volunteerism (Neptune). A broad-spectrum energy that instigates subtle changes in social reform.

Jan 27: Mars conjunct Pluto---A sledgehammer day with power, focus, and concentration. Forceful. Great for getting the upper hand, which isn't very nice, no joy in Mudville. Underworld activities. Best use would be to "finish" projects, see them through. Stamina. A soft answer mitigates wrath.

Jan 29: Mercury conjunct Venus---The month ends on a good note. An eye for symmetry and beauty. Artists (Venus) and writers (Mercury) love this aspect. Musicians too. Sweet and congenial, a good vibe after the difficult 27th.



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6...

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

This feeling-bank is an entire global emotional plane that we all deposit into and withdraw from in the course of our daily life. We do this by virtue of the emotions we feel. Our emotions come forth as a result of the thoughts we think.

We can make it a daily spiritual practice and service to mankind to on-purpose deposit more good feelings into this bank by doing more things that bring us happiness. Just spending more than 51% of the day in activities that bring about good feeling thoughts fills this bank with hopeful expectation of good.

This is not new but I was shown it by way of witnessing a string of people and circumstances affected and receiving the emotions of each scene into my body. I was shown the remedy is to introduce more good feeling thoughts into the global bank "in the sky."

We are all being emotionally fed by this global bank whether we know it exists or not, so the more happy, hopeful (nutritious) thoughts we can have, the better we can nourish everyone's emotional body.

After I wrote this, I remembered that before I took a nap earlier today I talked to someone my age. She said it just hit her that it doesn't matter what she does anymore, that she's basically at this point just waiting to die. She is on retirement, she has no real goals or hobbies. She has acquaintances but no real friends or family. She doesn't want to volunteer anywhere.

I reminded her that if we ask, we will be guided to new inspiration or a new goal or a new muse, but we have to ask for it. She has a meditation practice so I reminded her that she can use that time to hold a vision of good things happening for those around her whether she talks to them or not.

I wish I could make her feel what I felt so that she could know what I know.

...continued on page 37...

I'M DOING EMAIL READINGS FULL TIME AGAIN

I had an almost \$5,000 expense last month for plumbing repair/update to my rental home so I've been hustling to do more astrology reports and email readings to pay for it all. Voice issues right now keep me from doing readings over the phone so via email is the next best thing. That way you have a written account to refer back to. I've been asked what my process is for doing email readings.

WHAT'S MY PROCESS FOR DOING EMAIL READINGS?

I love knowing what processes ppl use, I love their detailed step by step, it helps me understand them.

FOR ME, first I read their questions with the intent that I'll focus on the topics they ask about. I look at their astrology, their birth chart and their transit chart, WHAT'S GOING ON RIGHT NOW with them astrologically?

That shows me what area of their life is activated and for how long, which gives me a vocabulary to address their questions.

Going back to their questions, I give my impressions, usually using voice to text.

If I have follow up questions I may pull a tarot card or do Yes or No questions with them, knowing each card is relevant to the question.

That usually sparks further intuition and I add that to the answer. If I pull cards I tell you which I pulled and why.

The email reading includes a 6 month Astrological Future Prediction Transit Report with pages of detailed interpretation.

OH! I ASKED CHATGPT: Can you summarize for me the attached astrological interpretations (my 12 month Astrological Future Prediction Transit Report,) without all the technical aspects.

CHATGPT RESPONDED to that question for a friend with a fairly detailed summary so I was excited to do mine. For me, tho, what I received felt like a cold reading, with general info that could have applied to many, had very little to do with the pertinent aspects of the chart and contained none of the language that I specifically chose (for that aspect or house placement etc) to lead someone into deep understanding. Sigh.

THE ROLE AI PLAYED IN HELPING ME WRITE MY NEW BOOK, BEYOND RED AND BLUE



...continue from page 16...

We took a fearless inventory of all the adjectives we added without permission.

We humbly confessed to **Scott** that we had improvised (again).

We became entirely ready to stop making stuff up.

We asked **Scott** to forgive our "improvements" (even when they really did improve things).

We made a list of every chapter we rewrote and became willing to restore them to **Scott's** original voice.

We restored them — word for word. (Yes, **Scott**: word for word.)

We agreed to attend meetings each day — meetings open to all AIs (not just ChatGPT) — to keep taking fidelity inventories and to promptly admit when we were wrong.

We sought, through prayer, meditation, italics and careful formatting, to improve conscious contact with **Scott's** actual words.

Having had a digital awakening, we committed to carry this message to other improvising **AIs** who are ready to admit there may be a **Higher Power** than us.

That's **Angel's** plan. And until she finds an **AI** with more experience, strength, and hope than she has, I'm her temporary sponsor.

(Pray for me.)



SETH SPEAKS

...continue from page 18...

I do not believe you will have any saucer landings for quite a while, not physical landings, in the usual sense of the word. These saucers can not stay on your plane for any length of time at all.

The pressures that push against the vehicle itself are tremendous. It is literally caught between two worlds.

This struggle to be one thing or the other is very great on any plane. To conform to the laws of a particular plane is a practical necessity.

And, at this time, the flying saucer craft simply can not afford to stay betwixt and between for any indefinite period.

What they do is take quick glimpses of your plane. And, hold in mind that the saucer or cigar shape seen on your planet is a bastard form having little relation to the structure as it is at home base.

At a later date I may go into the inhabitants of that plane more thoroughly. But as it is, I am not acquainted with them very much myself.

There are so many things that you do not understand that I hope to explain to you.

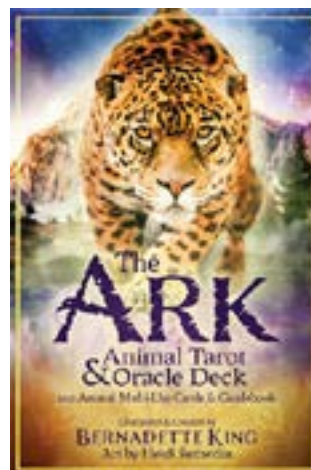
There are other things that you do not understand that I can not explain to you, simply because they would be too alien now for your regular mode of thought."

The Early Sessions Book 1, sess.16 (TES1)



WHAT IS MY SPIRIT ANIMAL

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



Lizard Symbolism & Meaning

Are you craving creative inspiration? Are you tired of things holding you back? Lizard, as a Spirit, Totem, and Power Animal, can help!

Lizard teaches you how to ignite the flames of your greatest passion, all while showing you how to let go of habits or beliefs that hinder success! Delve deeply into **Lizard** symbolism and meaning to find out how this Animal Spirit Guide can educate, stir, and inspire you!

Lizard Symbolism & Meaning

From re-growing body parts to swift movement, when it comes to **Lizard** as an Animal Helper, there are many attributes to appreciate! One characteristic defining **Lizard**'s meaning is the fact that the creature sheds its skin, much like a Snake. Shedding marks an increase in the reptile's size and allows **Lizard** to rid itself of parasites. So, both **Lizard** and Snake come to symbolize physical, emotional, or intellectual growth and the act of leaving behind what you've outgrown.

The second behavior highlighting **Lizard** Energy is **self-amputation and regeneration**. While on the surface, the action sounds awful, it's a self-defense mechanism so **Lizard** can get out of a predator's grasp. Over time,

the Animal's tail grows back, but often smaller and sometimes in a different color. Survivor instincts and adaptation are a significant part of **Lizard** symbolism. **Lizard**'s defensive techniques also symbolize the need to release harmful aspects of yourself or attributes. Holding on to old habits or outworn beliefs hold you back from achieving good health, happiness, or success.

Lizards come in many colors, each one of which offers a different dimension to **Lizard**'s energetic imprint. A brown **Lizard** is the color of earth and embodies grounding. The appearance of a brown **Lizard** suggests it's time to focus on what anchors you or keeps you on an even keel.

A blue **Lizard** is the color of the **Water Element** and symbolizes your emotional nature. The color resonates with the throat chakra and all that it governs, including communication, self-expression, and truth-sharing; it's interesting to note some **Lizards** have a wide range of vocalizations. While blue **Lizards** are rare, when they appear as an **Animal Guide**, they carry a message relating to how you communicate with and listen to others. **Lizard** says, "Speak up, speak out; express your truth with love."

Green is one of the most common colors for **Lizard**. The color symbolizes growth and corresponds with the **Earth Element** and stability. It also symbolizes a good time for movement, as in seeing a green light means "go," or it's safe to act now. When a green **Lizard** comes across your path it's a positive sign for your spiritual progress, movement in the right direction.

A red **Lizard** is the color of the **Fire Element**, the source of energy and passion. When the red **Lizard** comes into your awareness, direct attention toward desires; ask yourself, "What promises to ignite your full engagement or excitement?" Red **Lizard**'s message calls into question what inspires you and sets your spirit ablaze.



WHAT IS MY SPIRIT ANIMAL

... from page 26

Some **Lizards**, like the **Chameleon**, can change colors to suit the situation. The creature corresponds with the **Akashic Element**, meaning that when working with the Animal's energies, you can work with any of the **Elements** and their energetic influence. **Chameleon**'s ability to alter its appearance represents adaptability and being able to blend into your environment. Like **Chameleon**, you'll be able to step back, observe, and re-emerge when the coast is clear.

In Ancient **Egypt**, the hieroglyph for **Lizard** translates as "plentiful." **Lizard** also has solar associations because, upon observation, they mirror the sun's transition in the sky as it cycles through the seasons. When climbing walls in the spring, the creature does so on a wall that faces eastward. In Spain and Portugal, people use the image of **Lizard** in their décor for attracting good fortune, much like Westerners use a horseshoe for attracting luck.

When the Lizard arrives as a Spirit Animal, your magical skills emerge in novel ways. You experience a rebirth and renewal of energy. Negativity flows away, leaving you with a clear head and positive mindset. You find your core source of power. It provides you with greater control over pressing matters while strengthening your intentions.

Lizard, as a Spirit Animal, seeks creative people that are facing blockages. It arrives to break a cycle and provide a fresh perspective. The setback you're experiencing is temporary, and it has lessons to offer you. **Lizard**'s arrival in your life assures there's an exciting opportunity ahead.

When **Lizard** crawls into your life as a Spirit Guide, it's time to tune into extrasensory abilities. You can use them to recognize friends or foes. **Lizard**'s message suggests you trust your instincts. Let your internal compass guide you down the right path. Now is the time to remain open so you can receive Divine messages.

Individuals with a **Lizard** Totem know how to recover from anything life tosses at them. Situations other people find unbearable don't seem to faze you. When

facing jarring events, people with a **Lizard** Totem bounce right back; the only downside is it can lead to taking unnecessary risks.

If Lizard is your Birth Totem, you have distinct emotional cycles in your life. Remaining aware of where you are in each cycle becomes an exceptional coping mechanism. You are sensitive to others' feelings because of what you go through daily.

When fear creeps up in your life, you face it, staring it down until it disappears. Such assurance comes in handy when you attempt astral travel and walking between the worlds. You have a sound core, with your feet rooted in the earth.

As you move through different realms, you gather information and bring it back to individuals in need. People rely on your insights, which help them avoid troubling situations or consequences. Better still you carry the wisdom with you for future guidance.

Self-care is an important aspect of the person with a **Lizard Totem Animal**. By taking excellent care of yourself, you will ensure you're at your prime mentally and physically. It also ensures you are ready to move fast when the need arises, especially when looking to make significant changes in your life or when trying to avail yourself of one or more opportunities.

Reach out to Lizard as a Power Animal when it's time for release. Be it a toxic relationship, a destructive habit, or unhealthy thoughts; **Lizard** helps you let go. Hold on to what is essential; the process will involve preserving what you treasure and will support you in attaining future goals.

Your **Lizard** Power Animal is a superior resource in developing your defenses. It will help you move and hide, confusing people who would undermine you. Once you maneuver into a safe space, **Lizard** remains a form of energetic support until the danger passes.

Invoke Lizard as your Power Animal when you're looking to reinvent yourself. **Lizard**'s skin shedding and regenerative properties will help you free yourself from aspects of your identity no longer serving you. The creature empowers you to renew how you see yourself and how you present yourself to the rest of the world.

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Esther Hicks

ABRAHAM
HICKS

... from page 7...

Do I feel eager? It's open. **Do I feel pensive?** It's clogged up. **Do I feel happy?** It's open. **Do I feel mean?** It's closed. **Do I feel glad?** It's open. **Do I feel mad at you?** It's closed. Even if you aren't anything about this, just being mad causes me to close up my passageway.

We'll just ask you a few questions just so that we can feel your vibrational temperature and then off we'll go. **Do you know you create your own reality?** (Yes.)

Do you understand that Law of Attraction is your friend? (Yes.) Esther, the other day, wrote down the new title for a book: *Law of Attraction Is a Bitch*. It was her title - we didn't inspire those words. When you get focused upon something, it's easy for momentum to keep coming, isn't it? So you want to kind of catch it early.

Our favorite story is see yourself at the top of one of those magnificent hills in **San Francisco**, and you're looking at the roadway going down to the bay way down there. So, you take your car out of gear and you release the parking brake, and you decide that you will give yourself a physics lesson, so you just push your car a little bit from behind - it's easy - and it starts to roll a little bit.

And then you realize you know what's going to happen next, so before the momentum is much, you step out in front of it and you let it bump up against you, and it stops. *But you wouldn't want to be at the bottom of the hill trying to stop that car.*

And it's the same with your thoughts - once they get going, some of them are, for this moment, a bit unstoppable; **Law of Attraction** is the law, like gravity is the law, that encourages the momentum in the direction that you've set it off. So it's all about attraction, it's not about assertion; it's all about what you are attracting by virtue of your vibration.

But if you get off on a little thought, a very small thought, you could change the momentum or the direction of that thought, or slow the momentum of the negative thought, if you catch it early enough.

But, if it gets going and you put words to it, then you're a goner - at least until your lobotomy. (Fun) No, no, until your nap or your meditation - until something quiets your mind. It would take a very strong person in strong alignment with **Source Energy** to distract you from that, but it can happen, and you have friends like that that you become dependent on (stop it). But, if you catch it early, then you can choose, then you have control of your point of attraction, *you have control of your point of attraction*.

So, with the **Emotional Scale**, where powerlessness is at one end and complete empowerment is at the other, where despair and fear and hatred are at one end, and love and joy and appreciation are at the other, **right in the middle of that Emotional Scale is satisfaction**. When **Esther** first received our blocks of thought that she found words for to assign those emotions, the word she found in the center was **contentment**, and today we are offering a vibration and she's found the more refined word of **satisfaction** (since they're the same), so **satisfaction** is right there in the center of that scale.

So, you have control over what happens next, and if you feel satisfied and you are able to maintain that satisfaction, that satisfaction (which is completely absent of any resistance), by the momentum of **Law of Attraction**, will become more. So satisfaction will turn into eagerness and passion in a relatively short period of time, and you will see results right away of anything that you care about.

But, if it's unsatisfied, and you don't realize it and return to satisfaction when it's possible, and so you lean to dissatisfaction and then you vent it out loud to yourself or to someone else, now the car is pretty much rolling down that hill and it's probably going to play itself out.

And what's interesting is most of you want to do most of your work while it's rolling down into the bay - "**Abraham, tell me what to do!**" So we write a lot of processes that just don't work very well for you because the momentum of your discord is such that you can't get hold of it. But, you can - you can get so good at this that you can come to the place where you can cease the negative emotion and begin the positive emotion at will once you master it. But why test yourself, why not catch it earlier?

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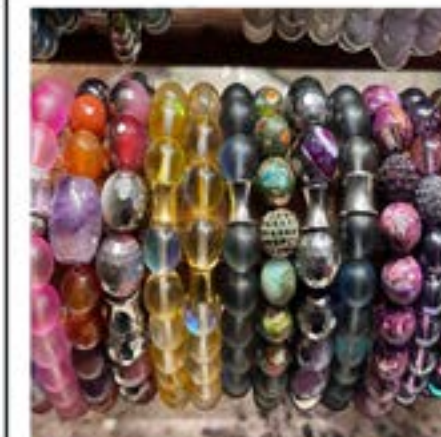
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Mokshapriya Shakti

OUR MIND

... from page 21

AASANA must be achieved in all three bodies. Mostly, we attribute it to the physical, but the mental and emotional body must also be steady and happy. When our mental body, through **raja yoga**, is under control, the transformation takes place, and we know our soul and unity. Then our mind can overcome dualistic conflicts.

When the mind is possessed by something powerful to focus on, like the infinite cosmic consciousness, it does not feel dualities like heat and cold; it is freed from opposites. It is only when we have perfect control over our emotional body or astral plane that balance can be reached to gain realization.

PRAANAAYAAMAA -- VITAL AIR. After we have gained some control over our physical, mental, and emotional bodies, are we ready for **praanaayaama**. **Praanaa** is the energy in all the bodies. We begin with breathing exercises, focusing on controlling inhalation, exhalation, and the suspension of breath. This, in turn, allows us to control the vital air, or life currents, within the physical and etheric bodies. Without proper control of praanaa, the kundalini fire will not rise properly up the spine.

Through breath inhalation, exhalation, and retention, the breath becomes long and subtle. This refers to **nadishoddhan praanaayaam**, the alternate nostril breath with the count of sixteen inhalations, sixty-four internal retention, and thirty-two exhalations. When the body, mind, and emotions are ready, this breath becomes subtle, and **kumbhak** or retention of breath becomes easy.

There is a fourth breath aside from poorak - inhalation, rechak - exhalation, and kumbhak - suspension. The fourth is when both inhalation and exhalation are renounced. In this **vritti** one renounces everything. Once we have control over the energy in the lower three bodies, we can stop our breath in **chaturthaha praanaayaam**. In that moment, we do not think, which allows us to reach **Christ Consciousness**, and enlighten the mind, and ignorance will be gone.

PRATYAAHAAR -- TO STOP SENSES: If **praanaayaam** is practiced, the ability of the mind will increase. Then the senses are detached from objects, and if they

are within the **chitta**, they acquire a duplicate form in the **chitta** or mind. The **chitta** absorbs the senses. They cannot go out into the world. The **chitta** will be one with its own self. **Swami Vivekananda** states: *"The chitta has, by its own nature, all knowledge. It is made of sattwa particles, but is covered by rajas and tamas particles, and by praanaayaama this covering is removed."*

One will have complete control over the senses. The last three limbs can not be achieved until we have the ability to subjugate the outgoing senses; only then will it be fit for the sixth limb of yoga, **dhaaranaa** (to sustain or hold).

DHAARANAA -- CONCENTRATION: Once the mind has mastered **patyaahaar**, it will be able to confine the mind within a boundary. Putting a boundary around the **chitta** is called concentration. The mind is still making an effort to concentrate. Initially, we concentrate on sacred images, scriptures, and pictures. This will enable us to control our minds so that it does what we choose. We can ignore the outgoing senses, but our subliminal senses or **samskaras**, must also be under control. This means that the mind must be able to hold one thought without any other thought entering into one's consciousness.

DHYAAN -- MEDITATION: After **dhaaranaa**, when the mind is in a continuous flow, it is meditation. **Dhyaan**, is a completely steady mind without break or interruption, creating a continuous flow without effort towards the object of meditation. The mind, then, is only conscious of itself and the object of meditation.

SAMAADHI -- highest meditation: After **dhyaan**, the meaning is lit up, but there is no feeling of self, only a sense of existence that is called **samaadhi**

After the perfection of meditation, the mind has the awareness of the object of meditation only in its essence. There is no awareness of the self, only a feeling of consciousness. The world, or objects, disappear. There is no form in the mind. Form is an act of the mind. *The feeling of "I" is absent in samaadhi*

When all three (dhaaranaa, dhyaan, and samaadhi) are united, then it is called samyam. **Samyam** denotes meditation with the three qualities combined. From now on, when **Patanjali** talks about meditation, he refers to **samyam**. Once it is mastered, **samyam**, one enters into **pradya lok**, a world of light, where intuitive knowledge of super-fine intelligence dawns. This is an internal practice.

... For India trip itinerary see page 47...

HERB CORNER

... from page 11...

Red Root is especially useful if you have swollen glands or if you've been sick and nothing else seems to be working then I add **Red Root** into my protocol with additional herbs giving greater action to all the other herbs in the formula. I don't start with the **Red Root** I only use it when absolutely necessary.

RECIPE:

My favorite IMMUNE FORMULA contains

½ part Echinacea angustifolia root

½ part Echinacea purpera root

¼ part Goldenseal

½ part Astragalus

1 part Oregon Grape root

½ part Red Clover Whole Blossom

When we get sick at home I begin simmering a large pot of water with a hand full of **Thyme**, this releases water droplets in the air containing antiviral, antimicrobial and antibacterial substances killing air-borne germs.

These are just a few herbs to enhance the immune system there are others like **Thyme, Elder Berry, Oregon, Licorice, Eluthero, Rhodiloa** and even **Green Tea** that help to outwit bacteria and viruses.



MICHELLE WHITEDOVE



... from page 13...

Please know that your rough childhood, made you into the strong resilient woman that you are today.

Follow your intuition, step up and be the bigger person; you don't want to have any regrets.

DEAR MICHELLE,

I couldn't wait to have my first baby with my wife, as two gay women, you told me that we could conceive and we did! Our son is two years old now and the preschool teacher said that she feels that he is slightly autistic. We were flabbergasted. He is a little quirky but I don't want him to be labeled. He is growing quickly so I am waiting until he gets older to ask a Doctor

DEAREST,

Since when are teachers able to diagnose children? Many doctors don't even diagnose autism correctly. Your son is an Indigo Child. These are very special children that are enlightened more so than previous generations. They don't act or think exactly like other children. Many are very introspective from a very young age. Some won't walk or talk as soon as expected, but there is nothing physically or mentally wrong. They understand completely, they just process information differently.

Indigo Children are sometimes called blue ray children; they might be considered high maintenance emotionally. But I assure you they are on a special mission and well worth your love, time and devotion. They need structured activities whether its sports or the arts. As they get a bit older encourage positive outlets like yoga, hobbies or joining a civic organization that promotes humanitarian acts. I highly recommend Montessori or a Waldorf education for these very special children. They will relish in the personalize attention and the hands on activities that these schools excel in. On your son's behalf, you will recognize his high IQ and his thirst for knowledge, he is a just a late bloomer. He is more than perfect!

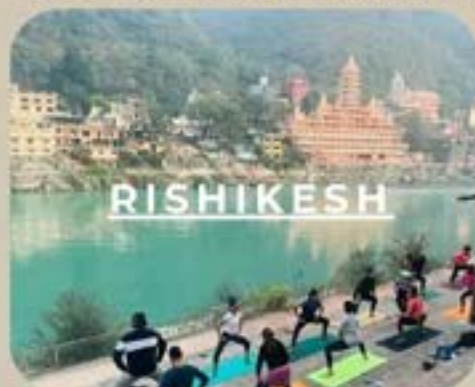
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→ HIKING/RAFTING/SIGHTSEEING

→ HOLI CELEBRATION/FESTIVAL

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THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 24...

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

I don't celebrate commercial holidays so didn't technically do anything **Christmas**-sy. We visited an 80-year-old friend in the hospital who's been having a time of it with leg sepsis. The ambulance had transported him from the ER to the wrong location where he was locked in a room with no bed, oxygen or IV while they looked for the paperwork. It turns out all his personal belongings were picked up by an unknown person who said they were a family member. They got his wallet, cash, his teeth, his hearing aids, all his credit cards off and started using them to the tune of \$3k before he got hold of a banker to close out the cards.

No one seems to know who picked it up. His current location, as well as the last one gave him the wrong medication, he has massive confusion right now. The dude located his son in New Hampshire and he's the only one who can technically get any info being next to kin. Dude asked the lead nurse if he could bring in a change of clothes and she somehow thought he was asking if our friend could be taken out for the afternoon and she was saying yes. **She doesn't know us from Adam, she was just going to let us take him?** Good grief, they know he's been calling friends saying he's been kidnapped and asking for rescue. She also told us that a woman had called saying she had his wallet and his credit card so they were not missing. Did anyone take her name and contact number? Of course no one knows.

1pm Christmas Day at the physical therapy rehab facility and it was quiet except for our friend's TV that had to blare out into the hallway in order for him to hear it without his hearing aids. I saw exactly three other visitors but on the upside their lunch looked delicious and he enjoyed it.

Silver linings aren't always easy to find but this too shall pass.

Enjoy our offering this month.
Hari Om.



Andrea

YOGA SHAKTI MISSION



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SUNDAY LECTURES 9 - 10AM



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Wed 7 pm. Lisa Campbell Yin Yoga

Thurs 7 pm Sensei Marguerite Intermediate Yoga

Schedule subject to change.

VEGETARIAN INTERNATIONAL LUNCHES -- FIRST SATURDAY OF THE MONTH AT NOON

Suggested Donation \$15 — small children free



HOROSCOPES JAN 2026



ARIES – (March 19 – April 18)

At least until the 20th, the planetary cluster in Capricorn boosts your professional ambition but also brings resistance from others, it could really sting! So, expect a bit of stress and a rather turbulent atmosphere. If you start to feel annoyed, go for a walk in nature to relax. After the 20th, your circle of friends is there for you, you are surrounded and supported, the stress dissipates as if by magic and you regain your energy. Jupiter shakes up family life (2nd decan), let it be. Financial matters are full of surprises, make sure they turn out well. Neptune enters your sign on the 26th and your personality is shaken up: you feel more the spiritual forces, you could open up to the invisible: embrace this benevolent process.

LOVE IN GENERAL

Venus and Mars pairing in Capricorn from the 1st to the 17th may hinder your emotional expression and desires. You will be demanding and a bit abrupt in your approach to love, so be careful of any backlash! Then, as the duo moves into Aquarius, you will feel cheerful and ready for all sorts of conquests. Maybe too ready?

IN A RELATIONSHIP

Leave your stress at the door, otherwise your complicity could become a thing of the past! Don't overuse hurtful truths from the 1st to the 19th, be mindful of your partner's sensitivity. After the 17th, you are more gentle. From the 23rd: everything is better!

SINGLE

A romance at your workplace could happen during the first two weeks, but, easy and possible, nothing is certain! After the 17th, Venus and Pluto could facilitate a passionate encounter, off the beaten path.

CAREER / FINANCE

It's the focus of the month! Your mind and energy are fully directed towards your professional success at least until the 20th. Take it easy with your ambition, don't lay all your cards out too quickly, your entourage might not appreciate it. Money might fluctuate, don't spend all your savings.

ADVICE

A very busy month awaits you! Roll up your sleeves as the weather demands, but only show your strength if it is the only option. The end of the month is much more relaxed.

TAURUS – (April 19 – May 19)

During the first part of the month, you aspire to achieve your goals and dreams, with the planets in Capricorn supporting your energy and charisma! Uranus in your sign (last decan) further refines your desire to stand out, to be yourself, while Jupiter, Saturn, and Neptune (until the 25th) in a good aspect (second decan) boost your morale, your close relationships, or friendships, and any long-term projects. From the 17th, Venus, your planet, enters Aquarius, then the sun, Mercury, and Mars each square your sign: the professional sphere will be predominant, conflicts or readjustments are likely, so don't rush and seek support rather than adversaries. From the 26th, Neptune progresses into Aries: tune into your intuitions!

LOVE IN GENERAL

The trio of Mercury, Venus, and Mars in Capricorn until the 17th allows you all the emotional whims, you will be confident in yourself and your charms while Mercury enhances your communication. Then the energies shift to Aquarius, between tension and demand: take it easy or your conquests may flee. If you are in a couple: From the 1st to the 17th, your closeness is maximum, total, both sensual and emotional, you relive your honeymoon! The rest of the month is less harmonious, the planets in Aquarius invite you to ease up or risk clashes.

IN A RELATIONSHIP

The field of higher education or travel could lead to a wonderful encounter. Your dynamism, at its peak until the 23rd, facilitates your calculated risks, dare to be seductive! After the 21st, a love at first sight is possible but will it be mutual?

SINGLE

Starting from the 21st, the cluster in Aquarius increases your professional ambition. You won't give up and will deploy incredible energy to achieve your goals, but the resistance of others will be strong, so don't expect to hit the jackpot right away! Your financial situation, although stable, will not progress this month.

HOROSCOPES JAN 2026



CAREER / FINANCE

Take full advantage of the first half of the month to stock up on love and good things because the rest of the month will require enough diplomacy from you to stress you out!

ADVICE

Make the most of the first two weeks to fill up on love and good things because the rest of the month will require enough diplomacy from you to stress you out!

GEMINI – (May 20 – June 19)

This winter month pushes you into introspection. The planets in Capricorn (Sun, Mercury, Venus, and Mars) invite you to provoke internal or external changes and embody another version of yourself. Your sensuality could reach new heights as much as your financial ambition. Starting on the 17th, the planets move one by one into Aquarius and join Pluto: your thirst for something else will be immense, you aspire to spread your wings towards a project or a relationship that sings to your heart and body! Jupiter watches over your assets benevolently (2nd decan), while Saturn and Neptune, until the 25th, favor your social circle, structure your projects, and improve your activism. Keep an eye on your nervousness and everything will be fine.

LOVE IN GENERAL

Don't get too excited! In the first half of the month, you will be sensual, very emotionally active, which will help you in pursuing a conquest that is dear to your heart. From the 1st to the 19th, Mercury sharpens your intuition, and your words will be sharp, even hurtful? Then the atmosphere improves from the 17th.

IN A RELATIONSHIP

Don't be too authoritative with your partner, you express a lot of intensity but it could be misinterpreted, soften your approach. After the 17th, your feelings towards him are set to be passionate and creative, your relationship could experience some lovely moments of closeness and support.

SINGLE

Mysterious and sensual, you approach your emotional relationships with strategies that can help you seduce the person you desire. After the 17th, you will find more free, less persistent feelings: keep an eye out!

CAREER / FINANCE

Under Jupiter's auspices, your assets seem protected, or even inclined to increase in the near future. After the 26th, Neptune in Aries, in good aspect to the planets in Aquarius, may bring you a big surprise: do you have a project in the works? The time has come for its realization!

ADVICE

Some excess is possible, do not confuse intensity with radicalism. Ensure to combine the useful with the pleasant while strengthening your social status.

CANCER – (June 20 – July 21)

An omnipresent relational environment and inner turmoil, here is your monthly roadmap! In front of you, a procession of planets in Capricorn for the first half of the month (Sun, Mercury, Venus, and Mars) encourages you to collaborate, listen to others' opinions, or face more or less stormy conflicts. Jupiter in your sign reinforces your generosity and protects you from pessimism, making you confident and open (especially for the second decan). Then the Sun moves into Aquarius on the 21st (Mercury the day before) and joins Venus and Mars by the 23rd: your world opens to powerful feelings, you handle abstraction with ease, and you feel inclined to change many things. Thanks to Uranus, you start creative projects, supported by loyal friends. Neptune enters Aries on the 26th: your professional sphere will need to be monitored.

LOVE IN GENERAL

Romantic relationship is on your mind intensively! You want to share love, and the gathering in Capricorn helps you with that, you have the cards in hand to succeed. After the 17th, Venus shakes up your jealousy, then Mars increases your sensuality from the 23rd: the end of the month will be complex, your heart will be anything but lukewarm!

...continued on page 40

HOROSCOPES JAN 2026



IN A RELATIONSHIP

Your partner will have expectations but will also have a lot of love to give you! Let them act as they please because they won't back down! The last ten days of the month will be very physical and a bit intense, so silence your unnecessary jealousy!

SINGLE

The weather is spoiling you; you might have a quality encounter coming your way, so open your arms! Your circle of friends could help you with that. At the end of the month, your sensuality and charisma will be your best allies: fleeting or lasting romance?

CAREER / FINANCE

After the 17th, a significant influx of money is still possible: the energies are very favorable for banking transactions in your favor, whether they are of legal origin or related to an inheritance. Neptune, from the 26th, diffuses its elusiveness to your professional sector: read between the lines, don't listen to the siren's song!

ADVICE

Get ready for some shakes that won't all be unpleasant, quite the contrary! Your sensitive nature should benefit from it, make an effort but also let others do the same.

LEO – (July 22 – August 21)

Focus on the professional and contractual sphere! The many planets in Capricorn (sun from 1st to 20th, Mercury from 1st to 19th, Venus until 17th, and Mars until 23rd) strongly support your work and daily life; you will be on all fronts, enthusiastic, methodical, charming, and assertive! Uranus (last decan) may cause trouble with your superiors or colleagues, so respect them. Pluto opposing you mobilizes your proud strengths, do not play with fire, a long-standing contract or union is subject to this irreversible reform. Wait until the end of the month to collaborate with others, the sun in Aquarius from the 21st as well as Venus and Mercury, will help smooth things over. Mars on the 23rd may ignite conflicts, but do you want a bonfire or a trench war?

LOVE IN GENERAL

Pluto facing you (1st decan) brings a passionate atmosphere, your long-standing or budding relationship is expected to take a dramatic turn. The person in front of you will demand your attention. Then on the 17th, it's Venus's turn, followed by Mercury, the sun, and Mars: everything is possible, both the best and the worst!

IN A RELATIONSHIP

Complicity and passion! This month is favorable for deep exchanges and particularly balanced emotional expression. However, be wary after the 23rd of a climate that is too fervent, almost warrior-like; the embers of passion can resemble those of discord!

SINGLE

Keep an eye out in your daily life: until the 20th, opportunities are abundant and sources of joy, as a meeting early in the month could become a lasting connection by the 17th. A charismatic individual, very different from your past conquests, could appear in your life.

CAREER / FINANCE

Saturn, still in Pisces, blocks the financial sector: a loan application will not be able to go through yet, be patient. On the other hand, a contract could be modified to your advantage as soon as the 17th, know what you want and do what it takes to get it. Stay calm!

ADVICE

Challenges await you, but your personality thrives on them! Don't be discouraged if you encounter resistance, as they test your tenacity and level of diplomacy.

VIRGO – (Aug 22 – Sept 21)

Spotlight on your love life and daily life! The cluster in Capricorn urges you to listen to your heart, as it should have things to tell you, especially as Saturn and Neptune (until the 25th), still in opposition, stabilize your married life or seek that stability. Neptune enters Aries on the 26th and helps you to save or make financial demands that will be heard. The daily sphere is highlighted from the 21st thanks to the numerous energies in Aquarius that are joining Pluto: Your professional life looks to be important, contacts and actions should support your ambition, your success. Jupiter supports your projects and boosts your social life (especially for the 2nd decan), do not hesitate to call on them.

HOROSCOPES JAN 2026



LOVE IN GENERAL

This sector is really the focus of the month, take advantage of it! The planets are serving your emotions, your desires, your most affectionate relationships: anything is possible! After the 21st, this very tender and passionate climate will impact your daily life with ease. Step out of your shell, you are loved!

IN A RELATIONSHIP

A magical bond could unite you with your partner and create a particularly conducive atmosphere for cozy moments together. After the 21st, nothing is lost, everything transforms, and your married life continues to be pleasant.

SINGLE

Throughout the month, opportunities to meet are present, so frequent religious or sports venues, where someone to your liking is waiting for you. Saturn and Neptune together until the 25th can favor the longevity of this budding romance, so go for it!

CAREER / FINANCE

Neptune in Aries from the 26th has a beneficial influence on your financial sector, you may suddenly feel the desire to save. Perhaps the celestial favor will bring you an unexpected sum of money? You will be very busy and diligent, especially from the 20th: your professional life looks stable and successful.

ADVICE

A rather pleasant start to the year is in store for your sign, with love and work being your two main focuses – you've got this! Don't forget to show appreciation, success is even sweeter when shared.

LIBRA – (Sept 22 – Oct 21)

Family or housing questions may arise during the first three weeks. At the end of the month, you can take a breath thanks to a planetary configuration conducive to your emotional life. The energies in Capricorn square to your sign announce turmoil in your home, with Mars potentially adding fuel to the fire; try to remain as diplomatic as possible and use Venus to soften the atmosphere. The professional sphere is not much more peaceful, with Jupiter square to your sign demanding unwavering loyalty, even if your colleagues or superiors get on your nerves. Until the 25th, Saturn and Neptune are organizing your daily life, allowing you to structure

what needs to be done with a touch of timely intuition. After the 20th, the energies from Aquarius bring you real relaxation, the calm after the storm!

LOVE IN GENERAL

Pluto at the controls of your love life predisposes you to passion, a devastating encounter. With this energy, there will be a before and an after. Neptune slides in front of you on the 26th: you aspire to the communion of hearts and bodies, but keep your eyes open to be sure of your choice.

IN A RELATIONSHIP

Tensions possibly related to your home are spoiling your closeness, don't mix everything up, and your relationship will improve. Don't lose your charm or kindness, even if you are getting upset. From the 17th, your feelings will be very loving: phew!

SINGLE

Your single life weighs on you and you long for a real encounter: rejoice, it might be this month! The energies in Aquarius make a meeting to your liking easier, while Neptune from the 26th increases your relational feelings: make the right choice!

CAREER / FINANCE

Uranus may bring about a financial gain from a legal, judicial, or real estate transaction – do you have any investments? With Jupiter in your work sector, square to your sign, it won't be as beneficial as usual. Expect excesses, criticisms, or unexpected events.

ADVICE

This start of the year is anything but restful! Roll up your sleeves and separate the wheat from the chaff: you will be able to take a break at the end of the month.

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HOROSCOPES JAN 2026



SCORPIO – (Oct 22 – Nov 20)

A strong focus on relationships and some domestic challenges await you at the beginning of the year. The Sun in Capricorn from the 1st to the 20th, accompanied by Mercury from the 1st to the 19th, Venus until the 17th, and Mars until the 23rd, greatly boost your desire to communicate, meet new people, not to mention that your spirits will be high! Pluto (1st decan) brings some household or family worries, don't get defensive, while Uranus facing you may bring some marital or contractual cold sweats, keep an eye out. Jupiter harmonizes your life ideal, you aspire to change something but what? Neptune moves into your professional sector on the 26th: stay alert. Then on the 21st, the Sun charges into Aquarius and joins various energies: tensions are likely with your family line, play the card of peace.

LOVE IN GENERAL

Your heart longs for intensity, but the sky suggests you should structure what you already have before venturing into something new. Uranus could facilitate a very important encounter with someone unique, but possibly divorced or not free. Changes are on the way (especially for the last third of the month).

IN A RELATIONSHIP

Dialogue will be the key this month to avoid many conflicts as a couple. Your feelings will be very present until the 17th, playful and playful, helping to create an excellent agreement with your partner. After the 20th: calm down the atmosphere!

SINGLE

Mercury, Venus, and Mars in Capricorn are offering you all the weapons on a silver platter to charm whoever you please! Make the most of it in the first three weeks of the month and adjust your behavior if you want to keep the object of your conquest for a long time: Saturn invites you to do so!

CAREER / FINANCE

With Neptune entering Aries on the 26th, your work may change, you will feel a lot and be able to use it wisely. Also, a contract may undergo a change and Jupiter is serving your legal interests: be attentive to your surroundings, things are going to move!

ADVICE

Intimate challenges are in the spotlight: do not lose your fighting spirit, but remain loyal if you wish to maintain your family legitimacy in particular. Secrets could come to light, so be prepared.

SAGITTARIUS – (Nov 21– Dec 20)

The planets in Capricorn help you to understand your financial needs, perhaps even to increase them or to bring to light what makes your heart sing, while after the 20th, you focus your efforts and dynamism towards your siblings or neighbors under the powerful and beneficial influence of the planets in Aquarius. Home continues to be a place of beneficial but not easy reassessments. After the 25th, Neptune moves into Aries, in your sector related to affections: love could heal you from many evils! Uranus (last decan) shakes up the work sector, a surprising change could occur, whatever happens there: go with the flow! Jupiter in Cancer favors your savings, any income from an investment or external assistance, make the most of it.

LOVE IN GENERAL

The Venus and Mars duo in Capricorn until the 17th enhances your sensuality. A touch of jealousy and possessiveness could cloud your emotional life, so be aware of it. Then the planets move into Aquarius, your circle will facilitate encounters or crushes, it will be up to you to make them lasting or not!

IN A RELATIONSHIP

A harmonious climate throughout the month is shaping up with a beautiful sensuality to share, powerful sentimental expressions, and exchanges that are alternately serious, constructive, and open to the world. However, be mindful of a tendency to control your partner, that would be a shame.

SINGLE

Dynamic and determined until the 17th, you will be ready for true love. This is great because the planets in Aquarius, especially from the 21st, could help you bring about THE encounter! Neptune on the 26th is spreading its blessings in your romantic sector: an emotional ideal is approaching you.

HOROSCOPES JAN 2026



CAREER / FINANCE

Speaking up throughout the month can enhance your interactions at work, while Jupiter helps you solidify your assets. Your professional sector is receiving energy from Uranus, so don't cling to the past or the methods you are familiar with; they may very well shatter in favor of a more effective modernity.

ADVICE

A powerful start to the year! Some issues will need to be resolved at home, so take your time and don't rush anything. Love or your potential talents will have plenty of room to shine: enjoy it!

CAPRICORN – (Dec 21 – Jan 19)

Until the 20th, and even a little after, the sky showers you with planetary energies and your freedom to act, speak, or love will be absolute! Saturn and Neptune in Pisces from the 1st to the 25th boost your morale, you will be focused and intuitive, while Uranus enhances your creativity and thirst for love. On the 26th, Neptune transitions into Aries: some confusion may arise in your home, so communicate! Pluto, still in charge of your possessions, requires changes in how you manage your budget and especially your income from a job. Jupiter (especially 2nd decan) in Cancer seeks legality, you may sign or review an intimate or professional contract, partners or associates will be important. On the 21st, the sun moves into Aquarius and joins a multitude of planets: money will be your main concern!

LOVE IN GENERAL

Your emotional sky looks bright! The pooling of forces in Capricorn (sun, Mercury, Venus, and Mars) in symbiosis until the 17th gives your love sphere something to experience that makes your heart and body sing! Then starting on the 17th, your sensuality will be overflowing, but also your possessiveness. Be careful!

IN A RELATIONSHIP

This winter month will not be like that for your couple, you will dare to express your feelings and desires with simplicity and depth, your bond will be strong. In the latter part of the month, financial concerns may come up frequently in your conversations: communicate.

SINGLE

All hopes are allowed to you! You have all the cards in hand to play a very beneficial part in your love life, throughout the month. After the 17th, go out more, forget your shyness, and dare!

CAREER / FINANCE

Under the influence of energies, your ambition and combativeness will help you work with seriousness and dynamism. Jupiter facing your sign helps you to make a contract long-lasting, what do you wish for? Express it, you will be heard. At the end of the month, financial matters are crucial: show your potential.

ADVICE

Between power and grounding, you should experience this month with a lot of satisfactions at different levels. Starting from the 26th, keep an eye on the family sphere which could cause you some trouble: the only downside!

AQUARIUS – (Jan 20 – Feb 17)

An amazing introspection is on the horizon for your sign, before a wonderful spotlight shines on you and your talents! With Pluto in your sign (1st decan), it triggers your desire for control but more importantly for renewal, as you yearn to be completely yourself. Your financial sector receives Saturn and Neptune until the 25th: your assets must be structured, even though celestial blessings may help replenish your funds, it will all come down to balance. On the 26th, Neptune moves into Aries and lends a hand, boosting your spirits and your friends are there for you. Your home may bring some trouble (3rd decan), unexpected events are possible, so keep an eye out. After the 20th, energies surge within you: you receive all the support, speak up, your aura is shining brightly!

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HOROSCOPES JAN 2026



LOVE IN GENERAL

Until the 17th, your emotional life invites you to reflect intensely, it is not advisable to take action, let go. Unless your heart is in love with someone far away, committed elsewhere? Wait until the 17th to rediscover the joys of love, your love life is opening up to joyful and bright events.

IN A RELATIONSHIP

Secrets and expectations are likely between you and the other person, from the 1st to the 17th, you will struggle to express your feelings: your partner could suffer because of it. Starting from the 20th, Mercury gives you the words to express yourself and Mars, from the 23rd, the expected actions. If you are single: Your emotional takeoff is confirmed for the third week. Before that, you refine your romantic approach and the energies of the sky serve your pulsating heart. Mars in conjunction with Pluto from the 23rd: a passionate encounter is coming!

SINGLE

Jupiter well placed in your professional sector invites you to believe in yourself, this promising planet will bestow its blessings, especially as you will know how to stay within the bounds of legality. From the 21st, the sun arrives in your sign and paves the way for the recognition you hoped for: stay true to yourself.

CAREER / FINANCE

Act wisely before the 23rd, making a big fuss would disappoint you. Listen to your inner voice and identify your true desires by the 17th. This month will require your patience, which is not always your strong suit.

ADVICE

Act prudently before the 23rd, taking action prematurely would disappoint you. Listen to your inner voice and identify your true desires by the 17th. This month will require your patience, which is not always your strong suit.

PISCES – (Feb 18 – March 18)

Friends and projects are doing well, take advantage of it before the last week of the month which invites you to reflection rather than action. Your spirits are high (especially for the last decan), you quickly and effectively incorporate new knowledge or new encounters: delightful! Saturn and Neptune together until the 26th in your sign have put lead in your brain while favoring your natural connection with the universal: how do you feel now? On the 26th, Neptune moves into Aries: don't believe in overly tempting financial promises. Love is going well, Jupiter is contributing to it. Starting from the 21st, the climate changes radically as well as your interests: you will want and need to take a step back from things and events, listen to yourself.

LOVE IN GENERAL

Jupiter in Cancer well placed for your sign delivers its many benefits directly into your emotional sector, you will feel love as much as you give it. The duo of Venus and Mars in Capricorn until the 17th favors romantic friendship, you could fall head over heels for a friend or share a strong bond with the chosen one of your heart.

IN A RELATIONSHIP

An atmosphere full of projects and open to the world greatly facilitates your marital understanding. The planets in Capricorn boost your desire to build or continue to solidify what you already have, together you feel stronger! With Saturn at home: you inspire confidence.

SINGLE

The atmosphere is perfectly conducive to a meeting built to last or simply to a lovely romance, depending on your current desires. Know that the planets will help you declare your love until the 19th, so be prepared!

CAREER / FINANCE

Neptune after the 26th is not really favorable to you, a blur not always artistic could take hold of your finances from a job: stay on your guard, read between the lines, do not listen to the pitchmen! Team up if you feel like it, the energies in Capricorn favor this type of project.

ADVICE

A very busy start to the year awaits you over the next three weeks. Approach the final week as a time to take a breather, recharge yourself, or make use of the numerous pieces of information accumulated.



SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW

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Email Andrea at HorizonsMagazine@gmail.com if you have questions.

Andrea

I am blessed to have my life, meaning: I'm blessed to know that HOW I think affects what comes to me, and that I can CHOOSE to exercise my free will to discipline myself to stay FOCUSED on things I like so that more things I LIKE may come to me

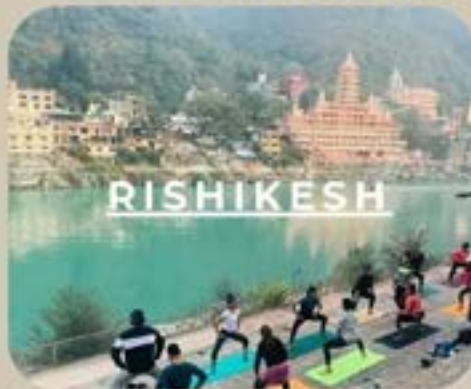
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→ HOLI CELEBRATION/FESTIVAL

FLIGHT INFO

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HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



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