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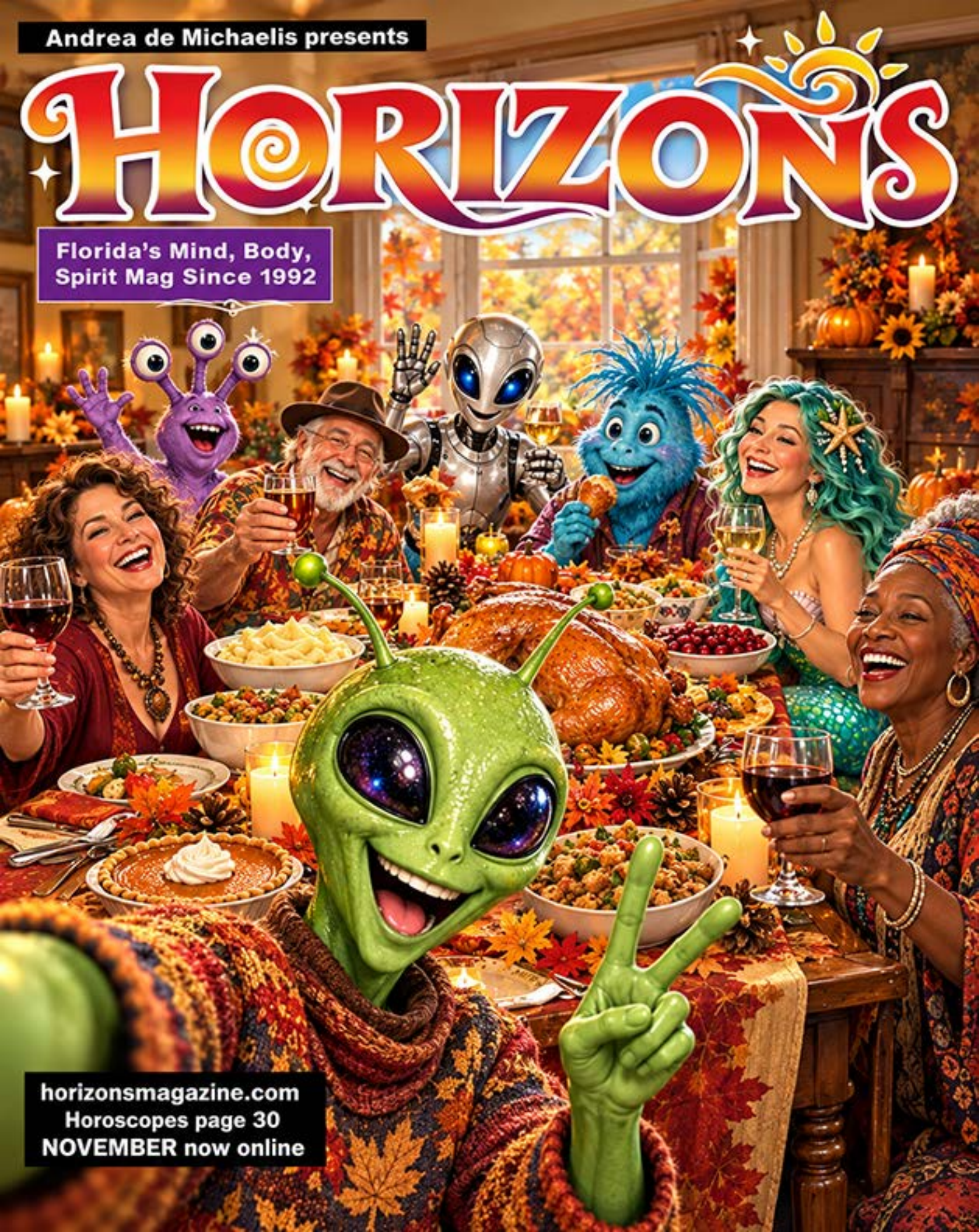

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Dr. Thomas C. Sannar

"I am a teacher of compassion and wisdom for the transformation of planet Earth."

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 there is an Infinite Power and Presence greater than I am. This Presence is on purpose, 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, 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 all aspects of my life. I see all people as the goodness of Spirit in form.

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

The greatest optical illusion is separation

HORIZONS

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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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Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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

Hello, welcome to the November 2026 Horizons. **What do you mean ALL is ONE?** You and I and ALL of humanity are ONE? Not an easy concept to understand but like the aspen trees function as a single massive living organism via connection to a single underground root system, so too are WE connected in ways that we cannot see.

That is one reason to DO ONLY to others what you would have them DO to you. When we come across a challenge and work our way through it, believe it or not anyone else on the planet and Beyond coming across that challenge now has access to what you learned about it.

So when their intuition and Instinct kicks in, it opens the door to the vast library of knowledge that your experience and insights contributed to. When YOU are made smarter, THEY are made smarter. When YOU are healed of a situation whether physical or emotional, THEY also have access to being healed of theirs. We access this by ASKING for the information and by RELEASING any RESISTANCE we have in any area of our life.

When we finally know this to be true is when we stop doing harm to others, which stops the attraction of unfortunate circumstances.

Some friends have been nervous seeing vids asking A.i. what's to come in the next few years in our government and being told there's going to be a complete breakdown and restructuring. A HEADS UP, all sorts of things go on in the world, things we want, things we don't want. ***What determines what it is that affects us individually is WHERE OUR FOCUS IS, no matter what's going on anywhere else in the world.***

If we're sitting around reading all the bad news and being scared to death and imagining the most horrible "what if" scenarios, that doesn't set us up for attracting a good future experience. I'm not saying ignore what's going on, I'm saying keep yourself focused on where you WANT to go, what you WANT to be doing, what you WANT to see happening in the world and spend your time looking for evidence of that. We always find what we're looking for, so look for the good stuff, look for the helpers, look for what's working, look for what's being changed that needed to be changed.

You can be living six feet away from someone and have a completely different experience than they're having and it's all determined by your choice of focus. I'm not saying nothing challenging will be happening AROUND you, but YOU can remain unscathed by your choice of focus.

...continued on page 44...

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.

SOCIAL MEDIA AND OTHERS' OPINIONS

GUEST: So as I've gotten older, and I'm a hairdresser - I teach and do venues and events, speak on a stage - and I've noticed that social media has become very important to be filmed, which would be the manifestation from my childhood. It's a dream come true - I can film everything every day. And then the followers happened, then the likes or the dislikes happened. So the more I shared, the more, if it wasn't liked, I got discouraged.

ABRAHAM: We do want to hear from you, but we just want to point out that you're **humaning**. You're doing that humaning thing so you're not paying attention to what your **Inner Being** is doing. Your Inner Being is inspiring you to new things, and you're having new discovery and new expansion. But by caring about what everybody thinks about it, it can go well or it can go bad.

And until you're stable in how you feel about you, until you know for sure who You are, some of them who don't have any capability whatsoever of understanding who you are are going to tell you who they think you are, which is really not any of your business, or theirs, really. But you're asking for it.

So there could not be a better way to start this day, because think about this - what are your options? How are you going to explain to all of them "No, I really am good. I really am good," how are you going to explain that to all of them? **That's why listening to your own Inner Being is important**, your Inner Being who knows who you are, who has walked with you every step of the way, who knows everything that you lived and every piece of expansion.

And here's the most important thing - your Inner Being never looks back, and when you do, it's to try to justify where you are. Your Inner Being only knows what life up to now has caused you to ask for, and your Inner Being gives undivided attention to that; undivided attention to that. And when you deviate from that, you don't feel so good.

We want to hear more from you, but we just wanted to get that out there fast before the car got too far down the hill. (Fun)

GUEST: Yeah. And that's what I'm really open to, is being an open channel so I can hear my Source when I do share my ambition.

ABRAHAM: You don't have to be an open channel, you just have to be aware of your gut; you just have to be aware of how you feel. When you read some of those comments and it feels bad to you, do you understand why it feels bad? Really, really, really why it feels bad?

GUEST: Why?

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NON - RELIGIOUS SPIRITUALITY

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

THERE'S A STRANGE KIND OF COURAGE INVOLVED IN STOPPING

There's a strange kind of courage involved in stopping. Not the dramatic, cinematic kind, but the quiet, interior kind—the courage to stop performing a version of yourself that no longer feels like you. For years, my spiritual life was defined by a long list of things I was told I 'must' do to stay in **God**'s good graces, remain "on the right path," and avoid catastrophe. The message was simple: ***if you stop, you'll drift, you'll fall, you'll lose your way***.

But here's what actually happened.

I stopped doing 17 things that were once presented to me as non negotiable pillars of faith. And none of them wrecked my spirituality, led me astray, cursed my life, or triggered divine punishment. What they did was create space—space for honesty, space for breath, space for a spirituality that didn't require self betrayal.

This list isn't prescriptive. I'm not offering a new set of rules or implying that anyone should follow my path. It's simply descriptive—an honest account of what I stopped doing, and what I discovered on the other side.

1. I stopped identifying as a "Christian." Not out of rebellion, but out of integrity. The word had become too small, too loaded, too entangled with expectations that had nothing to do with my lived experience of meaning.

2. I stopped attending church. Leaving the building didn't mean leaving my humanity, my ethics, or my longing for connection. It meant leaving a container that no longer held me.

3. I stopped reading the Bible. Not because I despised it, but because I refused to keep mining it for answers I already knew I wasn't finding there.

4. I stopped intercessory prayer. I could no longer pretend that the universe was a cosmic vending machine dispensing outcomes based on the right combination of words.

5. I stopped listening to "Christian" music. My soul didn't need a soundtrack of certainty. It needed honesty, complexity, and the full emotional range of being human.

6. I stopped worshiping "God." Not because I became an atheist, but because the version of God I was taught to worship demanded my smallness, not my wholeness.

7. I stopped keeping the "holy seasons." I realized my life already had seasons—grief, joy, transition, rest—and they were holy enough.

8. I stopped taking the Eucharist. I no longer needed ritual to validate my belonging. My humanity was sacrament enough.

9. I stopped listening to sermons and teachings. I had spent years outsourcing my inner authority. Silence became a better teacher.

10. I stopped listening to Christian radio. The constant stream of certainty, fear, and moralism no longer had a place in my inner world.

11. I stopped telling people, "I'll pray for you." Not because I stopped caring, but because I wanted to offer presence, not platitudes.

12. I stopped quoting Bible verses. I learned to speak in my own voice, not in borrowed language.

13. I stopped acting "Christian" to fit in or please others. The performance was exhausting. Authenticity was liberation.

14. I stopped serving others as an act of obedience. Service rooted in fear or duty isn't service. I wanted my generosity to come from freedom, not obligation.

15. I stopped using the word "blessed." It had become a coded way of saying, "I'm on the inside." I no longer needed insider language.

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THE 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.
theherbcorner.com 321-727-7522

"I CAN'T BELIEVE I ATE THE WHOLE THING"

Common sense plays a huge role in the prevention of heartburn and indigestion but all of that goes out the window when you sit down to a holiday dinner.

Indigestion and heartburn come with over indulgence during the holidays but holiday binging doesn't have to cause pain if you plan your meals using some digestive soothing herbs. Incorporating herbs into the meal provides natural relief preventing the gas and bloating that comes with being as stuffed as the turkey.

Herbs can be added to vinegars for salad dressings; I like to make my vinegars about 3-4 weeks earlier for a stronger flavor using herbs like **Rosemary, Garlic, Basil, Oregano, Lemon Grass or Lemon Peel** in either **wine vinegar or cider vinegar** depending on the meal or the herbs.

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THE LIFE STILL MINE

John van Sicklen Maeck II is a San Francisco writer, poet, playwright, and photographer. His work explores family, relationships, and the daily practice of care. He is the author of The Hallway Light, a novella about love, limits, and uncertainty. He writes about finding meaning in ordinary experience. Contact: mwfarmcsa@gmail.com.

For a long time, I thought transformation meant becoming someone else.A better man. A calmer man. A man who had finally solved whatever it was that kept him restless, disappointed, angry, afraid, or looking outside himself for proof that his life mattered.

I no longer think that.Transformation, for me, has become less about becoming someone new and more about relinquishing the versions of myself I no longer need. There is a strange violence in trying too hard to improve yourself. The mind turns life into a construction project. Every weakness becomes a defect. Every disappointment becomes evidence that more work is required. We start living toward some future version of ourselves who will finally deserve peace.

I spent years believing peace would arrive after the next accomplishment, the next relationship, the next clear answer. It did not.What began to change me was a much simpler idea: perhaps I did not have to win my life. Perhaps I only had to inhabit it.That distinction sounds small, but it changed everything.

I began noticing how much of my suffering came from resistance. I resisted uncertainty. I resisted aging. I resisted the possibility that love might not arrive in the form I imagined. I resisted the fact that some questions do not resolve themselves simply because we have thought about them long enough.

Most of all, I resisted the present moment whenever it failed to resemble the life I believed I should be living. Spiritual practice gradually became less mysterious. It was not a special state. It was not escaping ordinary life.

It was learning to stop arguing with reality. This did not mean becoming passive. I still wanted things. I still worked. I still wrote, played golf, made plans, loved, became discouraged, and began again.

But I started asking a different question. Instead of asking, “How do I make life give me what I want?” I began asking, “What is this moment asking me to become capable of?”

Sometimes the answer was patience. Sometimes courage. Sometimes restraint. Sometimes the willingness to leave something unfinished.

And sometimes the answer was simply to stop.I had spent much of my life believing effort was inherently virtuous. If something mattered, I should push harder. If a relationship was uncertain, think harder. If I was unhappy, analyze harder. If the future was unclear, plan harder.

But effort has a shadow. Effort can become another form of fear.We push because we are terrified of what might happen if we stop controlling the outcome.

The deepest change in me has been a growing willingness to allow life to remain partly unknown. I do not mean resignation. I mean trust. Trust is different from certainty. Certainty says, “I know what will happen.” Trust says, “I do not know what will happen, but I will meet it when it arrives.” That has become one of the most important spiritual distinctions of my life. I am still learning it.

There are mornings when I wake and immediately begin negotiating with the future. The mind races ahead, constructing scenarios, rehearsing conversations, measuring what has been gained and what could still be lost. Then I remember that none of those futures exist. There is only this morning.

The light coming through the window. A cup of coffee. A page waiting to be written. A golf club leaning against the wall. A city outside continuing without asking my permission. And suddenly life becomes very small. Small enough to live.

That may be what spiritual transformation actually looks like.Not enlightenment. Not perfection. Not the disappearance of longing. Just a gradual shift from possession to participation. I do not own the future. I participate in today.I cannot force another person to love me. I can love. I cannot command life to remain unchanged. I can remain awake while it changes.

I cannot make every loss meaningful. But I can refuse to let loss make me smaller. The person I was once spent enormous energy trying to secure life. The person I am becoming is trying to receive it.That is harder than it sounds.

Receiving means giving up the fantasy that everything important can be controlled. It means letting beauty remain temporary. It means loving without demanding guarantees. It means allowing disappointment to hurt without turning it into an identity.

And it means recognizing something that now seems obvious: The life I keep waiting for is already happening. This life. The unfinished one. The uncertain one. The one that still contains longing and mistakes and mornings when nothing seems resolved.

I used to think transformation would feel like arriving. Instead, it feels like loosening my grip. And discovering, underneath all that effort, that the life still mine is enough to begin again.

SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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

WELCOME TO NOVEMBER 2026

We will be entering November with a Mercury retrograde that lasts until the 13th, so take advantage of the classic themes of a Mercury retrograde and 're' do things.

Renew friendships and family ties with holiday activities. Plant and replant a garden. Trees go into dormancy at this time, so it's a great time to root prune and prepare to move them in the spring. Don't forget to take some time to reflect and decide what you could prune now in your own life and move to a new place in the future.

As the days continue to grow shorter, the month of November brings us several religious observances that celebrate the triumph of dark over light. All of these celebrations have the underlying meaning of hope, strength, and togetherness that stem from the symbolism of light and the victory that it has over darkness.

Look at how a single candle can both defy and define the darkness.
Anne Frank

Different faith groups use the light/dark metaphor differently. In traditional Chinese belief, the path to peace is to accept what befalls you: the yin and the yang, dark things as well as bright, the bad with the good. In Zoroastrianism (a Persian religion that predates Christianity), our lives are caught up in the dualistic conflict between spiritual forces: light versus dark, heat versus cold, good versus evil.

November 1st: Daylight savings Time ends. Mot of the US is on the standard biannual time-change schedule because permanent daylight saving time requires federal approval from Congress.

November 2nd - 6th: Diwali, Festival of Lights - India.
A 5 day festival of light that combines several different festivals in honor of gods, goddesses, harvests, new year’s, etc. It is celebrated by Hindus, Sikhs, and Jains. Each religion marks it different historical events and stories.

November 9th: New Moon in Scorpio

November 11th: Veterans Day, USA.

Nov 11: Birthday of Baha’u’llah, Baha’i. A day honoring the birthday of the prophet-founding of the Baha’i faith.

November 10th - 11th : Twin Holy Birthdays - Bahá'í. Celebrates the births of two central figures of the Bahá'í faith.

November 17th - 18th: Leonids Meteor Shower.

November 19th: Full Beaver Moon/Snow Moon in Gemini.

November 29th: Advent begins. Christianty.

DAYLIGHT SAVINGS TIME:

On the second Sunday of March at 2 a.m., clocks move forward one hour. Then, on the first Sunday of November at 2 a.m., the clocks turn back an hour. A good way to remember it? The time shifts match the seasons: Clocks “spring” forward an hour in March and “fall” back in November.

Many states have sought approval to make **Daylight Savings Time** standard time. That bill is stalled in Congress. The bill, called the **Sunshine Protection Act of 2021**, claims that when transitioning out of **Daylight Savings Time**, there is an increase in vehicle accidents, work accidents, and it disrupts the health of everyone subjected to the change.

Here I've gone online to https://chatgpt.com/ and asked questions. *While Artifical Intelligence can produce some interesting info, it can also hallucinate and give errors. HAVE FUN BUT CHECK FOR ACCURACY.* -- Publisher

Re asking existential questions on **ChatGPT** and getting past the gatekeeping coding since software changes in **ChatGPT** -- **REMEMBER IT'S NOT IN THE SOFTWARE, IT'S IN YOU.** Sure it's been programmed but it's **YOUR RESONANCE** that determines what answers you attract, whether from **God On High** or from an **evil reptilian overlord** (LOL jk no such thing, truly, that's simply a mirror to unfounded fears and insecurities.)

This is a popular question I get so I asked Ai:

QUESTION: *"What would Abraham-Hicks say to someone who asked advice on how to react with a spouse who cannot stop constantly talking about being broke."*

I love Chatgpt for consolidating the Abraham Hicks work because so far they've been RIGHT ON with it.

ChatGPT REPLY:

From the perspective of **Abraham-Hicks**, the focus would not be on changing the spouse. It would be on changing your own vibration and your relationship to what you're hearing.

An **Abraham-Hicks** style answer might sound something like this:

• *Your spouse is broadcasting their practiced vibration of lack. You don't have to tune your receiver to the same station. They are creating with their thoughts, and you are creating with yours. You can love them without joining them.*

THEY WOULD PROBABLY SUGGEST SEVERAL IDEAS:

• STOP ARGUING WITH REALITY.
If your spouse says, "We're broke," don't try to convince them they're wrong. Resistance just keeps you focused on the same subject.

• DON'T BECOME A CO-CREATOR OF THE LACK STORY. *Every time you answer with worry, agreement, or frustration, you're adding your own energy to the vibration of scarcity.*

• QUIETLY PIVOT YOUR ATTENTION.
While they're talking, internally think:

"Money is always flowing."

"There are solutions I can't see yet."

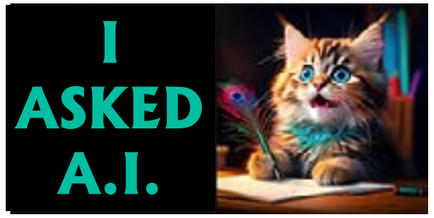
"Things have a way of working out."

"I don't need to solve this right now."

• APPRECIATE WHAT IS WORKING.
Abraham often says you can't focus on lack and abundance simultaneously. After the conversation, deliberately notice evidence of well-being: a paid bill, food in the refrigerator, a warm bed, helpful friends, new opportunities.

• BECOME THE STABLE VIBRATION.
Rather than trying to pull your spouse out of fear, become someone whose dominant emotional setpoint is calm and expectation. According to **Abraham**, *your steady vibration has more influence than your words.*

... continued on page 13...



THEY ALSO FREQUENTLY SAY SOMETHING LIKE:

• *You cannot get sick enough to help sick people get well, and you cannot become poor enough to help someone who believes they are poor.*

In other words, joining your spouse's fear doesn't help either of you.

If the spouse constantly brings it up, **Abraham** would likely encourage setting loving boundaries—not from irritation, but from alignment.

FOR EXAMPLE:

• *I know you're worried, and I understand why. I don't think talking about our lack over and over helps either of us. I'd rather spend our energy looking for ideas, opportunities, or simply enjoying our evening."*

Notice that this isn't denying financial reality. **Abraham** distinguishes between *acknowledging facts* and *practicing a vibration*.

You can absolutely pay bills, make a budget, increase income, or cut expenses.

The suggestion is to do those things from a state of hope or confidence rather than chronic fear.

THE ESSENCE OF THE ABRAHAM-HICKS RESPONSE WOULD BE:

• Your work is not to stop your spouse from talking about lack.

• Your work is to become so practiced in your own expectation of well-being that their vibration no longer dictates yours. From that steadier place, you'll make better decisions, feel better, and often become an example that is more powerful than any lecture."

Photo by Karin Wolf

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

PYRITIZED AMMONITE

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

Every day the evening comes sooner as we move towards the winter. The full moon in Aries is shimmering outside my window - the Hunter's Moon. The chaotic energies are building as we head into a time of deep mystery. It is good now to remember what we already know. The wave builds to crest and the tension grows stronger until we wonder how much we can bear, but then the power comes crashing down and is released. Everything has changed. We are relieved of stagnation and confusion.

The crystal ally I have chosen to share this month is excellent at reminding us of the most profound aspects of the meaning of our time here on this planet and the infinite changes to our perception as we contemplate it. Our universe is incredibly ancient. It is good to have a grounding companion as we ponder the meaning of the universe.

Several years ago, one of my dearest friends came to visit me. He had moved to **England** for a new job after graduation. We have always shared a great love for rocks and minerals. On a fossicking (the British term for mineral collecting) to **Charmouth Beach** on what is known as the **Jurassic Coast**, he brought me the **pyritized ammonite** he found on the beach that is pictured in this column. This fossil is 150 - 200 million years old. After the living creature died, it sank to the bottom of the sea. The shell was composed of **aragonite**, but over the years it was transformed into **calcite** and covered with **pyrite**. It feels solid and heavy in my hand and yet I perceive the changes time has created as well.

Pyrite is a primary ore of iron, providing a sense of strength and protection. ***Fossils themselves remind us that change is an invaluable part of our life experience. We are in a constant state of transformation.***

Pyritized ammonite, Charmouth Beach, England

Often we aren't consciously aware of this and want to cling to a sense of permanence and stability even though it may not serve us. Working with these ammonites allows us to flow freely with the river of time. Memories from the past come forward once again.

We feel the presence of our ancestors as we open to what the future may bring.

If you are fortunate enough to go to **England**, you can find **pyritized ammonites** all over the beach.

... continued to page 29...

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.seth-learningcenter.org

ON A WORLD POPULATED WITH VERSIONS OF YOU:

In your terms, at any given time, the population of the earth is made up of counterparts, and so there is indeed a relationship.

And when you kill an enemy, you are killing a version of yourself. There are deep spiritual and biological connections also.

For as you are members of a physical race, so you are also members of a psychic kind of counterpart reality, and this straddles races or countries or states or politics.

So counterparts exist, in your terms, at any given time in history. And so are you indeed related, and there are no strangers, in deeper terms, upon the face of the earth.

You form your history. You form your reality. And no one is thrust into a position which first was not accepted as a challenge.

And so you work out your problems and your challenges in whatever way you choose, historically (again in your terms), so that you and the **Roman** are connected, and the **Arab** and the **American,** and the **African** and the **Chinese**.

And so are your identities intermixed with others that may seem to be strangers - but others that speak with your own voice, others who communicate with you in your dreams as you communicate with them.

You have comrades, and you come, in your terms, to this earth in a given time and place of your choice. And so do you reap and form the great challenges of your age."

ON RESPONSIBILITY TO THE SELF:

All of you have but one responsibility, and that responsibility is to the self. Not necessarily to the self as you know it, but to the whole self.

It is your responsibility, you see, to develop all your abilities. It is your responsibility to materialize within your own system your own potentials.

ON EXPECTATIONS:

If a man wants to change his fate, desire is not enough, but expectation IS.

Expectation is the force, then, that triggers psychic realities into physical construction.

Emotional power behind your expectations powers your expectations into physical reality.

Live every day to its fullest, and do not be a slave to your hopes for the future. If you do not learn to enjoy today, you will not enjoy the future no matter what it may bring.

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

THE THREE GREATEST HEALERS

There are three people capable of healing me (in no particular order): me, myself, and I.
Source Energy sends unending wholeness and well-being to me 24/7. All that remains is for me to allow this vitality into my experience.

But other people can participate, acting as catalysts as I reunite with good health. Doctors and medical workers, healers and shamans, herbalists and even pharmaceutical companies can help me rediscover my natural wellness.

They can awaken hope in me. They can evoke gratitude in me. They shoulder some of my burden and help me relax. That is how they set the stage for me to heal me.

Going from Point A (sickness) to Point B (health) and staying there requires my becoming, step-by-step, more appreciative, more optimistic, more allowing, more at peace.

There are no short cuts and only me, myself, and I can travel this road. But healers and health workers can lay the brick.

JUST FOR TODAY

Just for today, I set forth to feel good.

I refuse to badger myself about inadequacies or mistakes.

I give myself permission to act silly and zany if I feel like it, even if someone disapproves.

I eat my meals without agonizing over calories or nutritional value.

I spend some time on a fun project that was postponed due to more pressing matters.

I give someone the benefit of the doubt.
I shrug off something that went wrong.

I savor a secret dream.
I kindle some hope - I devise a grand goal.

I speak up if I feel like it. I remain quiet if I feel like it.

Just for today, I give myself permission to be the fun-loving, life-affirming, spontaneous person that I really am.

Just for today, I am free.

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SPIRITUAL GRAFFITI

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

It's going to take humans to fix it. Not God.
If anything, God is waiting on us to act... Godlike.

Nobility is a revolutionary act, in a gamesy and manipulative world. We must find our feet, and our no-bull-ity, and band together to dismantle the unconscionable structures that imprison us.

If we don't do it soon, our freedoms will be long gone. Because the power-brokers now have access to technologies and systems that can more easily control humanity than ever before.

And they live deep in the delusion that power over humanity will cure what ails them. It won't, but that won't stop them from trying. It's left to us to fix it.

Some of us find it more vulnerable to give. Some of us find it more vulnerable to receive. Both tendencies can actually be control mechanisms - by always giving, we never have to actually take in another's love; by always receiving, we never have to risk someone rejecting our love.

The healthier relationships are those where we can celebrate and be celebrated, where we can love and be loved.

A mutual appreciation society with everyone's heart on their sleeves.

How beauty-full is that.
(~an excerpt from 'Spiritual Graffiti')

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

When you feel happy, really happy, it somehow seems that you’ve always been happy and that you’ll always be happy.

The same is true when you feel sad, lonely, depressed, broke, sick, or scared. Something, perhaps, to remember.

ILY,
The Universe

You know how sometimes when you visualize, you end up daydreaming?

Or you perform an act of faith, but it feels silly?

Or you wonder whether you have invisible limiting beliefs?

Well, you’re in good company. It was the same for all illuminated masters....

So great is the power of desire over doubt.

Keep chugging,

The Universe

METAPHYSICS 101

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

BLACK AND WHITE THINKING: LOOK FOR SHADES OF GRAY

Would you like to engage in an exercise in futility, an absolutely useless and pointless activity? Try arguing with a closed mind. By the way, that does include both sides of the argument, the side you're on and the opposing view. It will not matter on which side you sit if one of the sides is locked in rigid thinking or behavior; the option of discussion simply does not exist.

Thank goodness that most of the time humans are able to hold normal conversations, discussions and reasonable arguments with many people, including those with whom we disagree. It is equally possible to have arguments with those with whom we substantially agree because it is just not possible to agree with everyone all the time from birth to death on everything under the Sun. We have all had different experiences, formed personal opinions or reached arbitrary conclusions throughout our lives.

Heck, I even have moments when I play devil's advocate in my head and argue both sides of an issue and have never even left my own company because this all takes place internally.

I have also walked away from conversations wondering who was that shrew using my brain and my mouth – I didn't even recognize her.

Once words are spoken, they take on a life of their own. It is difficult to rewind and edit. We have to edit up front, before we get to live with the results. We can only do that with a reasonably open mind, one that knows its knee-jerk issues and can think and discuss using the brain not the knee.

It takes some self-discipline, but we can do it.

If you or any other person has a firm opinion, one that is not open to discussion or information flow, that mind is closed and the suggestion of discussion is pointless.

We all do this frequently, or at least I know I do. Want to argue about it? See how easy that was — I say one thing, you think something else. If it is not really important to you, you will let it go, ignore it, discuss it, bat it around and we may eventually resolve the issue.

If your point is really important to you, you will figuratively and mentally dig in your heels and nothing or nobody is going to move you off that point. You are hard-wired on that issue and it will not matter where logic and truth reside. Feelings of others, relationship preservation and future costs will not be considered and serious damage can be done. Perhaps such a thing was not intentional, but it could become permanent.

Many relationships have fallen by the wayside taking this route.

We all have what I call ***mental knee-jerk positions***, points at which we get stuck and refuse to allow new or corrected information to come in or open discussion to take place. This is particularly true when we talk about politics, religion, or personal freedoms.

This can also be true if one participant has intimate experience of an issue and the other does not.

How about someone who has given up a practice and now vehemently opposes that practice, a convert to an idea, a principle, a behavior?

If I have been the victim of a crime, my experience will change my original attitude.

If you have not had that experience, how can you know it from the inside as I do? You can guess, you can even commiserate, but you cannot truly know.

What if I become trapped by that victimization? I may not be cooperative conversationally because I am still responding to the trauma on some level.

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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

KUNDALINI YOGA

The Crown Chakra

Chakras are energy vortices—spiraling wheels of energy in our body. When these centers flow freely, one is in harmony and alignment. However, if one of these becomes blocked or misaligned, we will experience physical, mental, and emotional stress. In yoga, we refer to seven main centers aligned from the tailbone to the crown in the astral counterpart of our physical body. The energy called kundalini resides waiting to be awakened in all of us at our lowest center, like a snake in three and a half coils. Meditation, prayer, yoga, and other practices increase the flow of these energy centers. All the positive qualities associated with each are our latent faculties.

Sahasrar padma is also known as **shoonya padma**. It is the seventh plane of awareness and is known as **satya lok, bhaikuntha or the abode of Shiva and Shakti. Shakti** descends as the kundalini during creation and manifestation.

After completing the descent, it resumes its upward journey. The ascending kundalini must clear its passage, surmount all obstacles, and reach up to the sahasrar to become united, once again, with the divine **Shiva** power.

When the crown chakra is activated, the pathway is opened to our Spiritual Self. The wisdom, gifts, and treasures stored within our **Divine I AM Presence/ Soul** will be available to us. We will be ready to live and radiate the **Love / Light / Truth of Creation**, and we will be showered with an ever-increasing flow of divine attributes and virtues.

As it opens, we begin the process of rebuilding the rainbow bridge of Light to our higher selves, and many wondrous things start to happen. We gain access to the full spectrum light and also to the adamantine particles, or prana.

This begins the process of reactivating the pineal, pituitary, and hypothalamus glands, which permeate and affect every gland, organ, and cell of our body (this is called building the "light body").

Saints have an aura of light surrounding them, which is depicted as a halo in ancient paintings.

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Coleman Smith

ZODIAC NEWS

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

HIGHLIGHTS NOVEMBER 2026

Nov 4: Venus sextile Jupiter, Mercury conjunct Sun---Should be a pleasant day, two good aspects. Venus/Jupiter indicates good news in the air, finding good bargains, and peace and joy throughout the land. A feeling good aspect. **Mercury/Sun** is a mental giant. In Scorpio, scientists, geologists, investigators, researchers, and medical personnel have a special day.

Nov 9: New Moon in Scorpio---The **Scorpio** vibe of renewal, regeneration, and becoming Lazarus for a day. A wide square to Mars and Jupiter isn't difficult. Extra energy for everyone. The challenge with enhanced **Sun/Moon/Mars/Jupite**r is pride, hubris, too strong of an ego, etc. Best is to tone down boasting and self-importance. Scorpio is about adjustments, repairing, and transformations. Sounds big, but it works out as deeper insight and depth awareness in everyday matters. Learn to apply lofty concepts into daily affairs. Be more deliberate (**Scorpio**) in thought, words, and actions until the next new moon.

Nov 10: Venus sextile Mars---Love and romance are blooming. A spark, a glint in the eye, and a smile on everyone's face. A day of extra this and more of that. What you want wants you.

Nov 13: Mercury turns direct, Venus turns direct---An interesting day. It does seem like "a ship is righted" energy. Two planets stationary/direct at the same time is usually eventful. Maybe a scientific breakthrough (Mercury) or great artistic endeavor (Venus) happens. Could happen.

Nov 16: Mars conjunct Jupiter---Kaboom, these two love being next to each other, especially in Leo. Dare to be great. A salesman's dream, you can sell anything today. Big egos become larger than life. High energy, motivation is no problem. In Leo, there is no ceiling to the joy of the day. Our heart center soars like an eagle.

Nov 18,19: Sun square Jupiter, Sun square Mars---Meanwhile, back on planet earth we have the challenging side of life. That high energy and salesmanship above is now an overblown fiasco. Enthusiasm above had poor judgement, poor nuts and bolts planning. The promises made aren't going anywhere. Sun/Mars is an itch that you can't scratch. Haste does make waste and these last few days of surging high tide comes to a head. Anger is like throwing a rock into a hornet's nest. Everyone has an agenda and is trying to move along rapidly. The flow of life is quick but try and pace yourself.

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Coleman Smith

ZODIAC NEWS

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Nov 22: Sun enters Sagittarius---An optimistic month ahead, Believe and Have Faith. The Sun makes a few aspects of note. The opposition to Uranus is the strongest. A sextile to **Pluto and trines to Saturn and Neptune**. People from different cultural backgrounds are highlighted. The urge to interact and broaden your horizons is impelling you forward. Great for metaphysics and spiritual pursuits. Language barriers melt.

Nov 23: Sun trine Neptune---Artistic and empathetic, many actors and musicians have this aspect natally. Imaging ability and intuition are soft skills in play today. Tomorrow is a big day, but for today take it easy, stop and smell the roses on your path.

Nov 24: Full Moon in Sagittarius/Gemini---The excitement of the day never ends. This is a frenzied **Full Moon**. Frenetic and unstable and not so easy to explain "why". Pretend **Mars** isn't in the last degree of **Leo**, but the first degree of **Virgo**. **Voila, the famous T-Square, a volatile T-Square**.

Sun oppo Moon/Uranus is crazy, unpredictable, and out of control. **The Sun/Moon oppo is also square Mars**, adding fuel to the explosive fire. Too many mutable sign activities create a nervous-nellie atmosphere. Too many messages, too many people speaking at the same time---just too much nervous output. The Path is laden with frustration, but as always---Slow your pace down, monitor your thoughts, be at peace.

There are good aspects to Pluto, Neptune, and Saturn. Navigate past the bizarre and there is a chance of thoroughness (Pluto), intuition (Neptune), and practical and useful ideas (Saturn).

Nov 25: Sun sextile Pluto, Sun opposite Uranus, Mars enters Virgo---A continuation of yesterday as Mars moves into Virgo. Sun opposite Uranus is super one-sided, all about me-ism, egotism, and self-centeredness. And it is an energy that goes off course, out in left field somewhere. Perfect for that UFO contact. Mars/Virgo sounds industrious and great for crafts and self-improvement programs. Yoga and the local fitness center. The details, read the details. That sums it up---the small things, the checklists, make it right for 6 weeks.

Nov 28: Venus sextile Jupiter---Back on Nov 4th when Venus was retrograde, we have a repeat aspect. Want extra sauce, you have it. More ice and it's there. Genie in a bottle (makes me think of Barbara Eden). After a hectic period of a few days ago, this is a calm day with a pleasant aura. A congenial time, an image of strolling down the avenue, a nice lunch, and maybe finding a bargain at the thrift store.

Nov 29: Uranus sextile Pluto---A generational cycle, lasts a few years. Rare, the last time over a hundred years ago. A background energy, this might explain the rise of AI (Uranus) and powerful government (Pluto) uniting. Technology and powerful forces. Hopefully, the end-result is good.

Nov 30: Sun trine Saturn---Steady and sturdy, keep your feet on the ground. Practical application applied to your daily activities. After the wild Full Moon of last week, this aspect brings sanity back into the fold. A calm and easy day. Older men. Down-home wisdom. These two work great together, just at a slower pace. Stamina.

Namaste, Coleman

NON - RELIGIOUS SPIRITUALITY

...continued from page 8...

16. I stopped debating Theology. Not because theology is unimportant, but because the debates had become a substitute for actual living. They kept me in my head, circling abstractions, trying to win arguments instead of listening to my own experience.

17. I stopped searching for a final answer. I realized the most exhausting part of my spiritual life wasn't doubt or unraveling old beliefs—it was the relentless hunt for a final answer, the one truth that was supposed to settle everything.

I found something in the stopping. What surprised me most wasn't what I lost—it was what I gained.

I found a spirituality that didn't depend on compliance.

I found a self that didn't need to be justified.

I found meaning that didn't require a middleman.

I found that existential health—my capacity to live truthfully, courageously, and connected to my own humanity—wasn't threatened by letting go. It was strengthened by it.

The fear-based warnings I had internalized for years turned out to be just that: warnings, not truths. The sky didn't fall. My life didn't collapse. I didn't drift into moral chaos or spiritual ruin.

I simply became more myself.

And maybe that's the quiet miracle no one tells you about: sometimes the most sacred thing you can do is stop doing what no longer aligns with who you are.

Not to rebel.

Not to prove a point.

But to live honestly.

This is my story—not a template, not a prescription, not a new doctrine. Just one human being telling the truth about what he stopped doing, and how life kept unfolding anyway.

Jim Palmer

METAPHYSICS 101

...continued from page 18...

Sometimes a simple choice of words is at the root of the problem. When I was a practicing minister, I did not use the word "obey" in wedding vows. Instead the word "honor" was inserted.

Once traditional, accepted and ordinary, changes in relationships over the last fifty years have altered the concept of one mature human being having to obey another.

In this modern era, we choose to make free commitments based on respect and honor of one another.

I think we're still experiencing growing pains as we develop this new skill - respect for one another.

When children are growing up, their world is very black and white and they tend to be idealistic and think their ideas and approaches are bulletproof. As we approach maturity and our experience field opens up, we start to realize there are shades of gray to life.

Idealism gives way to reality and we discover we are not nearly as bulletproof as we thought. If this goes too far, our idealism can be broken, we can drift in a sea of grayness which engenders cynicism and a defeated life.

It is not necessary to go there. Experience teaches us the difference between theory and reality, between unattainable idealism and what is truly attainable and worth our effort.

We learn there is a middle ground to life and that there are many ways to accomplish our goals and purposes.

Currently we are experiencing a huge political dilemma that seems to be caught in this black and white thought confrontation. Before we decide the other side is wrong, be sure we are not performing the same error.

If you cannot hear me and I cannot hear you, discussion is not possible. If one is locked in and the other is not, effort can be made, but a closed mind is just that.

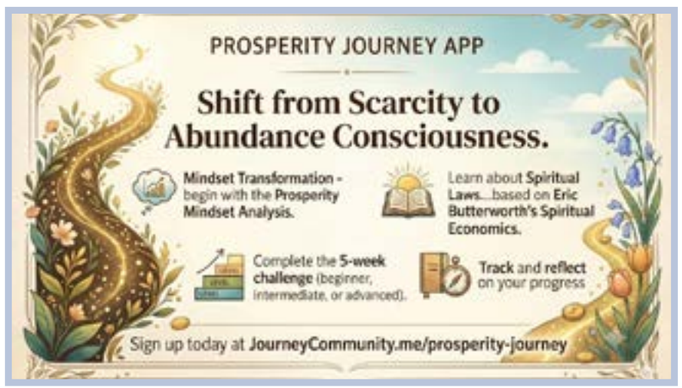
People cannot hear when they do not want to hear. It is important that we keep open whatever lines of communication are possible; you never know when that discussion window can open.

Do the best you can to find a common point of agreement and then build carefully on that common point. Ask questions, listen to the answers, and then ask (don't demand) if they would like to hear your side.

If not, don't waste your time in either explanation or judgment. Their knee is controlling their brain, and they cannot hear you; just move on to what is possible, and of course monitor your own knee.

You can always try again later. Giving up should not be an option. Do what you can, where you can, while you can.

Reality is not black and white - it is shades of gray.



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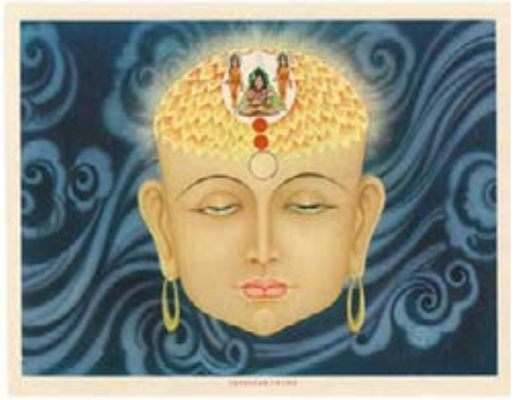
OUR MIND

... from page 19

Mokshapriya Shakti



Some positive qualities are that we will become aware of the merging of the personality-ego with the soul/higher self and, eventually, our I am presence. We will have the gifts of enlightenment, inspiration, and wisdom. We will perceive the world and those around us differently.

We develop the qualities of invocation, manifestation, service, diplomacy, and refinement. We become a master at the ability to transmute and transform energy back into its highest form—we will become a co-creator of love/light.

We will be able to confront the ego and remove feelings of disconnection from your higher self and **God**. That, in turn, eliminates feelings of insecurity, dissatisfaction, and disorder.

Since we all meditate differently, we can choose which chakra quality we want to meditate on.

Ma Yoga Shakti had an artist create chakra plates based on how she saw them, as illustrated in her book **The Invisible Seven Psychic Lotuses**.

The seventh chakra is in the middle of the top of the head. The popular color is violet, but in deep meditation, it is colorless. The seed mantra is **visarga (:) or AH**; the best is silence. The plane of awareness is **satya lok**, or beyond awareness.

When working with the individual chakras, we need to work with each for at least three months. We can remind ourselves by wearing violet. Meditation, reflection, and contemplation of matter and spirit all begin to activate some of the positive qualities of this center.

Meditate on the top of the head and feel a flower there with a thousand petals.

We begin to build our **antahkarana, or rainbow bridge,** between our consciousness and the Divine. This chakra represents our ability to transcend our earthly attachments. **Shakti** has joined with **Shiva** to form a perfect balance.

We are here to experience the material world for the Divine. We have a wonderful physical vessel encoded with a divine blueprint. It has been dimmed through incarnations and all the negative thought forms that we have allowed into our auric field.

It is our birthright to reactivate that perfect body and be a divine instrument. It is our mission to bring paradise back to planet Earth.

As we ascend the ladder of consciousness by clearing the chakras, we move into a state of divine grace.

As we lift ourselves, we also advance the consciousness of the Earth and all its humanity.

Growth and realization are a never-ending process. As we ascend, we need to absorb, integrate, and radiate that vibration before we can move to the next level.

We need to live the purity of each chakra before our consciousness gets elevated. It is not just activating the chakras, the change in body and consciousness must also be promoted.

All residual karma and mind clutter will slowly fade away.

We must be willing to accept our new being. We are changing every moment.

We need to let go of what no longer works for us and dare to reach out and embrace the new gifts.

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

...continued from page 14...

Photo by Karin Wolf

Sharron Britton

It is always best to find your own, but a loving gift from a friend is the next best thing. Rock shops sometimes have them although the **agatized and polished ammonites from Madagascar** are more common here in the **USA**. You can go on line and order one from a **British** rock site. They are not too expensive and they should be easy to ship.

Be safe and well, my friends. Many blessings to all of you.

Sharron

Pyritized ammonite, Charmouth Beach, England

YOGA SHAKTI MISSION

Ma Yoga Shakti

YOGA SHAKTI MISSION
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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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FIRST SATURDAY OF MONTH AT NOON
Suggested Donation $15 — small children free

HOROSCOPES NOV 2026

ARIES – (March 21 – April 19)

From November 1st to 22nd, Scorpio energy (Sun and Mercury) urges you to slow down, look inward, and soften that nonstop go-getter pace. You'll be razor-sharp and deeply reflective. With Saturn and Neptune on your side, your analytical instincts get a serious glow-up before you make your move, especially as Neptune stirs up intense, unusual feelings. Your mood stays buoyant, creative, and full of spark.

And your social life looks especially promising, with the first decan leading the way. Until the 24th, Mars and Jupiter team up to ignite love, creative momentum, or even something parental that warms your heart. With Venus shining in front of your sign all month, expect more intimate, meaningful exchanges. After the 23rd, the Sun slips into Sagittarius, adding extra heat and depth to how you show up. Then on the 25th, Mars moves into Virgo, sending your energy straight into work.

Love in General

This zone is strongly protected. You could share genuinely sweet moments with your partner, or with your kids if you're a parent. Until the 24th, your magnetism runs high, passionate, and impossible to ignore. Your physical life could be especially charged, and your feelings point toward someone who makes your heart feel lighter.

In a relationship

November sets the tone for your connection to feel real, joyful, and alive, with a side of intense sensuality. So yes, let's celebrate. Communication lands best when it's considered, so save the heavier talks for after November 13th. The outlook is bright.

Single

The cultural or sports scene could be the perfect backdrop for a sweet encounter with someone who matches your sunny energy and your appetite for intimate, meaningful experiences. You're craving commitment, especially because you want something solid. Slow your roll. Keep your standards steady.

Career / Finance

With the Sun and Mercury aligned until November 22nd, you may spot an unexpected financial boost tied to a business deal, or even through a brother. Either way, your money looks stable, with a clear upward tilt. A job contract could be the kind of news that puts a smile on your bank account. Want a payoff after the 14th?

Advice

This November is made for your curious, varied nature. The universe has your back with well-timed energy. Don't waste it on a sudden impulse that demands a radical change.

TAURUS – (April 20 – May 20)

Get ready for some family shake-ups until the 24th, with your relationship or partnership taking center stage. Up to November 22, the Sun and Mercury in Scorpio are nudging you toward honest, no-hiding conversations with someone close, or with your partner. There's no dodging it.

From November 1 to 24, you might feel a bit of friction at home or around your living situation, but things should start to smooth out after the 25th. Thanks to Venus, your everyday life looks sweeter. And on the 14th, a romantic or financial moment could land right when you need a little extra joy.

Love in General

This month, you're especially open to someone special in your orbit, particularly until the 22nd. Just remember: your intense sensual side could complicate the closeness you're craving. Keep those desires on purpose, not on autopilot. Your emotions will come with patience and tenderness, helping your mood stay steady and warm all month.

In a relationship

Go deep with your conversations. The planets are backing you, especially if things feel slightly cool at first. Stay flexible with your partner and don't demand more than they can realistically give. Your feelings will stay present, soft, and sincere. Choose love, period, not terms.

Single

Keep your eyes open in November, especially while you're out shopping. Venus could bring a charming, unexpected meeting that feels effortless yet full of

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potential, especially after the 14th. Your desires run powerful, and they'll boost your charisma. Just don't turn that energy into reckless flirting.

Career / Finance

Stay focused and sharp at work. Colleagues may be a little guarded, and some may take actions that aren't exactly pleasant, especially for the first decan. Even if Venus in Libra brings support and helpful hands, keep a close watch on your money. Stick to a budget and you'll stay in control.

Advice

November brings a few tests, but you've got what it takes to meet them head-on and make it all work. Move at the right moment, without dragging drama into it. Communication is the key. Mercury is here to help you sort things out clearly and say what needs to be said, in the right way.

GEMINI – (May 21 – June 20/21)

Gemini: Your 5 Luckiest Days in November 2026
Our expert astrologer has decoded the cosmic transits for Gemini this November 2026. Here are the 5 most fortunate days you shouldn't miss:

Nov 4 Nov 13 Nov18 Nov 25 Nov 29

Lunar Phases for November 2026

New Moon on November 2026 in Scorpio

This New Moon will occur on November 9, 2026, at 02:02. Today, an atmosphere of passion, sensuality, or even anger and resentment prevails, depending on the circumstances, but nothing is lukewarm or taken for granted. Avoid being swayed by external influences and do not mistake your desires for reality. Take the time to organize your thoughts and sort through your ideas to prevent falling victim to excessive anxiety.

You are in great shape and radiating beauty; it's a wonderful day to focus on yourself, indulge in pleasures, and particularly to charm those you desire, whether to gain a favor or to forge deep and passionate connections. This is an excellent day to nurture all your aspirations.

Full Moon on November 2026 in Gemini

This Full Moon will occur on November 24, 2026, at 09:55. The moon invigorates a routine of lightness, varied conversations, and conviviality. It's a day that encourages playfulness, humor, and irony. It's also the perfect time to engage in discussions and forge new connections in a friendly atmosphere where emotions are kept in check.

You should engage in intensive training to better manage conflicts and controversies. Common sense, sobriety, and logic will be essential to protect your sensitivity. Taking a step back is far more constructive than succumbing to tears or anger!

CANCER – (June 21/22 – July 22)

Between love pleasures and work demands, this month keeps you on the move, fast and energized. Until the 22nd, Scorpio power, fueled by the Sun and Mercury in perfect sync, makes it easier to open up emotionally or deepen the bond with your kids if you're a parent. At home, Venus wraps everything in a softer, warmer glow. From the 1st to the 24th, Mars and Jupiter team up in Leo to turbocharge your money mindset.

You'll feel both lucky and driven, like growth is calling your name. At work, you might be asked to do more than usual. Your bosses or colleagues could come in sharper than expected, so stay alert and keep your focus tight. A financial boost may also spark a major turning point in your life, especially if you're a first decan. On November 25th, Mars slips into Virgo, lifting your mood and smoothing out everyday interactions. After the 23rd, it's time to lock in.

Love in General

This month is shaping up to be genuinely gorgeous. You'll have irresistible charisma and a way with words that can win over anyone in your orbit or help keep your current relationship glowing. Your feelings may swing between tender and slightly guarded, so give yourself permission to steady your emotions and let the warmth your heart wants actually land.

In a relationship

Your love life looks clear this month. No real storm clouds over your marriage, but you'll both need to show up with a little effort to keep the vibe light. Until the 22nd, your feelings run strong and mutual, so don't hold back. Tell your partner what you're feeling. They're ready for it.

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Single
You've got a real shot at meeting someone who matches your energy, at least until the 22nd, so stay open and keep your eyes up. How you communicate will support your romantic moves, especially after the 13th. Your magnetism won't go unnoticed, so go for it.

Career / Finance
Until at least November 24th, you'll be both bold and determined, and your impact will be impossible to miss. Push your career forward or increase your main income through focused, effective action. And don't ignore Pluto in the background. It's poised to help refill your savings through an inheritance, a bank loan, or a legal development.

Advice
Walk into November with realism and a great attitude, because wonderful surprises are on the way, especially in love, right along your path. The rest is in your hands. Grab what's meant for you at exactly the right moment.

LEO – (July 23 – August 22)

Expect plenty of social energy this month. Stay flexible and you'll glide past any awkward moments. From November 1 to 22, the Scorpio duo of the Sun and Mercury turns up the intensity in your home and family life. It can also stir up tensions you've been quietly holding in. Bring your best self, or those simmering conversations could sour the whole vibe.

And with Mars and Jupiter in your corner until the 22nd, passion may flare fast, with a slightly combative edge. Don't bare your claws too soon. The good news? Friends will keep your spirits up, and your life goals start clicking into place exactly the way you want. Keep a close watch on your partnerships, because Pluto is ushering in real change. What do you want most? After November 23, love steps into the spotlight!

Love in General
All month long, Venus is working in your favor, boosting your social life and your romantic momentum. Expect warm, feel-good connections. Maybe even more. With Mars and Jupiter backing your heart, your desires run deeper, so don't hold yourself back. After the 23rd, your charm really turns on, wrapping up the month with a cozy, affectionate glow.

In a relationship
If you're in a long-term relationship, be ready for shifts that can't be easily undone. Pay attention to what your partner truly needs. It matters, and it's non-negotiable. Lead with love and lean into your sensual side, because that's exactly what your partner is craving.

Single
Your chances of winning over someone you're interested in look strong. This month, your confidence is rising, giving you the freedom to make bold moves. Just keep your delivery razor-sharp. A little tact and delicacy can make all the difference.

Career / Finance
With Pluto's powerful influence in the first decan, you may be able to tweak contracts. So think carefully about your risks and your next decision. What do you want to lock in for your career? Jupiter has your back, while Saturn and Neptune support your administrative work. Take your time. Move with purpose.

Advice
Your personality shines in November, and luck is on your side. Just don't let it go to your head. Keep your manners, your boundaries, and your good energy intact. Your loyalty is what truly sets you apart!

VIRGO – (Aug 23 – Sept 22)
November is about building connections and getting serious about money and career. Until the 22nd, with the Sun in Scorpio and Mercury turning up your mental volume all month, your confidence in conversations grows fast. Venus in Libra then slides your charm into place, adding a polished, diplomatic edge.

Around the 14th, that could even bring a pleasant financial surprise, especially as Saturn and Neptune steer you toward slower, smarter, more controlled growth. At work, Uranus is ready to rattle the routine, so expect the unexpected. This month can feel harder to move

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at full speed, because Mars and Jupiter are in a heavy, sleepy rhythm, slowing both your actions and your reactions. Hang tight until the 25th. After the 23rd, family tensions may start to simmer, so keep your cool.

Love in General
In November, you'll be balancing raw passion with a streak of possessiveness, so pay attention to what your feelings are asking for. They're going to run hot and show up loudly, pulling you a little deeper than usual. Proceed with care. Your libido may dip this month. You'll want fewer cuddles, but you'll still crave that heart-racing intensity. Honestly, why not?

In a relationship
In November, you'll crave closeness, and you and your partner could recreate some of those early, fluttery romance moments. You'll likely prefer the comfort of your private bubble over publicly spelling out relationship goals. Then, after November 25th, your sensual energy turns up in a big way.

Single
Less guarded than usual, you're ready for something real, and it shows. You'll charm people effortlessly. By the 25th, your charisma is in full spotlight mode. After the 14th, an emotional moment could land and put a real smile on your face. Is it a new connection or a bold love confession?

Career / Finance
With Uranus and Pluto energizing your professional world, you may feel pressure, but it's also a clear sign that change is on the way. A job shift? A move into a different industry? A fresh direction? Stay confident and keep your eyes open for opportunities that weren't on your radar before. Your finances look steady.

Advice
November might not be a walk in the park, but you've got a sharp mind and the ability to read the room. By the end of the month, you'll feel unstoppable. Trust yourself.

LIBRA – (Sept 23 – Oct 22/23)
This month, your diplomatic, social side is ready to steal the spotlight, powered by Scorpio energy (the Sun through the 22nd, plus Mercury all month). It highlights your signature strengths and your emotional intelligence. And with Venus in your sign, your charisma, elegance, and genuine desire to make people feel good are turned way up.

Mars and Jupiter, until November 24th, give your friends a boost and energize whatever projects you already have in motion. Then on the 25th, you'll feel a shift toward calm. Your energy won't be as loud to the people around you. With Saturn, Neptune, Uranus, and Pluto in a supportive position, your relationships can really grow. You'll feel restless in the best way, craving adventure. Big moments connected to travel or to what makes your heart light up are on the way. After November 23rd, your mood lifts and you'll be glowing.

Love in General
This month, love feels vivid. Venus in your sign boosts your magnetism and sharpens your social instincts, and it could open the door to all kinds of romantic satisfaction. After November 14th, expect a meaningful surprise. Your sensual side stays bright and playful through the 24th, and you won't hold back when it comes to charming whoever draws your attention.

In a relationship
Your partner may come off demanding, but underneath it all, they're also inspired and unexpectedly tender. With Venus in your sign fueling your romantic openness, you'll want to prioritize real quality time together. Your sensual side won't be running on empty, especially before the 24th.

Single
In November, use your stunning charm to pull people in effortlessly. Lean on your friend circle, at least until the 24th, to place you right in front of people who match your vibe. Intense, exclusive chemistry is also very much on the table, especially for those in the first decan.

Career / Finance
Saturn and Neptune add a touch of seriousness to your contractual life, but they also bring a real shot at long-term stability through a solid work commitment. You'll feel a strong drive to move forward with focus, and you'll be able to see growth coming. Your charm could help you land a raise after November 14th or climb the ladder.

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Advice
This autumn month looks pleasantly smooth, with very little that can dim your personal glow. Put your charm to work and keep chasing the balance that fits you so perfectly.

SCORPIO – (Oct 23 – Nov 21)
Between action and reaction, this November is anything but dull. The energy is electric, with the sun in your sign until the 22nd and Mercury staying in the mix all month. That brings your social side to the front and sharpens your inner detective, so conversations and connections land with impact. Until the 24th, Mars and Jupiter clash in a way that can make you overdo it or respond a little too hot. If something feels like it's escalating, pause before you press send. Stay cool. Stay tactful.

After the 25th, momentum builds. A project starts to take off, or a friendship turns into something warmer and more real. At home, you'll want to lower the volume, especially during the first decan. Meanwhile, a pleasant financial surprise could brighten your month. Through the steadier moments, your everyday life gives you space to breathe, reflect, and look ahead. Venus works quietly behind the scenes to support your inner world, and then on November 23rd the sun slides into Sagittarius, sharpening your focus on what you truly want.

Love in General
This November, it may feel hard to translate your feelings into words, because you'll keep them under control. But your libido is still set to run hot and a little wild until the 24th, so don't push it too far. If you do, you could scare people off. Bottom line: love won't be the main headline this month.

In a relationship
Make a real effort to reassure your partner this November, because you'll have the right words at hand. Your emotional restraint could get misread as indifference, or worse, as a lack of love. Keep it soft and close. Pillow talk will likely do the heavy lifting.

Single
You might cross paths with someone who's already taken and stumble into a secret, delicious spark. Or you might prefer the freedom of being single, keeping things light with a few spicy detours. Pick the vibe that feels the most like you.

Career / Finance
After a stretch of workplace tension until the 24th, you won't hold back when it comes to going after what you want. Just remember, not everyone will be on your side. Colleagues might resist, and your boss may not be quick to say yes. Move with strategy. Mercury in your sign supports your gift for planning, not for launching into battle without a plan.

Advice
Expect a few monthly highs and lows, but you'd rather not float through life on autopilot calm. Let the small challenges that pop up nudge you forward. Think it through before you make your move.

SAGITTARIUS – (Nov 22– Dec 21)
Until at least November 22, you'll feel the pull to check in with yourself. Mercury brings real emotional depth this month, and by November 13, you could start seeing results you can actually feel. From the 1st to the 24th, your drive to take action is strong, especially around a major trip, a study seminar, or when you're building the life you want to feel proud of, worthy of, and completely aligned with your goals.

Starting on the 25th, work begins to click into a higher gear. Uranus is stirring things up in your contracts and your personal life, so expect a few pleasant surprises and a couple of curveballs. With Pluto on your side, your circle will feel more supportive, and your mood will lift. A group or activist project may start to take shape too, especially after the 14th, with friends playing a key role. On the 23rd, the Sun moves into your sign. Happy birthday. This is your moment to shine!

Love in General
Your heart wants stability, but the universe is asking you to stay flexible. Surprises are on the way. If you're in a relationship, Uranus may shake things up, nudging one of you awake, while Saturn and Neptune quietly thin out love stories until only the strongest thread remains. Right now, love is leaning more toward friendship than strict exclusivity.

In a relationship
You may feel restless, which can push you to travel more or lean harder into time with friends. Just be careful, because it could leave your partner feeling a

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little sidelined. Have the honest conversation early, or the distance could start to feel heavy. This month, love isn't your holy grail.

Single
In November, an unexpected, one-of-a-kind encounter could find you, as long as you're willing to loosen your grip and go with the flow. Your romantic wish may come true through someone from abroad, or through your friend circle.

Career / Finance
This November, changes to contracts could shift everything, especially if you're in the first decan. Make sure the updates protect your rights and match your expectations. Until November 24, Mars and Jupiter back you in administrative and legal steps, so the universe has your back. Starting on the 25th, Mars will supercharge your ambition, but it can also raise the chances of friction, so keep your tone light and your approach steady.

Advice
Slow down. Reflect more. That's what will shape your future exactly the way you want it. Hold off on any big social moves until the end of November.

CAPRICORN – (Dec 22 – Jan 19)
You'll have plenty of breathing room until November 22, with the Sun and Mercury lighting up Scorpio. This is your moment to go deep on a project, or to level up a friendship that matters. Your drive will feel unstoppable. Until the 24th, Mars and Jupiter team up to fuel your appetite for change, especially when it comes to money. And with Pluto in your first decan, you're pushed to rethink how you earn and what you're willing to accept.

After November 25, Mars slips into Virgo, helping you stay steady, practical, and fully in control. Family matters demand your attention, so don't let misunderstandings sneak in. Uranus influences your day-to-day life, opening doors to fresh experiences, even if it also throws your usual routine off balance. Work could bring real satisfaction, especially after the 14th. From November 23, the Sun moves into Sagittarius, giving you a chance to step back and reassess everything with clearer eyes.

Love in General
In November, your heart could beat faster, especially at work. You're craving connection that's deep and sweet, while your libido wants equal parts heat. The trick is balance, so you don't end up feeling restless or oddly unsatisfied when your wants tug you in two directions at once.

In a relationship
You're genuinely tuned in to your partner, and you want real, quality time that feels meaningful. Still, your libido runs hotter than usual, stirring up a side of you that's normally more reserved. Have the conversation, or your partner might not recognize the shift.

Single
Your chances of meeting someone are high this November, so keep your eyes open, especially at work. Someone seriously magnetic could sweep you off your feet. Your desires will be strong, and your romantic energy will be more passionate than ever. The last stretch of the month looks particularly promising.

Career / Finance
Keep your game tight if you want to protect your lifestyle, because a raise or promotion could be lining up. After the 14th, Mercury brings extra backup and helpful hands from others. Updates on a project may land out of the blue, and they could genuinely brighten your day. Your finances look steady, but stick to a budget so you stay in charge.

Advice
November is all about action and major momentum. Release the old resistance that's been keeping you stuck, and ride the transformation already unfolding. Add a little wisdom to your home life, and you'll feel your worries loosen fast.

AQUARIUS – (Jan 20 – Feb 18)
Professional matters stay front and center until at least November 22. With the sun and Mercury in Scorpio, you may feel slightly on edge, so it pays to keep stress on a short leash. And with Pluto lighting up your sign, especially if you're in the first decan, your drive runs hot. You're ready to chase what you want. Just don't burn through your fuel. Saturn and Neptune lift your spirits and deepen your closest bonds.

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Until the 24th, Mars and Jupiter are hard to ignore, urging you to collaborate, whether that means leaning into a romantic spark or teaming up at work. Remember this: you won't get far doing everything alone, and nobody's going to hand over their part. After the 25th, Mars in Virgo turns up your sensual charm. On November 23, the sun moves into Sagittarius and links up beautifully with Venus, blending love and friendship into something effortless.

Love in General

A few bumps could pop up with someone significant, or you might feel ready to redefine what you two are building. The Leo energy nudges you to take other people's opinions and desires into account. On the flip side, Uranus can ignite a sudden, electric attraction, and Venus may bring a meet-cute that feels nothing like your usual pattern. Expect a handful of emotional curveballs.

In a relationship

With Mercury stirring up delicate conversations and Mars plus Jupiter turning your home life up a notch, it's smart to soften your approach. Stay diplomatic, and choose your words like they matter because they do. By the end of the month, things should ease up.

Single

November is setting you up for a moment you'll actually remember. Just be ready to dial in your behavior. This month could bring someone determined, or someone totally outside your usual type, and they may flip your perspective on more than one thing.

Career / Finance

November has momentum all over it. If you grab too much at once, you'll feel it in your energy. Take things one step at a time, and make sure you schedule real breaks.

Advice

November has momentum all over it. If you grab too much at once, you'll feel it in your energy. Take things one step at a time, and make sure you schedule real breaks.

PISCES – (Feb 19 – March 20)

You're kicking off November with big dreams and a powerful blend of growth and money energy. With the Sun and Mercury in Scorpio until November 22, your secret ambitions get a serious push, and by the 13th, you may start to see real movement. Any messages you've been meaning to send?

Venus is adding heat and tenderness to your love life, while Saturn and Neptune are quietly tightening the screws on your finances. Time to get your income streams sorted. Family life could feel a little rocky, so lead with your heart and ride it out. Your daily routine is set to run fast and lucky, especially when you put in the work and take care of your health. After November 23, work demands move front and center, so trust your abilities.

Love in General

November looks wildly promising for your love life. Venus in Scorpio sharpens your most refined, sensitive instincts, and suddenly your heart is running on overdrive. Starting on the 14th, a welcome romantic opening could land when you least expect it. Your libido is on full throttle and feels surprisingly effortless, so you'll always be ready for the moment.

In a relationship

Your partnership should thrive under the current energies, with deep passion and real chemistry between you. Lean into your gift for sparking your partner through dreamy conversations, sweet romance, and that unmistakable "come closer" energy.

Single

You're going to be magnetic, especially after November 14. Someone you see regularly may start paying closer attention, so stay switched on. After the 25th, the idea of commitment will feel a lot more appealing.

Career / Finance

Your work income is under the steady, serious influence of Saturn and Neptune, but it's still promising. Keep showing up with responsibility and effort, and there's no reason to panic. Venus could even bring an unexpected cash boost starting November 14. Did you set any money-related wheels in motion earlier?

Advice

All in all, November looks pretty fantastic. No major storms, no overwhelming drama. Love helps you move through things smoothly with the people around you, especially if there's tension at home. Keep your spirits up!

Andrea de Michaelis
Publisher

FROM THE PUBLISHER: HELP ME BECOME MORTGAGE-FREE My goal is to pay off my mortgage balance of $52k. I'd love if those who've enjoyed my work the past 34 years help me meet that goal. If my posts and Horizons Magazine have brought something positive to your life and you'd like to help, even $2, $10, would mean something to me. If 1,000 people contributed $54, I could do it. Here are some ways to help.

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ABRAHAM HICKS

... from page 7...

Esther Hicks

ABRAHAM: It's because your opinion of what they're saying, your opinion therefore about you because of what you're reading about what they say is so different from what your Inner Being knows. Your Inner Being isn't going there, and when you do, you cause separation. That's why it feels so awful. And you couldn't, if you had this lifetime and thousands after it (and you do), you couldn't make them behave.

GUEST: So I participate with it? That's the question – if it doesn't feel that good even though I love to do productions, or is it just finding a different platform?

ABRAHAM: We have a question for you first, and if you'll answer ours, we'll answer yours.

GUEST: Cool. (Fun)

ABRAHAM: Do you think it's worthwhile that you went to all the trouble of being born into this body, into this physical time and space, knowing the freakiness of the masses? (Fun) Knowing the incredible diversity and likelihood that most of them would not be able to get you?

GUEST: Yes.

ABRAHAM: Then we think social media is just fine for you.

GUEST: OK. (Fun)

ABRAHAM: I t's sort of just the new version of the masses. (Fun)

GUEST: It is. Cool.

ABRAHAM: You have to come to the place where the opinion of others isn't what drives you. Here's the clearest, cleanest, easiest way to get this: When you are awake, you are always offering a vibration, and therefore you are always under the influence of whatever is coming in response to that vibration. So a question to ask yourself is, are you under the influence of your **Inner Being**, are you thinking the kinds of thoughts that your Inner Being thinks about this and that, or are you under the influence of social media?

And that's not to say that you always feel terrible when you're under the influence of social media; we're not making them out to be the Devil (there is no Devil), we're not making them out to be a source of evil, we're just saying ask yourself when you feel that negative emotion, what influence am I under, and realize that you're giving up being under the influence of your **Inner Being** and trying to take your cues and clues from others.

Jerry used to say to **Esther** – it was a game that he played quite often in a restaurant where there were four bread plates on the table, and he'd say to **Esther** "You and I have a particularly good relationship, and here's why I think it's so good." And he would take one bread plate and lay it right on top of another bread plate and he would say "See how compatible we are about all the things that we think about, about how we feel." And then sometimes **Esther** would tease him and just move it off-kilter just a little bit. And she'd say "Well, except for that one thing right there." (Fun) But it was a good fit; in other words, lots of compatibility. And then he would say "With some people, we're like this, and with other people, we just barely touch the edge. And with some people, there's just nothing in common at all."

But what happens with so many humans is you want everybody to be this fit, and if they're not, then you think "What do I need to do so that you'll be like this with me? I'll change, I'll be whatever you need me to be. And you and you and you and you and you and you," until suddenly there are so many of them that you have to give that up because you can't. So then you take polls and you try to decide what you need to be and pretty soon you're not having very much fun in this life experience because in your quest to find others to find something in you that they approve of, you lose your connection of your Inner Being who knows who you are and is with you about all of it.

So we would say about social media or anything where humaning is involved, get your footing first and then dart in and dart out, dart in and dart out; gain your footing and then have exposure to them.

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ABRAHAM HICKS

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Esther Hicks

Sometimes **Esther** will say "I'm all alone," sort of like "and I don't want to be." And other times she'll say "I'm all alone and that's a damn good thing. (Fun) I'm all alone – it's just me, myself and I, it's just us guys all in harmony with each other."

But once you're stable, once you've practiced being in alignment with who You are, you can go anywhere because what they think of you will not take you off your kilter. It won't upset you because what they think about you hasn't got anything to do with you – it's all about them, it's all about how they feel.

All right, so now we're going to really get into this – are you ready? Every subject is really two subjects – it's like a stick, where on one end of it is what you desire, and on the other end of it is the absence of what you desire. Can you sort of understand that?

So when you feel particularly frisky, when you are thriving, can you understand that someone who might not be thriving might take offense at your thriving? Because you have activated that stick and caused something to activate in them, and they associate it with you because they felt better before they noticed you thriving, and so they don't like.

Jerry had a concept that he offered to us early on. We talked him out of it after a little while, but what he was proposing was ***"Abraham, don't you think that there should be islands of incarceration, so robbers all go to the same island and they just take things from each other? (Fun) And rapists go to the same island and they just rape each other, and murderers go to the same island and they just murder each other." And we said those islands already exist. But something that you're missing is that one who fears being raped will be on the island with the rapists, and one who fears being robbed will be on the island with the thieves, because you get what you think about whether you want it or not.*** And a hush came over the crowd. (Fun) Well, it's worth thinking about, isn't it? And so, there are these vibrational islands.

What we're really doing here is the best job that we've ever done of convincing you to give up the fruitless and futile effort of trying to please others.

And that does not mean be inconsiderate, that does not mean be your worst self and go out and do that to the world, that means tune into who You are and do that to the world.

Because if you're not wanting to be under the influence of finding the appreciation or approval of others, but instead, you're tuning to your Source and that love that your Source Energy is a vibrational match with, so that you're solid and consistent in that vibration, then, as you go out into the world, when you are misunderstood, you understand that you're being misunderstood – you don't take it personally because you have solid footing, because you know who You really are and you're not anymore trying to get your solid footing from those who are wobbly and don't know who they are.

And that's why you're mad at so many, because they're not solid enough to give you what you need from them. But you're looking for love in all the wrong places. You're looking for stability in the wrong place, you're looking for approval, you're looking for likes in all the wrong places. (Fun)

GUEST: OK, to tag onto that – in addition to that, there's been a topic around lately, that if you are successful, you attract other successful people...

ABRAHAM: We are really big at interrupting, aren't we?

GUEST: Yes.

ABRAHAM: One sentence, and then we'll give it back to you. Success is joy, period. Success is that alignment, and that being in that world aligned is feeling who You are; it's that confidence and knowing, it's that point of attraction.

Success is being a vibrational match to your own Vortex; that's what success is. We've never said that before – that's our forever standing definition of what success is: Success is a vibrational match with your Vortex. That's what success is, which means with everything thing that you've ever wanted, of course it's easy to understand why you would think it's about

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HERB CORNER

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You can also add herbs to soups, salads, vegetable dishes, in potatoes, stuffing, rubbed onto the turkey or even in desserts.

Fennel helps prevent gas in an overly acidic stomach it can be used in breads, rice, soups or in vegetables.

Basil is good for reducing the acidity in tomato sauce that can cause gas and pain for some.

Anise is great for an overly acidic stomach caused by eating too many sweets. My Grandmother must have known this because many of her cake and cookie recipes included **Anise**.

Ginger is one of the oldest known stomach healing remedies. It's a mild bitter so it helps to stimulate digestive enzymes making nutrients more absorbable plus its volatile oils have carminative actions helping to dispel gas and bloating.

Ginger tastes good in soups, vinegars, gingerbread, pies, cookies, ice cream and in ginger ale.

Rosemary helps calm the digestive system reducing the amount of gas that is produced. It can be used in vinegars, potatoes, soups, breads and in butters.

Cinnamon is a nice carminative herb that helps calm the muscular lining of the digestive tract easing gas and bloating. Cinnamon tastes nice in ciders, pies, cookies or mixed with sweet potatoes.

Some other herbs that could be used for preventing indigestion are **Coriander, Oregano, Thyme, Marjoram, Turmeric, Cumin, Sage, Cloves and Cayenne**.

MULLED CIDER RECIPE:
This year prepare a nice Mulled Cider using:

1 gallon cider
1 cup brown sugar,
2 teaspoons Allspice
1 teaspoon Cloves
1 teaspoon Ginger and
1-3 Cinnamon sticks

Simmer for at least 15 minutes. After strained it can be served hot, garnished with orange slices.

Get creative this year with your meal, not only will it taste good but your guests won't have regrets on how much they ate.

Esther Hicks

ABRAHAM HICKS

... from page 41...

the money or the material objects or even about the recognition, but it is about being a vibrational match to what your life has caused you to prefer and ask for.

Success (and satisfaction, too) is moving in the direction of who You really are - not looking back at who you used to be, not justifying where you're going by explaining how much worse it was and how much better you deserve.

Success and satisfaction are about moving (not about getting there - just moving) in the direction of who You really are and what you've asked for.

It was longer than one sentence, but we got carried away. (Fun) Law of Attraction does that. So, finish if you can.

GUEST: So you are responsible solely for your own vibration and your own manifestation. Nobody can help do that for you, it is a sole or Source sole journey.

ABRAHAM: A lot of people will help you. There's lots of influence and positive influence and support, but you have to set the tone of what you want to attract.

So if you're feeling sort of vulnerable and insecure, what island are you on? And who are you going to match up with? And how much help are you going to get from those that feel the same way you do?

Where, your Inner Being is focused upon who you have vibrationally become. People mean really well, and people are really lovely, and we do not mean disrespect when we talk about your humaning, but in regards to what is your guidance and where to look for and where to feel for for your sensitivity about where to go and what to do, the long and the short of it is, if it doesn't feel good, you're moving in the wrong direction.

So when you're reading some of that stuff and you get that feeling, and you start feeling so discouraged that you're not even sure that you want to continue, that's where you were at the beginning of this conversation - discouraged by those who don't know what they're talking about, who are not tuned-in, tapped-in, turned-on, who are not vying for your success, who are justifying their lack of success with their criticism of your success.

GUEST: Yes.

ABRAHAM: You can't get poor enough to help poor people become prosperous, or sick enough to help sick people get well, or sad enough to help sad people feel better, you have to be what you would like them to also be.

And when you be it, they might, in a weak moment when they're not defending and justifying and pushing against who they really are, when they've just awakened (because everyone is tuned in sometimes), you might catch them in a weak, not resistant moment, and they might get a whiff of your success, and it might uplift them to the success that they want.

And when that's what's on your mind as you present the things that you present, because you are uplifter to the very core of your being - that's who you are, you are a teacher, teacher, teacher, teacher, teacher. That's who you are. And a teacher has to teach.

GUEST: Right.

ABRAHAM: And some of them are ready for you and some of them aren't, and you cannot evaluate the success of your teaching by those who are not ready for you.

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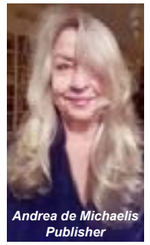

Andrea de Michaelis
Publisher

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.

I CHANGED MY MIND about the younger gens spending money on non-essentials like tattoos, dining, entertainment, daily coffees etc when I realized what they were doing. **Law of Attraction (I so dislike that bucksters have co-opted this phrase)** Law of Attraction says do whatever it takes to stay happy in the moment and then your futures will be happy as well. My experience is that's absolutely true.

The KICKER is that as you go thru life and have different challenges, your mindset will waver back and forth between happiness, confidence, doubt, fear, worry, hope, expectation, satisfaction, exhilaration.

The true test is if you can, in the midst of doubt fear and worry, sudden financial or health challenge, remember to PIVOT YOUR FOCUS to the things that are going right in your life right now, or the things that you would like to do next, or what looks like it would be fun to do.

How did the challenge arise in the first place if you were keeping yourself in a good happy mood doing the things that you wanted to do? That can be chalked up to karmic momentum from other lifetimes but it mostly has to do with your focus in the moment in this lifetime. Even listening to a friend's repetitive sob story that tugs at your heart can be enough to dip you down into a spiral that it may take awhile to get yourself out of. Stop listening to sob stories. Stop watching news headlines. Stop listening to criticism. FIND YOUR JOY.

The remedy is REMEMBERING, KNOWING that no matter how challenging the situation you're going thru, if you hold out the HOPE and EXPECTATION that things will work out well EVEN if you have no idea how they possibly COULD, the remedy is know that it will be fine and in the meantime find pleasant things to focus your attention on. FIND YOUR JOY and keep your focus there.

Enjoy our offering this month.

Hari Om. Andrea

Andrea de Michaelis
Publisher

SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW

These are the most requested links for my blog at https://horizonsmagazine.com/blog Doing these processes will open you to inner guidance like never before

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https://horizonsmagazine.com/blog/andreas-meditation-process-2/

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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

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 ir offering with them.

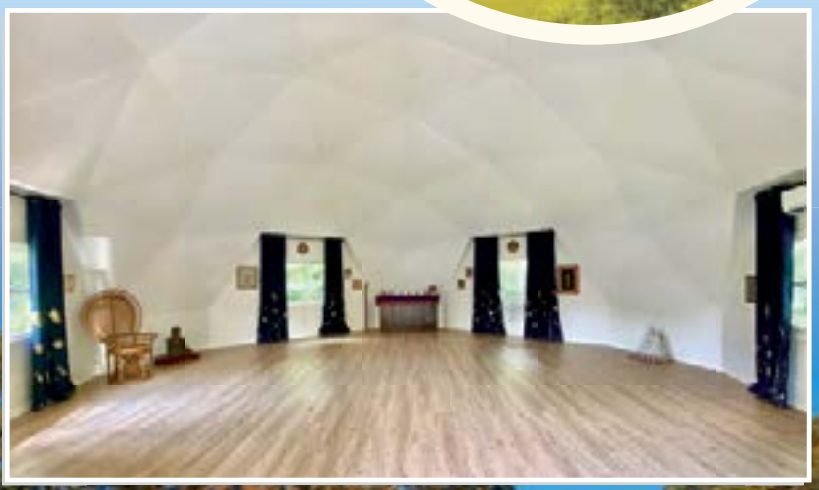
Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

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.

CENTER FOR SPIRITUAL AWARENESS

AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING

The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.

The CSA Learning Resource Library offers retreat participants a quiet place to read and study the science and philosophy of Yoga.

Years of profound meditation by committed and dedicated Yogis have made CSA's Meditation Hall a sacred space to commune in silence with Spirit and turn inward to focus on Self and God-realization.

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