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Love, Light and Blessings, Candyce Strafford

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Alexandra



Alexandra provides spiritual counseling through many ancient shamanic practices, Sacred Peruvian practices, Munay-Ki, Nusta Karpay Rites & more.

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Shannon is a Psychic/Medium, Sound Therapist, Hypnotherapist, Accupunturist, Reiki/Master and keeper of Jericho, the crystal skull.

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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest
optical illusion
is separation**

HORIZONS

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

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



**Horizons thanks
everyone willing
to take the risk**

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

HELLO AND WELCOME TO THE DECEMBER 2022 HORIZONS MAGAZINE. The big news of last month was **Hurricane Nicole**.

She wasn't very strong but since she came in on **FULL MOON LUNAR ECLIPSE DAY** and landing an hour south of us at **HIGH TIDE**, there was beach erosion and damage to nearby building foundations. Two hours north of us, tho, was the big story with significant damage to the beaches and shoreline buildings in the Daytona area.

I'm 12 miles inland (west of the beach) so our neighborhood had zero damage, maybe 40mph winds, not much rain, we didn't lose power or internet which is a first for our block in a storm of any size. Woot! The winds shook lotsa oak branch deadfall all over the property so I've been slowly picking all that up.

Each storm season I'm reminded that it's absolutely true that chaos can be going on all around me, yet I remain in a place of peace.

No matter what other people are experiencing, they may have a tree down in their yard but you may not. Other people may have problems you do not have. Remember we each attract our life experience to us by virtue of what **vibrational frequency** we're on, **what radio station in consciousness we're tuned into**. That's why a neighbor may have property damage and you do not.



A single home left standing while the block was demolished

It happened to me when the **hurricanes of 2004** came through the mobile home park where I own a unit. The two trailers behind mine had severe damage yet all I had was some surface slicing from flying debris. There were 115 mph winds and the porch screens even stayed intact. **We prayed over the property ahead of time and reminded ourselves that anything was possible, that it was possible to come through relatively unscathed, no matter what happened to anyone else.**

That's a very powerful practice: reminding yourself what is possible for you in any situation

So this **Thanksgiving** one thing I am thankful for is that I 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.

WOW, THE END OF THE YEAR ALREADY

Time goes at lightning speed. Already on **Facebook** I'm hearing the controversy about saying **Happy Holidays** rather than **Merry Christmas**. From what I can see, most who get triggered hearing **Happy Holidays** rather than **Merry Christmas** are usually only "guilty" of having limited life experience.

Likely they've lived in the **SAME** kinda environment around the **SAME** kinda people their whole lives, so they only know what they've been told. They've not studied **COMPARATIVE** religions to learn about other beliefs and practices of the world.

There's a lot of deep understanding we lack when we don't take the time to **STUDY OTHER CULTURES**. It helps you understand where a culture is **REALLY** coming from, rather than it being simply a sensational headline you read of atrocities committed by religious fanatics of **ANY** ilk. So, **HAPPY WHATEVER!**

The evangelical fanatics early on ruined the words "**God**" and "**prayer**" for me. It took me lotsa years to recover from that self-imposed trauma. When friends all began reading **A Course in Miracles**, for years I didn't join them. I couldn't get past the word "**God**," until I began researching comparative religions and got the real skinny.

Here's a story showing people don't think about what they're saying. Some were brought up forced to memorize bible passages. Just because I can copy & paste a phrase back to you doesn't mean I understand what I'm saying:

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ABRAHAM-HICKS



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

Our favorite seminars are the ones that are slow going, and the reason that we like them so much is because we are moving into new territory.

And the reason that we're moving into new clarification is because you asked for it, and the reason that you asked for it is because you've been living a sort of feeling that life should be moving faster for you, and that you should be having more fun than you're having, and it should be easier to understand. So we're going to recap - are you ready for that?

You are the creator of your own reality, but if you're like most humans, you've been going about it in a rather physical, conventional way, where you're counting on action, you're counting on effort, you believe in sacrifice and trying hard, and you believe in competition, and you are aware of where you stand in relationship to others.

And in all of that, you're doing just fine - you have come out ahead in many ways, and most people who look at you are thinking that you're doing all right, and you've developed some attitudes of feeling proud of yourself, and that's all good.

And, with all of that said, you are still dreaming far beyond your current ability to reach it, and that is causing discord within you because **you want more than you're letting in.**

And we can talk all day about applying more action or about giving something more time, we can talk all day about moving up the **Emotional Scale**, about finding processes that make you feel better. We talk a lot - we do talk all day - about reaching for the thought that feels the best, because we know that the thought that feels the best is the thought with least resistance, and the thought with least resistance is the thought that has the most power.

But today you've moved, by the power of your desire, into something that we don't encourage very often - we

witness it from time to time - and it's what you would call a sort of **quantum leap**.

And a **quantum leap** happens when there are enough people who are focused upon something that they desire even though it may feel nebulous, as it has somewhat in this room today in an atmosphere of lots of **Nonphysical** focus so that there's enough shifting (it's also called a **paradigm shift**), when there's enough shifting in the **Energy** to make a real difference in the way you stand so that your point of attraction has shifted enough that you will begin to see results that will make you believe.

We would like it if we could offer enough clarity of knowing and **Esther** could match up with enough words, and we could reach out into the audience and find enough demonstrators of conversation that it would be really easy for you to make that shift just based upon what happened today.

In other words, **wouldn't it be nice if we could just know it so much and speak it so clearly that you could hear it and know it, too, and go off and perform the joyous life experience that you want to live? But that's not how it works, because words don't teach, it's only life experience that teaches.**

And so instead, what we do is offer words, and maybe enough of them that you find resonance with what you've already lived, and then, from the conversation that we have, you take away with it a decision that you've never made before, a decision that's a strong enough decision that the decision will stand even in the face of the other things that you're usually living, a decision to reach for a thought - any thought that feels good - and to embrace it long enough that it blooms into something that is more.

We've been saying to you for a while that when you watch someone like **Esther** standing on a stage and speaking with clarity and certainty - she certainly appears to believe what she's saying - that often, you might go away as members of an audience thinking **"Well, that's someone who certainly has a philosophy of life, and that person certainly does believe it, and I got some tips from it that maybe I can apply."**

But as far as any practical movement in your **Energy**, not a whole lot happens with a conversation in a room like this on a day like today.

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FEELING OUR WAY INTO THE MYSTICAL – PART I

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

We've been talking recently about strange dreams and visions people encounter in the work – especially when they're just starting out.

As I explained in my last two posts on "Opening Pandora's Box," the more we can learn from the emotions these experiences are inviting us to explore and understand, the more we can change - and, therefore, the deeper we can go into the unknown. And the deeper we go into the unknown, the closer we get to the mystical.

As we practice spending time in theta brain waves, and practice being comfortable in the unknown, our dreams and visions will evolve. They'll become more lucid. In lucid dreams, we're more conscious; more awake. We can see rich detail. This dream world often seems more real than the world we live in during our waking hours.

In these states, our brain is producing the neurochemistry that allows us to have more lucid moments. We're becoming conscious in our subconscious mind. The experience we're having is an inner vision that feels profoundly real.

Now we're in the land of the mystical. But to enter the elevated state we encounter in the quantum field, we have to move beyond the "lower" levels of lucid dreams - the mundane; the unpleasant; the sometimes fear-inducing or even truly horrifying ones. These sorts of highly detailed dreams are just the first frequency we experience above matter - but they aren't the transcendent experience we associate with the mystical.

FEEL THE FEELINGS FIRST

What so many of us ask at this stage of the work is: How? How do we get there? How do we ascend into those upper realms? This is something I refer to as "chasing the mystical." We want that experience. We seek it. We try to get closer to it.

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FEAR AND JUDGMENT, THE REAL BATTLE FOR SURVIVAL

I hate to fly—I mean seriously, I hate it with the white-hot intensity of a thousand suns, I hate it so much. I am your worst nightmare on a plane; bless you if you end up sitting next to me. I sweat, I hyperventilate, and if you’re game, I talk to you about anything.

I am happy to chat about your last colonoscopy if that’s all you got—whatever, bring it on, just don’t let me think about being in a metal tube, rocketing through the sky at thirty thousand feet. It all seems so unnatural and pushes up against my need for control and my fear of free falling from thirty thousand feet. Since I’m so eager to chat, I’ve met some really interesting people on planes and had some pretty interesting talks about fears.

I once met a young man, gosh was he a cutie, setting off to **Iraq**. As he boarded the plane, I could instantly tell he was a soldier. He was with a bunch of other soldiers, all dressed in street clothes, but clearly freshly shaved and ready for battle. This one must have drawn the short straw because he ended up sitting next to me. He sat down, and I didn’t even hesitate to launch into my sob story about my fear of flying. I said outright, **“Listen, I hate to fly, so if you don’t mind, I’ll chat you up for an hour and half and be on my way.”** He laughed and said, **“Sure.”**

I grilled him about his life, what he did in the military, and why on earth he had joined in the first place. This was all before takeoff. As the plane sped down the runway and the nose lifted into the air, I grabbed his hand, and you know what?—he held it back. If I weren’t on a small plane, I swear I might have married him on the spot.

He was a perfect gentleman with a slight southern drawl and about nineteen, which put him into the cute and too young category, but this didn’t stop me from

having an hour-and-a-half-long love affair. He asked me what I did, and when I said I was a writer, he got this faraway look in his eye. He hesitated for a moment before he said, **“I wanted to be a writer. I’ve been writing poetry since I could spell, and I always wanted to write a novel.”**

I am always amazed at the confessions we make to complete strangers, the freedom we feel to tell it like it is because the person we’re confessing to will never tell anyone and probably doesn’t care anyway.

But I did. I asked him why he didn’t become a writer, and this nineteen-year-old, southern **Adonis** (seriously, he was hot) looked at me and said, **“I was afraid I would fail and my family and friends would be disappointed in me.”** So instead he joined the army and was heading into violence and physical danger and possible death, as if losing his life in a war was less frightening than being told his writing was bad.

Fear is the grand bovine of sacred cows; we don’t even realize how sacred our fears have become, how protective we are of them, and how fiercely we will fight to hide them from the world. Our ego has worked overtime to hide them, creating masks that cover the beliefs that stem from our secret fears. Our nightmares are a bevy of these thought monsters that have been lurking in the recesses of our brains and come out from the shadows to torment us.

There is a moment in childhood when fear takes hold, usually about the time we realize that our parents are human and flawed, and we suddenly grasp that we too won’t be perfect. We wonder to ourselves what our flaws will be. Soon enough they are shown to us through the actions of others. We grab hold of those

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HERB CORNER

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

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Elderberry contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recent studies found it to be effective for all forms of **the influenza virus**.

St. John's Wort typically thought of as an **anti-depressant** herb has strong anti-viral activities.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

DREAMS

The Man with the Ladder found himself with the gift of a day off. Without thinking about it, he set off for the park. Taking his usual route he found himself on the street where he was sure the park usually was, but it was not there. He was about to become indignant that some contractor had torn down his park and put up forty year old buildings in its place when he noticed the park a block away. It was his park all right but he was sure there was something subtly different about it.

Perhaps the benches had been recently painted or new foliage planted, he suggested to himself. But when even his ladder didn't seem to rest on the ground the way it usually did, he came to a conclusion. "This is going to be one of those days," he said to himself, reminding himself of a poem he had once read, or had he written it? He wasn't sure. It went like this:

There are days that submerge at the first light of dawn and only resurface at the instant one falls asleep in the evening.

There are days that seem to be a message left by a dream the night before, for another dream waiting to be dreamt the night after.

There are days that seem to be laced together by the anticipation of some impending disaster which never occurs, and never not occurs, but merely withdraws, receding infinitely slowly at a tangent towards evening.

There are days that fracture in the morning and break apart in the afternoon and reach evening in a hundred small pieces that burn up like a meteor shower when they hit sleep.

There are days that begin with a warning shot fired into your heart and a whispered threat that if you don't shape up, a second shot will do major damage.



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There are days that seem just a collection of randomly selected minutes thrown haphazardly together into hours of varying lengths.

There are days that never appear anywhere but on calendars, and then only after the fact, and there are other days that appear and reappear on privy doors and subway posters and the backs of animals and children's drawings and on beer advertisements on T.V., so that they feel like they have been lived in again and again, like an old house that has been occupied for centuries.

There are days and there are days.

The Man with the Ladder spent the first few hours of this day trying to figure out which kind it would turn out to be when it was over. After giving it some thought he began to suspect that no matter how saturated with reality this particular day appeared, at its conclusion it would turn out to have been a dream.

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SETH SPEAKS

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**There are no ways out. You form your reality.
You form the good part.**

**You are responsible for your successes, for
your life, for the joy of your being, for your
yawns.**

When I tell you that you form your experience, you automatically leap to the conclusion that you form only your bad experiences. Give yourselves credit! You form the joys in your daily life also, and your happy encounters. It is you who leap to the interpretation that because you form your reality you are responsible only for the dire aspects of your life or for your limitations.

Again, if you will look to those areas where you are pleased and apply those beliefs of success to those areas in which you are not so pleased, you will find there also that you form your experience and that the feeling of achievement can be spread from one area of your living to another.

...continued on page 29...



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ASK WHITEDOVE CELEBRITY PSYCHIC



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. See www.MichelleWhitedove.com

DEAR WHITEDOVE, Some people don't understand that the Earth is a living breathing being and all the elements work together. Since you can't see consciousness, I guess that's why some don't understand it?

MICHELLE: Yes, that is so true, **Mother Earth** and the elements are alive and they have consciousness, **God** created them to help sustain our lives: the **Air, Water, Earth & Fire**.

Yes, they are all alive, and each element has its role. **Mother Earth**, people think that the rocks and dirt don't matter? Well even rocks from small ones to great mountains vibrate with their unique energy.

First we must understand that the human body requires a number of minerals that are essential for health: calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium - this is not an option, they are necessary for life.

They come from the Earth, then the plants we eat have absorbed them. It's a beautiful **Earth to Body** sustaining natural life cycle.

Science knows that rocks have energy and they vibrate (which is life unique to the element.) **Quartz crystals** were used in transistor radios, they control the timing of the computer chips, it is also known as a gem that is capable of creating light under pressure.

Diamonds can be used as insulators. Rubies and sapphires are used in watches to improve the accuracy and their durability. When people wear larger gemstones, these can have a positive influence on the human body as they naturally vibrate and radiate their energy. Actually, I love to have large stones in my home as objects of beauty that help to create a zen-like atmosphere. Sensitives can feel the energy and scientists understand their energy from a different viewpoint.

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COMPASSION

Compassion literally means “to suffer together.” It is the feeling that arises when we see someone suffering and want to help them. Compassion motivates us to help. Whereas with empathy we feel the pain of the other and can understand their perspective, but it does not motivate to help.

Compassion connects us to others and brings our innate natural nurturing feeling to the surface. We feel fulfilled when we help our fellow man. We want to be connected to our world. Compassion is when we give without expecting anything in return, when we are kind just to be so. Compassion takes us to a feeling that we are all one. Life with compassion takes on meaning and purpose.

Research has shown that when we feel compassion, our heart rate slows down, we secrete the “bonding hormone” oxytocin, and regions of the brain linked to empathy, caregiving, and feelings of pleasure light up, which often results in our wish to care for others. Our “right anterior dorsal insula” becomes highly active when we feel kindness and compassion and it is also very active when we meditate.

Compassion is that innate desire to feel one with the universe. That feeling we also get when we meditate. Our innate desire is to go back to the source. The source is present in everything of nature. **God** is omnipresent is the teaching of all religions. So, when we feel compassion, we are accessing our innate humanity.

In times of crisis that innate nature comes forth. A young Louisiana man was driving early in the morning and noticed a house on fire. He quickly ran inside to wake people up. He found four children, woke them up and rushed them out. Then he went back for another child. All the children are fine, he was rushed to the hospital with burns. When asked, he said he just had to do it. It is in our nature to help others.

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JOIN Ma Mokshapriya Shakti for Morning Satsang on Bhagavad Gita 6.45 AM - 7.30 AM and Evening Satsang on Patanjali's Yog Sutras from 6.45 - 7.30 PM on Thurs. Dec 1st, Fri Dec 2, Sat Dec 3, Sun Dec 4th. She will also speak on **"Thought Power"** from 9 - 10 AM on **Sunday Dec 4th.** All programs will take place in the **Durga Temple at Yogashakti Mission.**
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NOTES FROM THE UNIVERSE

International tax accountant turned entrepreneur turned writer for “the Universe” and one of the teachers for The Secret, Mike Dooley runs TUT’s Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

For what has been an eternity, dwelling in the vastness of the unseen, I've been preparing for these very moments...

You waking up to the truth of your magnificence and power, knowing at last that you're not alone and that you've never been judged. That life is a playground, not a laboratory; an adventure, not a test.

Knowing that you are exactly who you dreamed you'd become, and exactly who the world most needs you to be.

And, perhaps most of all, knowing that your thoughts create, your words shape, and your deeds summon energies befitting gods and goddesses.

Good thing I don't age.

Your highness,

The Universe



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

So many of us carry a deep wound around parental neglect or abuse. Some of us carry it so deeply that we are unable to recognize or manifest our magnificence, our reasons for living, the sacred purpose(s) that reside at the core of our being.

Intrinsic to these blockages is the core belief that we are unworthy, sourced in our parent(s) behavior. We carry forward the childhood assumption that their unloving behavior was a reflection of our own value. And this is the gravest of mistakes. Because if someone has a child, and is in a state where they are emotionally and circumstantially capable of loving, their natural impulse is not to neglect or abuse. It is to love. It is to support. It is to protect.

If they didn't, it is entirely a reflection of their own challenges, conditioning, circumstances. It doesn't say a thing about your value. In fact, it has nothing to do with you at all. They just couldn't do any better. They were trapped inside their own unresolved issues. They were lost on their own misguided path. Don't let your life's path be a reflection of their limitations. Walk your own way now...



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf



HERDERITE

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

As we move in to December toward the Winter Solstice here in the northern hemisphere, we are immersed in the cool darkness as our nights grow longer. This has been a challenging year for many of us, so the deep respite in the heart of darkness is welcome.

Yet even in full darkness it is possible to feel the pull of the tiny spark of light that rests within it. Something powerful and different is on the way. The gift of magic can be ours - that wonderful ability to rise up and transmute troublesome energy into a new perspective of reality. It's time to enhance our vision and prepare to use our power for the greater good. The stone I want to share with you today is one of my personal favorites and one of the best I have found to open gateways into higher realms of being.

Herderite is a rare phosphate mineral related to apatite with a chemical formula of $\text{CaBe}(\text{Po}_4)(\text{F,Oh})$. It can be found in many places around the world with primary sources being **Brazil and Pakistan**. This is one of those stones that come in many colors - gold, blue, green,

...continued on page 31



Herderite

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walk our labyrinth
on Winter Solstice**

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INSPIRING COWS

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

"Practice," it has been said, "makes perfect". Practice, indeed, is how human be-

ings translate theory into action. Practice is how any of us get good at anything. Of course, there are a million of ways to practice. In a group. Alone. In a cave. In a gym. In your mind. Online. Off the wall. With a teacher. Without a teacher. The sky's the limit and even then there are pilots who can help.

The following story is all about practice -- a version of it I never imagined I would try. Here goes:

Some years ago, I was living in a commune on a 600-acre cattle farm in **Virginia**. We were three couples, two cats and one child in a five bedroom house. We called ourselves "**Ananda Household**" (at least that's what it said on our checkbook), *ananda* being a **Hindi** word for *bliss* -- our go to word of the moment because all of us were students of the same teacher who, among other things, was helping us awaken to the source of bliss within ourselves. Or like, whatever.

Towards that end, once a week, we would have "**satsang**" in our living room -- "**satsang**" translating as "**company of the truth**" which, simply put, was a gathering of inward looking people to share, spontaneously, the timeless, non-denominational wisdom of the soul.

The six of us, inspired as we were, would do our best to advertise these gatherings to our local community, but because our home was 12 miles in the boonies there were many evenings when no one, other than the six of us, would be sitting in that living room.

And while these gatherings were always inspiring, I began to feel like something was missing -- that something being people other than us to share this good news with -- even if my high school **English** teacher told me never to end a sentence with a preposition.

Not more than a few days after this somber feeling began to arise in me, we got word that one of **Prem Rawat's Mahatamas** from **India** needed a place to stay for a week and we were the chosen ones.

Wow! Whoa! Whew! We were psyched -- a chance to host a holy man, someone much further along the path than any of us. Cool!

And so we prepared with great rigor -- spotlessly cleaning our guest room, picking fresh flowers, and buying a whole bunch of **Indian** spices.

On the day of **Mahatmaji's** arrival, even though he was tired from his travels, he joined us for dinner and shared some stories from the **Mahabharata** before turning in for the night.

The next night was **satsang** and we were thrilled to have, in our midst, a genuine devotee -- someone way more tuned in than any of us -- the real **McCoy** who, we knew in our bones, would be way more inspiring to a roomful of people than any of us local yokels.

The room was set. The flowers were on the altar. The incense was lit -- me positioned at the front door to escort what I imagined would be about 20 people, arriving a few at a time, into the living room.

No one showed up. No one. Not a single soul. As usual, it was just us -- the six householders (one child asleep) and, tonight, **Mahatma-ji**, smiling from ear to ear. And while the evening, as I recall, was enjoyable, I couldn't help but feel we had missed an opportunity to fill the room with people likely to have an experience of a lifetime.

Did I mention that no one showed up?

The next morning, **Mahatma-ji**, sensing my state of mind, invited me to join him for a walk. And so I did. As we strolled the country road, I confessed to feeling disappointed at the lack of "turn out" at last night's gathering.

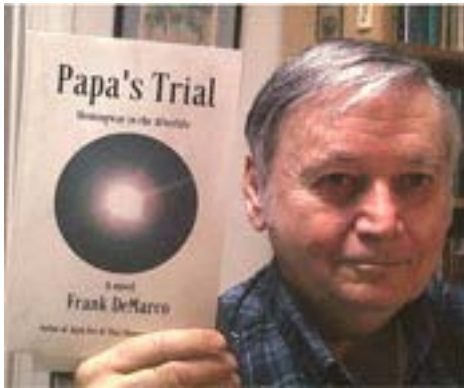
"What do I do, **Mahatma-ji**, when no one shows up and I have so much, within me, to share?"

"Talk to the cows," he said, pointing to a field of **Herfords** to our left.

This was not the answer I was expecting. Talk to the cows? Really? Talk to cows? Giving **satsang** to animals seemed totally off-the-wall to me, maybe **Mahatma-ji's** misinterpretation of something he read in a scripture -- but we kept on walking, **Mahatma-ji** and me, the sound of mooing all around us.

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FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



CONTINUITY

Frank DeMarco, co-founder of Hampton Roads Publishing Company, is author of 4 novels (recent: *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, **Frank** has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "**the guys upstairs**." This column is an excerpt of these conversations. Contact him with questions. www.ofmyownknowledge.com. On Facebook he is [Frank.DeMarco.10](https://www.facebook.com/Frank.DeMarco.10).

**Tuesday, November 22, 2022
4:20 a.m.**

DeMARCO: Let's see how much I can bring back. Sinking though a web of associations, returning up the same web if something calls me back. Experiencing, truly, but all mental construction, equally truly. And what we are helps determine how we drift and what we associate. "Real life" isn't actually much different than "mental life." And how do good and evil enter into pursuing webs of association? All they can do is inhibit exploration, inhibit experience.

Will I be able to expound upon this? How dreaming, remembering, fantasizing, all are sort of the same thing?

It started by my recognizing (what has become clearer and clearer in recent months) that I was spending the nights (and parts of the days, if I was lying down napping or even spacing out), moving in and out of states of more focused and less focused consciousness.

So I was coming "awake" after a prolonged dream-like period, and I was aware of myself becoming more conscious - more concentrated, you might say - even as it happened. And I was aware that waking and sleeping and dreaming are not three separate states, but more like three phases of one state. Sometimes the movement from one phase to another was abrupt and firm, but sometimes it was gentle and approximate, and in no case did it mean only one thing, though it could easily appear to be only one thing.

Gradually I realized that one way to see what happened is to think of myself floating in a sea of logical and other associations, all chained by whatever connectors. (This wasn't pursued then, but as I write this, I can think of it as one vast data base, with various keys, some mental, some logical, some perhaps physi-

cal memories, some emotional connections, some biographical, some fictional, some a little of each, some all sorts of things. The thing about a data base, as opposed to a flat file, is that the data is not linked in one inflexible way, but is all available and all connected according to the keys one constructs - or discovers - to explore it.)

So, as sleep or relaxation releases the controls that a relative concentration imposes on exploration, in our sleep or reverie we may drift along, following chains of association downward deeper into the ocean, one thing leading to another. In sleep this will appear real to us sometimes, and at other times will be obviously constructed even as we follow it. In reverie or I suppose in some drug-assisted journeys, it may appear to be entirely imaginary, regardless of how it is constructed. (Let alone by whom!) In waking pursuit - to the degree that we can allow ourselves to be guided by the logic of the data rather than by the categories our ego-selves impose - it may appear to be genuine discovery, or conscious functioning, or the illustration of usually hidden mental laws and processes.

DeMARCO: This is coming out very abstract. Perhaps people will find it dry and obvious. Guys, a little help here?

TGU: You're doing fine; just, as you work, stay in that drifting emotional/mental/imaginal space and let it come through there, you shaping as little as possible, or, let's say, only as necessary.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO DECEMBER 2022

The year ends with celebration and joys for many faiths and households around the world. May you have a joyous holiday season full of love, peace, and health! Blessed Be!

December 8th: Full Cold Moon in Gemini.

December 8th: Bodhi Day - Buddhism. Commemorates the day when Buddha, Siddhartha Gautama, attained enlightenment.

December 13th - 14th: Geminids Meteor Shower. The Geminids is the king of the meteor showers. It is considered by many to be the best shower in the heavens, producing up to 120 multicolored meteors per hour at its peak.

December 18th - 26th: Hanukkah - Judaism. Celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army.

December 21 Winter Solstice. Sun enters Capricorn

December 21st: Yule - NeoPagan/Wicca.

December 23rd: New Moon in Capricorn.

December 25th: Christmas Day - Christianity, Birth of Christ.

December 26th - January 1st: Kwanzaa, 7 days of practice of **Nguzo Saba**, practices that center the upliftment and wellness of the Black community.

December 26th: Lá an Dreoilín/Wren Day The **26th of December** is the feast day of **St. Stephen**. In **Ireland** the day was also known as **Wren Day**, in **Irish Lá an Dreoilín**. **Wren Day** is a very old tradition and was once practiced throughout most of **Ireland** up to the middle of the last century, with the exception of northern **Ulster**.

In modern **Ireland** the tradition has faded out in most parts of the country but is still observed in **Dingle Peninsula** with a colorful parade, where those dressed in straw suits represent **The Wren Boys**.

In the 1800's, crowds of village boys would be seen peering into the hedges, in search of the "tiny wren". **The Wren Boys** hunted and if found, they would then kill the little bird. The following day the bird was paraded through the town or rural areas on top of a decorated pole or holly branch coloured in ribbons and coloured paper. Then, going from house to house, **the Wren boys** would sing a song, of which there are many variations, asking for donations from the townspeople. Today's parades continue to collect money along the route for charity.

So why did the poor little wren receive such harsh treatment? According to folklore, **the Wren** was blamed for betraying the **Christian martyr St. Stephen** when he was in hiding by making noises, hence the reason for hunting the **Wren** on **St. Stephen's Day**.



Blessed Be

GARDENING THE MEDICINE WAY

Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds.*



GARDENING BY THE MOON

The idea that the Moon affects plant growth is an old one. It can be found in the folklore of ancient societies ranging from the Celts in Britain to the Maoris in New Zealand.

Roman historian **Pliny the Elder** in his **History of Nature, Book 18**, gives much advice on planting by the Moon. Many of our beloved almanacs still recommend planting according to a 200-year-old formula that relies on phases of the Moon and its position within the zodiac. Readers swear they “won’t plant without it.”

To understand lunar gardening, a lot of sources must be considered, much of this information is obscured by the annals of history and some is cloaked in myth. Because of this, skepticism and doubt have been the scourge of this tried and true, yet ancient, system of gardening.

There is scientific evidence that moon light does affect plants. The extra light can affect plants directly, and insects feeding on plants are also affected. But these effects don’t correlate with phases of the moon the way that is claimed by people gardening by the moon.

Lunar cycles do affect certain species, including some herbivorous insects which are dependent on moonlight for feeding. During the **full moon**, such insects feed more heavily and affected plant populations retaliate by altering the digestibility of their tissues.

Conventionally, there are eight moon phases but for practical purposes moon gardeners have simplified these into four. The first two quarters track the moon’s progress from the shadowy **New Moon** to the shining **Full Moon**. This is called waxing. The return journey through the third & fourth phases is called **waning**. In describing the significance of phases, moon gardeners exhibit some variety but remain consistent in one principle.

The two waxing quarters represent a period of growth peaking at the Full Moon. **The waning quarters** are for harvesting, pruning & other slow-growth activities.

Just as the moon moves from a **waning** to a **waxing** moon, it moves from one **zodiac constellation** to another. When it comes to gardening, not every **zodiac** sign is suitable for planting.

The best time to plant and transplant above ground crops is during a waxing moon when it is in **Cancer, Scorpio and Pisces**, as they are very fertile and fruitful signs. You will also have luck when the moon is in **Capricorn, Taurus and Libra** as they are semi-fertile signs.

Avoid planting when the moon is in **Sagittarius, Aquarius, and Aries**, which are semi-barren signs and **Gemini, Leo and Virgo** which are barren.

Regardless if you take this planting advice as fact or fiction, there is no doubt anyone couldn’t benefit from slowing down and observing nature’s cycle from above and below.

Happy Gardening and Blessed Be!



Dragon fruit blossoms at night



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

SHIFTING ENERGY WITH YOUR THOUGHTS

Despite the rock-solid appearance of things in physical experience, everything is energy. And in order to change a stubborn, unwanted situation, I must approach it beyond the physical level. I must shift the energy of it. How do I do that?

By my thoughts. I can use my thoughts to change the energy of any circumstance - lack of money, illness, loneliness, work overload, hateful people, low self-worth, or lack of purpose, for instance.

In fact, I came into physical expression fully aware I was entering a mixed-bag world full of things I would want and things I wouldn't want to touch with a ten-foot pole. That was A-OK by me, for I knew the power of my thoughts. And now I'm remembering what I once clearly knew.

Every time I encounter a persistent, unwanted situation, I can transmute the energy of it by asking, "**What do I want here?**" The answer might be more money, good health, companionship, a manageable workload, enjoyable people around me, self-confidence, or a sense of fulfillment and meaning. *When I use what I don't want as a trigger to think of what I do want, I transmute energy.* It may take a little while for the results of my efforts to show up in physical reality, but it will be dramatically worth the wait.

IT'S ALL MATERIAL FOR THE ACT OF ENJOYING MY LIFE

If things go wrong today, I pretend I'm in a TV sit-com and foul-ups are all part of the plot. I find ways to joke about problems and about my typical reaction to problems.

I find ways to poke fun at the human condition and amuse myself in the process. When I "chill out" and "lighten up," I do myself (and others!) a huge favor. For feeling relaxed and happy is my natural state of being. When I regularly feel good, my body heals itself, my finances and relationships improve, and I start finding myself in the proverbial right place at the right time.

To jumpstart a light-hearted perspective, I can maintain and review scrapbooks of my favorite cartoons and jokes. I give myself permission to act zany and silly. I initiate light-hearted banter with family and friends.

When things go haywire, I try to imagine what my favorite comedian would say in response to the situation. I can become so adept at turning bleak experiences into hilarious ones, that I no longer try to avoid trouble. It's all just material for my act - the act of enjoying my life. --

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Esther Hicks

ABRAHAM HICKS

...continued from page 7

But if one of the things that you heard was *when you meditate, you stop thought, and when you stop thought, you stop resistance, and when resistance stops, your vibration rises, and when your vibration rises, you find vibrational equivalency with your Inner Being.*

If that thought captivated you enough that you decide that you're going to set some time aside every day to quiet your mind, and you quiet your mind and you get to that sort of detached place, and nothing **Earth** shattering happens during your meditation except that you got sort of numb and didn't try hard and didn't have any thoughts, and then as you came out of meditation (maybe,) something occurs to you that feels like something that you want to do - it feels like the things that we were describing here

It's an uplifting feeling, it's not a world-changing feeling, it's not necessarily a big, **big call to action**, you're not all of a sudden calling your friends and saying I've got the **secret to life** - *it's just an idea that felt fresh and light, and it felt good to you.*

And it felt good enough to you and because you've been meditating and you have no resistance, in your absence of resistance, you feel inspired to treat yourself to the journey of a good-feeling thought.

So you give yourself permission to follow this thought out a little further rather than to go back to work like you think you should, or rather than go mow the lawn like somebody expects you to, or rather than go do something that somebody else is expecting you to do, and instead, you follow the impulse of this good-feeling thought.

And in following the impulse of this good-feeling thought, it leads to something that for sure you knew was also another good-feeling thought, until you followed the thread, you followed the trend, you followed the stream of good-feeling thoughts right into the manifestation of something that you've been wanting for a while, it is then that from that experience you say *"I get it, I now have the understanding of how this all works."*

"Life caused me to do **Step 1**, where I ask. Contrast keeps me asking all over the place - and when I ask, I activate the end of the stick of what I don't want, and I also activate the end of the stick of what I do want, and the activation of the end of the stick of what I do want becomes my **Vibrational Reality**, my **Vortex of Creation**. And little by little, through my **Step 1**-ing, I have created a magnificent creation, and now my Inner Being and All That Is is standing right smack dab in the middle of my **Vibrational Reality** performing **Step 2** - *I ask, they are giving.*"

Because they know the path to everything - they know where you stand in relationship to everything that you want, they know what resistance you've sprinkled along the trail, and they're not mad at you for sprinkling resistance along your trail, they know where it is and they know how to guide you around it - they know what thought to offer to you that will give you an impulse to go over there, and then what thought to offer to you to give you an impulse to go over there.

So **Step 1** is done, and so is **Step 2**. Step 3 is you meditated yourself into **Step 3** - you quieted your mind and you stopped resistance. **Step 3 is getting into the Receiving Mode**, and all that getting into the **Receiving Mode** means is releasing resistance, because when you hold the cork under the water, that's resistance, and when you let go, it bobs up to the vibrational equivalency of who You really are.

So **Step 3** is what we've been talking about. You find alignment with your **Source Energy**, you find, through quieting your mind the vibrational equivalency of what your **Inner Being** knows.

Step 1, Step 2, Step 3 - now that you've tasted it, you like it. You say out loud to yourself and others "I really like this clear thought I have; I prefer clarity to confusion and I really like it. I love being in love. I love loving," you say. "I love loving, and because I love loving, I reach for thoughts that are loving."

And so, through the process of **meditation** (hint, hint), and **by looking for positive aspects**, and by reaching for the best-feeling thought that you can find, you practice the vibration of alignment; you practice this end of the stick.

And it becomes easier and easier and easier for you until we pronounce you **Step 4. Step 4 is just really good at Step 3; that's all Step 4 is** - you're really, really, really good at being in the state of receiving.

...continued on page 24...



Esther Hicks

ABRAHAM HICKS

...continued from page 23

And then **Step 5** is life comes to you, like our friend said - he's on his way home from a time of alignment, he gets bad news, and it doesn't feel bad because it's a perspective.

It's because in the **Step 1** moment that someone else is living, he's already over here on the other end of the stick with his **Inner Being** and their **Inner Being** - the problem has already created the solution and you're already in alignment with the solution.

Are you sort of getting the hang of how this works?

So, if we were standing in your physical shoes and we were leaving this gathering, and we were coming into conversation with people who haven't been here with you, who are wanting to know where you've been and what it was like, we'd say:

"It's hard to explain - a lot of it I really didn't understand, and a whole lot of it I could have done without - but I've decided I'm going to be nicer to myself, and I've decided I'm going to have more fun, and I've decided I'm going to think happier thoughts. I've decided that I'm going to look around for things that are sure-fire subjects for me to feel good about, and I'm going to concentrate as close to 100% on those things as I can."

AD RATES ON PAGE 4

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And your friend who wasn't here is going to say to you "Isn't that unrealistic?" And you would say "Yes, but I've decided to leave reality and realism somewhere else because it's been tripping me up."

I've decided to be, right now, today and tomorrow - as long as I can keep it going - the one who dreams for the sake of feeling good rather than the realist who is facing reality for the sake of explanation or for the sake of attention or for the sake of justification.

That's what I got from it. And they're going to say "It doesn't sound like you got much. (Fun) It seems like the sign of a small idea, or maybe even an obvious idea."

And then you might say *"I thought that, too, at first, but the presenter of the seminar seemed so determined to make the point that there's power in that, that I've decided to give it a go."*

I've decided that I'm going to accept that life so far has caused me to ask for a lot, and I've decided to begin, right now, letting more of it in."

And your friend, if you've kept their interest - by now they've probably gone home and texted somebody about what's wrong with you. (Fun)

But if they're still hanging in with you, the next thing that you could say to them, the next thing that they might solicit from you by asking **"So, what does this mean? How is this going to play out? What advantage does it have for you?"** is you can say with as many words as you feel like saying:

"I'm not sure that it will lead to anything, but I believe that I will feel good in the moment. And for me right now, that's enough. I've decided to stop trying and efforting to make something happen, I've decided to accept my worthiness and my blessedness, I've decided to accept that I stand in a place where good things are flowing to me, and I've decided that as hard as I've been trying, I haven't been letting enough of them in."

And so I've decided to take a different approach - I've decided to just take maybe the easy way - I've decided to stop fussing about it and worrying about it and trying so hard, and I've decided to just give it all the fun and ease and laughter and light-heartedness that I can muster; that's my plan. That's what I took away from the gathering."

And they'll say to you **"Are you ever going to go back to one of those meetings?"** And here's what we want you to say to them: **"I never have to go to another meeting because I've got it."**



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

Bob is standing in line at Chipotle in front of a pastor talking to his buddy. A butch employee is taking orders.

PASTOR: "Homosexuality is a mental illness and they will all regret their behavior when god condemns them to burn in hell."

BOB (turning around:) *You worship a god that tortures mentally ill people?*

10 SECONDS OF SILENCE.

PASTOR'S FRIEND: "That is actually a good point."

I believe -- because I've experienced it firsthand -- there is an enlivening **Power** nurturing our **Universe** and we can learn to connect to it and cooperate with it. For lack of a better word, I figure that's **God**.

It reminds me of the story of the student fish asking the teacher fish "What is this thing called ocean? I don't believe it exists." It's like we're all swimming along in this ocean of love yet don't know it because we don't understand. The very nature of it is incomprehensible to us, that's why we don't recognize it despite being in the midst of it. Until one day we get a glimpse of *what could be* and that glimpse sustains us until the next, and until the next, like waking from a dream as realization dawns.

I contemplated a recent call session that was a universal situation. Approaching 50, a mom had several things going on in her life, some good OPPORTUNITIES she was hesitant about taking. Her questions focused on how her ADULT CHILDREN are living their lives. She thinks she's entitled to be involved since she's the one BANK ROLLING them. I feel she's getting ready to make NEW DECISIONS that will bring her peace of mind and also give her kids a chance to see how CAPABLE they are. I replayed the convo in my mind and could sense the REBUTTALS her kids would have.

When I was 21 & tired of working & wanted to move back home, my parents gave me an emphatic NO. It was exactly what I needed to make me see I could make it on my own DESPITE ROUGH SPOTS. My caller had to come to her own decision that worrying about her kids was doing nothing but draining her and keeping her from GETTING ON WITH HER OWN HAPPY LIFE. There are hard choices we have to make sometimes with those we love.

There's a difference between helping someone get over a rough spot when they're doing their best to pull themselves out of it and enabling someone who just can't seem to get their act together and make good choices to handle themselves because they've never had to, maybe you've always done it for them.

Sometimes hitting bottom is the springboard they need to get back on track. The board doesn't lament the diver, it knows its sole purpose is the gift of momentum.

IT'S IMPORTANT TO KNOW WHAT OUR CHOICES ARE BEFORE WE MAKE DECISIONS

I saw on **Facebook** a meme, a closeup of the face of a ZOMBIE with the caption "*That back tooth watching you buy a Gucci belt.*"

It's all about intention, conscious choice and priorities, isn't it? I laughed when I saw the meme. This week:

- (1) I have a tooth I want looked at, and
- (2) I'm saving \$\$ in case I need a new roof.

These things should NOT be related, but -- out of habit -- my initial thought was it's an either/or situation. My next thought was "*AHA, good catch! Both are essentials so I know I'll find a way to do whatever it takes to remedy whatever. I always do & always have so I have every expectation & belief it will always be so. Plus I have excellent credit if I need it.*"

LOL THE THINGS WE GET RILED ABOUT WHEN WE FORGET WHAT WE KNOW

As galpal **Terri Mermis** says, "*Money is as abundant as air, no one limits it but yourself. If there is not enough, go where there is more. You would not stay in a room with no air, what keeps you from going to find more, it's out there, go find it and keep on task until you do. Works for everything, not just money.*"

A well meaning relative asked: "Don't you get tired of that new age hocus pocus, that *pretend-everything-is-happy-and-it-will-be routine?*"

Well, NO BCZ THAT'S NOT HOW IT WORKS. I don't PRETEND (intend beforehand) that everything is happy as much as I **look for ways to make myself happy within whatever the circumstance at the moment is.**

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SETH SPEAKS

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You form your experience. You form your past, your present, and your future. You are responsible for each daily moment, individually and en masse.

En masse, your beliefs bring about the world conditions that you know. Individually, they form your intimate daily life.

As I have told you before, in a manner of speaking, you are given the gifts of the gods. Your beliefs become reality. What you believe is and becomes real in your experience. There are no other answers. There is no area in your life to which this does not apply.

If you are young and angry at your parents, or your background, you helped form that background. If you are older and look back upon your life and do not like what you have done with it in certain areas, you have formed it. You cannot blame circumstance whatever your age or position.

You cannot blame your parents whatever your age or position. You cannot blame your children whatever your age or position. Whatever framework you choose you will find many who believe in it. Your idea must be to lead then beyond the framework while still allowing them, if they need to now, to take advantage of it.

You form your reality, and the healing energy is within you always. As a healer, you teach people to realize the great potential of their own healing ability.

If they move through frameworks of belief, then you teach them that the frameworks of beliefs are aids, but the healing ability is within each, and it keeps them alive.

Listen to me and ask yourself what is your name. If you were alone in the middle of the universe surrounded by darkness, and someone said- some voice out of the ether—"What is your name?", what would you answer?

So I ask you, "What is your name, each of you?" My name is nameless. I have no name. I give you the name of Seth because it is a name and you want names. You give yourselves the names, and you have taken names, because you believe names are important.

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HERB CORNER

ANTI-VIRAL HERBS TO THE RESCUE

...continued from page 10

Glycyrrhizic acid in Licorice helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses.

Astragalus contains polysaccharides that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong anti-viral compounds.

The anti-viral activities in **Green tea** are believed to come from catechins which inhibit the replication of influenza viruses, according to the **PubMed publication (PMID16137775)** it is believed to be equal to **Tamiflu**.

Pau d' Arco contains some 20 active compounds including **lapacho, beta-carotene and beta-sistosterol** that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of **Lemon Balm, Olive Leaf, Peppermint, Skullcap, Ginger, Turmeric, Usnea and Eucalyptus** in their effectiveness in fighting viruses.

I've put together a tea made with **Licorice, Boneset, Rosehips, Astragalus, Calendula and Peppermint** its tasty tea and it helps keep my immune system nice and strong.

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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DeMARCO: I had a real sense of moving up and down the web of relationships of data, a real sense of how it is that we move between waking and sleep and other states of being.

TGU: Say more.

DeMARCO: It has interested me, how we changes states like that all the time. How, and why. “Why” in two senses of the word: to what purpose, and following what laws. And in recent months - it has been quite a while now, I suppose at least since I wound up in the e.r. on New Year’s Eve 2020 - sleep and waking have interwoven often enough, smoothly enough, that the movement between them has become at least as obvious as the difference in states.

TGU: That is, you began looking differently at the most common experience of life, how you experience 3D life as alternation.

DeMARCO: Yes, I suppose so.

TGU: When you sleep all in one long increment - six or seven or eight hours at a time, followed by the rest of the 24 or 25 hour cycle “awake” - it can easily seem like you are moving between two states that have little in common and are, in fact, as puzzling when considered together as either one is considered in opposition to the other.

When your sleep is broken into two or three bits, interrupted by what you think of as sleeplessness, still it seems that the two states alternate, rather than inform each other (let alone participate together). But your experience has dissolved that illusion of separation, and you have seen first-hand how your mind moves to de-center and re-center.

DeMARCO: That’s a good way to put it. That is just what I have been experiencing. It is something like daydreaming, too.

TGU: Your normal mental processes, observed closely, are not nearly as much you dictating as you riding and steering.

DeMARCO: That’s an interesting way to put it! That’s it exactly. When I start to write a sentence, I usually or anyway very frequently have only an imprecise idea where it’s going to wind up. I sometimes can feel myself hovering in indecision as to how to conclude, as for instance in adding that “too” in the previous graf. And of course it is that very habit of steering rather than dictating that made possible this form of conversation with you. It has my conscious input, but it is not limited to, or by, my conscious decision or teleology.

And - as I get up to refill my coffee mug - the light goes on, and I remember that while I was experiencing all this consciously, I realized I was experiencing - that is, consciously experiencing - what our 3D life is. It is a mistake to think of internal and external as separate, not merely because they reflect each other (though that is true as well) but because it is a false distinction to begin with. That data base is everything: experience, fact, thought, emotion, ponderings, desires, etc.

TGU: It could be called your unfinished business or it could be called the boundless well of creativity drawn upon by every kind of person there is. There scientists find their facts. So do biographers and historians. So do novelists and psychologists. And artists and artisans, daydreamers and wastrels, “good” and “bad” people of all kinds.

DeMARCO: Which is why we probably ought to stop calling it “unfinished business,” in that that sets up expectations of an ultimate empty Inbox.

TGU: Any phrasing, any conceptualization, will have problems. That can’t be helped. Even a perfect concept or phrase, if it were possible for there to be one, would be misleading or repugnant to somebody, because of that person’s state of being at the moment. But we’re perfectly happy to use a different phrase, if you care to suggest one.

DeMARCO: We’re coming up on an hour. What have I not mentioned that I ought to note before we close?

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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Not that you failed to mention it, right off, but it bears emphasis that “good and evil” inhibits understanding of the way things really are. We have said this, now, many times, in different contexts.

DeMARCO: It is becoming ever more obvious. The first time you hear it, it sounds like “Anything goes, and damn the torpedoes.” And slowly you begin to understand that man who said that when you realize that it is better to be whole than good, you enter into a stricter life, compared to which your previous rectitude was flowery license. That’s a pretty close quotation, though I can’t remember whose words they are.

TGU: However, though an important insight, the crippling effects of “good and evil” are not the critical theme here.

DeMARCO: No indeed. But I don’t know which is more central, the continuity of our consciousness whether waking or dreaming or in between, or the continuity of experience when seen from an image of ourselves floating along data chains of “real” and “imagined” and - what? Half-real? - input.

TGU: Perhaps defer further analysis to another time. What was retained and expressed is worthwhile in itself.

DeMARCO: Today’s theme, then? Continuity?

TGU: That would do as well as anything.

DeMARCO: My thanks in particular, and as usual the thanks of all of us, for your participation in this exploration.

TGU: The thanks is fully reciprocated, as you know by now.

DeMARCO: Till next time, then.

CRYSTALS, ROCKS HERDERITE



Photo by Karin Wolf

Sharron Britton

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lavender and purple - although the gold is the color most commonly found.

In the metaphysical community **Herderite** is considered to be one of the most powerful crystal allies in enhancing psychic abilities, especially in dream work. This is very useful when resting

within the darkness as we build strength to emerge into the new light. For those who are psychically gifted but unaware, **Herderite** can bring the psychic ability into conscious awareness. **Herderite** is used by crystal healers for brain stimulation.

If you are called to a shamanic path, **Herderite** is helpful in connecting you to your inner guidance. Many people are seeking teachers as they move in the shamanic world and sometimes it feels as though the right teacher cannot be found. This is one of the great challenges of growing into our power, and **Herderite** is invaluable in guiding us to remember what we already know. The teacher appears when the student is ready - **Herderite** is one of the best teachers in the crystal world.

Herderite is one of the **Stones of High Ascension**. If you feel ready to take your spiritual work to the next level, **Herderite** is the stone for you. It can be difficult to find, but seeking is a challenge that will help teach you how to seek and find what you require on your path. It is possible to find **Herderite** in a good rock shop or online but should you look online, make sure you find a trusted vendor. Remember that the **Trickster** is a teacher for those who walk in shamanic realms. May you all find the knowledge of what you are looking for as we move deeper into darkness to find the light.



Herderite



Betsy Chasse

TIPPING SACRED COWS

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hurts, and with the power of the imagination so carefully cultivated and encouraged by our grownups, we fabricate thought monsters out of the threads of words and comments hurled at us. These monsters will haunt us for our entire lives.

I distinctly remember the moment as a child when I realized my parents weren't all-knowing, all-powerful beings of perfection. The biggest contributor to this was when my father could not explain to me the rationale behind believing in an invisible **God** who was hell-bent on killing me.

My father, who, I believed, knew everything there was to know. My father, who knew instantaneously when I was lying, even when it seemed impossible for him to know. My father, who had an answer for every random "why" question my five-year-old self could muster, suddenly and shockingly admitted he didn't know something.

In that instant, my world shattered. My father wasn't perfect. I also remember how for most of my young life I thought my mother was the epitome of beauty. I believed that she had nothing but love for herself until one day in a store dressing room when I heard her muttering in frustration about how she was short and nothing fit her. At that moment I thought, *wait a minute, I'm short. Is this a bad thing?*

No one likes to admit fear. We are taught early that being afraid is a weakness, especially our little boys, who grow up to think they should be our warriors. I went to a movie the other day with my five-year-old son, and as we watched a trailer for a big action movie, he grabbed my hand, and I held his back. He asked me, "**Are you afraid, Mama?**" I said, "**Yes, it's scary.**" And he said, "**That's because you are a girl.**" Hmm, I thought, where did he pick that up? Channeling my best **Will Smith** voice, I said: "**If we are going to survive this, you realize that fear is not real. It is a product of thoughts you create. Now do not misunderstand me—danger is very real, but fear is a choice.**"

Okay, I didn't really say that. But boy, isn't that the truth! I did say something like that, only more for a five-year-old and in a cute voice. I also told him that fear was an equal opportunity bandit and that boys can be as afraid as girls, and that true warriors will admit it, face it, and conquer it.

One of the greatest awakenings I've had recently was that the fear I had held onto the tightest, the fear of being abandoned and alone, had finally broken free. This is what happens when we lock away our fears instead of facing them as they come. Eventually, like a cyst festering for years, it bursts, and when it does, it's usually messy and gross.

My entire life I have feared being abandoned because I wasn't good enough. I worked hard to be the best at everything and to please everyone I could so they would love me. I put on the mask of warrior goddess and wore it well. I wielded a mighty sword so swift and piercing that people were afraid of my wrath.

Outwardly I appeared strong and fearless, while inwardly I was a cowering child. The thought monsters I conjured were evil and menacing, and to cover up my fear, I judged others harshly for their weaknesses. I rarely cried, I never allowed myself to feel pain, and when it hurt so much I couldn't handle it, I lashed out uncontrollably. Then I hated myself even more for my weakness of feeling, hated that I was afraid of anything.

How often in your life have you avoided doing something because of the terrifying story you concocted in your head?

Maybe you avoid flying or swimming in the ocean (amazing how the film **Jaws** forced many of us back onto the beach). Our brains are very convincing; we've learned to tell ourselves the story of fear so well. Our brains don't even know the difference between what's happening outside of us and the wild tales we've conceived all on our own. The brain lights up the same and the body reacts in tow as if it's "real." Once belief sets in and the habit is formed, our bodies be damned—they can't change it. I've lost count of how many times I have played out a scenario in my head and watched my body begin to sweat and my stomach tie up in knots.

All because of a movie playing in my head that had nothing to do with reality.

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Betsy Chasse

TIPPING SACRED COWS

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And I can admit that sometimes I've gone ahead with the conjuring of the thought monsters even though I knew I was doing it. We begin to like our fears, and our ego steps up to hide them, protecting them like children so we don't have to face them and risk losing them. We begin to feel safe with our fears because our body is used to them. Isn't the definition of insanity doing the same thing over and over again while expecting different results? I mean, it's sort of absurd if you think about it. It defies logic, and yet we still do it over and over.

We humans with our wild imaginations can take a molehill and turn it into a mountain in a nanosecond. Hey, we like the chemicals our fears release, and there is no rational reason given to us to change something that seems to feel so good.

Who stops something that feels good, right? I know damn well I am going to regret that second helping of ice cream, but I take it. We create clever ways of hiding our fears, and we give birth to a cacophony of voices that will reinforce all of the reasons why we should keep on hiding, why we should be afraid so we don't forget to. Soon, we become ruled by the peanut gallery in our head.

They are those little voices that egg you on as you head to the freezer to grab the caramel pecan ice cream for a threescoop "snack," creating a masterful set of justifications as to why three scoops won't be bad—you're going to yoga class tomorrow, you need it, you're in a shitty mood, he didn't call, and why should he, you're not worth it anyway, of course you didn't get the job, you're not really good enough for it anyway, so go get the ice cream. It will make you feel better.

All the while there is another voice in our heads, the judge, and although we think it's on our side, it really isn't. The judge is sort of like the tongue of a serpent—lashing in and lashing out. Judging us and judging everything outside of us that doesn't fall into line.

We live one story on the inside and another on the outside. On the inside we just want that ice cream because we've told ourselves (with the help of the peanut gallery) it's the only thing that will make us feel better. Our judge stands back mocking us, calling out the cellulite on our thighs and the glaring fact that we couldn't get the job because we don't have a college degree.

That same judge is the first in line to judge others around you who might point out some of those fears you're so desperately trying to hide, a judge and jury all wrapped into one. Give them a quick wit and a sharp tongue and you're dangerous. The judge can call you out on your shit, but no one else can.

If you grew up with brothers and sisters, you'll remember how your siblings could punch you in the stomach at will. However, if anyone outside the family threatened you with a cold knuckle sandwich, your siblings were the first to jump in and squash that outsider like an ant on a picnic table. I can mess with my brother, but you can't. Yep, that's our judge.

Our fears tag on to our beliefs. No one will love me because I'm not worthy of love. Fear of being unloved begets an outward appearance of not needing love, which in turn sends a warning to the judge and jury in our heads to hand down a verdict on anyone or anything that dares raise a finger to confirm our own fears.

Face it: it's a whole lot easier to judge others than to look at ourselves. And when we do finally look, the judge turns on us with a vengeance, reminding us why we are unworthy of love, so we decide rather quickly not to do that again. Like a child burned by a stove, we are scorched by the searing heat of the self-hatred we put upon ourselves.

This may seem over the top. You may be thinking, "I don't hate myself." Now, I'm nothing if not dramatic, but I can honestly admit to you that I have hated myself. After admitting that to others, I have found that many of us have felt that hatred at one point or another.

Okay, so you don't have to admit hate, but ask yourself how tightly you hold on to your beliefs about right and wrong; ask yourself how often you judge those who don't agree with you or seem to have the ability to see right through you to where your fears are hiding.

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Betsy Chasse

TIPPING SACRED COWS

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There is nothing more satisfying to our judge and jury than self-righteousness. I have become judgmental of people who don't have judgments against themselves, maybe because I want everyone to be like me. It will make me feel better . . . probably. But I'd be willing to bet that the loudest in the room to scream, "I love myself!" is probably lying.

Fear is a thought monster we conjured out of false beliefs we took on because we didn't know any better, and judgment is the weapon we use against ourselves and others to protect our fears.

Fear was once used by our little brains as a survival mechanism, but we've just taken survival way too far. We've gone all mountain man on it and stored food and guns in preparation for the apocalypse. Seriously, people, **2012** came and went, and we're all still here!

It's time to disarm and come down off the mountain. Danger, on the other hand, is real; it's why we have a fear button. But leave it to us humans to take a system perfect for saving us from, say, a real bear in the woods, and screw it up so that we're afraid even when the only bears around are the ones we've created. Because that is what we do.

I have noticed in my own life how often I have not actually been present to what was being said, how often the words of others transmuted as they entered the world I had created in my head. The words become distorted and colored by my beliefs and the desire to be agreed with. I hold on to a desperate desire to be loved, but believe I won't be, so every word, every gesture of love, is tainted as it enters my mind.

The thought monsters take over and whisper, reminding me that it is a lie, and like a good soldier, I follow my leader and self-destruct any opportunity for love. All the while my ego is saying, "*See? You will never be loved. Now are you going to eat that ice cream or what?*"

Why is it that so many of us feel we need crisis in order to face our fears, to bring about the change we already know we need to undertake? After my last big crisis, I asked myself this question. It seemed my crisis meter had an alarm clock and every ten years I brought about a doozy. Stubborn as I was, the complete annihilation of everything in my life was beyond the scope of what I thought I could manifest. But it was necessary, because in the aftermath, as I stood amidst the flames of my life, I saw that fear had been my leader. Even as I fought to keep it at bay, ultimately that is what brought me to this moment.

As I sat on that plane and listened to the young soldier (you remember, the soldier heading off to battle in **Iraq**) speak of his love of writing and how he had conquered his fear of death and was willing to enter the ultimate manifestation of humanity's collective fears and judgments of others while simultaneously carrying an internal fear that held court over his creative expression, I felt compelled to ask him if he had any of his writing with him. I already knew he did, and as expected, he reached into the small bag he had stowed under the seat and pulled out a small, ratty, black book.

He read me his poetry, his confessions, his deepest darkest fears, hidden underneath the bravery of his uniform. It was absolutely beautiful, profound, honest, and raw, and I cried and told him that he was indeed an amazing writer and that he had one fear left to conquer. It was a fear greater than the fear of battle, and the warriors on the other side would be mightier than any he would face in **Iraq**. He had to battle his own demons, his own beliefs about himself, and the programming so lovingly placed on him by people who didn't know any better. Because if he didn't do it now, he might never do it, his chance taken away in a distant place, thick with a different kind of fear.

Just like your beliefs and your masks, it's time to take stock of your fears and face them. Because if the **Law of Attraction**, that idea that we manifest our realities based on ideas and energy we project out onto our world, is all it's cracked up to be, then chances are you're going to create a reason to face your fears one way or another. It might as well be on your terms.

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HOROSCOPES DECEMBER 2022



ARIES – (March 19 – April 18)

ARIES: MOOD FOR DECEMBER 2022

Venus allows you to influence your entourage favorably between the 10th and 18th, and Jupiter takes over from the 20th. Count on these significant assets to come back in force and take back control of your life. The only pitfall to avoid? You'll be a little too personal on the 22nd.

ARIES: LOVE FOR DECEMBER 2022

Venus assures you of excellent popularity (between the 10th and the 18th). Still, Jupiter takes over your sign from the 20th and turns on the green lights (until February 20, 2023). Take advantage of this fuel to shine, but avoid overdoing it on the 22nd.

In a Relationship: Jupiter returns on its steps from the 20th. This will put you in the spotlight and seduce you for sure. Don't overdo it on the 22nd. Your partner will find you a bit annoying.

Single: you can count on the situation (especially from the 20th) to get out of the shadows and be successful in love or business. However, don't think you can do anything on the 22nd.

ARIES: MONEY FOR DECEMBER 2022

Under the guidance of Jupiter, you will have no difficulty in making the most of your talents and merits and getting the proper reward. However, beware of excessive demands, which are not well received on the 22nd.

ARIES: WORK FOR DECEMBER 2022

What you have undertaken between May 10 and October 28 is coming to fruition and will be accomplished by the 20th. Jupiter has the magic wand, and your power to strike is growing. Don't abuse it on the 22nd if you want to make allies rather than tickle the jealousy of your competitors.



TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR DECEMBER 2022

You are determined to push your limits, to surpass yourself, and you benefit from undeniable cosmic support that helps you achieve your goals. Your confidence in yourself and your influential supporters (who sometimes act in the shadows) allows you to unfold the month pleasantly, but do not abuse these assets on the 22nd.

TAURUS: LOVE FOR DECEMBER 2022

Do you have any ambitions in terms of your love life? There is no question of you being content to live in banal and tasteless relationships. Count on Venus between the 10th and the 18th to give meaning to your romance or place a soulmate in your path. From the 21st, the Sun will take over and exalt your aspirations.

In a Relationship: no question of being lazy with your partner, but instead of blowing a fresh wind on your relationship. The other will follow you if you don't put too much pressure on him (on the 22nd).

Single: Do you want to live an intense story, nothing lukewarm or banal? Count on the situation to provide you with the opportunity, but formulate your demands with moderation (the 22nd).

TAURUS: MONEY FOR DECEMBER 2022

If everyone supports you and relays your initiatives and aspirations, don't ask for too much on the 22nd, people will think you are abusing it.

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HOROSCOPES DECEMBER 2022



TAURUS: WORK FOR DECEMBER 2022

Jupiter is in the shadow of your sign. It is a question of finishing, of completing the preparation of a project that will be born in May 2023. In the meantime, don't be afraid to think big and high from the 21st (not too much on the 22nd).

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR DECEMBER 2022

You will not complain about the end of the year, as you can open up the future as you wish, thanks to a situation that encourages your initiatives. The only character trait to be channeled? A tendency to want everything right away (on the 22nd).

GEMINI: LOVE FOR DECEMBER 2022

Endowed with a magnetism that leaves no one indifferent (between the 10th and the 18th), you welcome Jupiter from the 20th. He will reinforce your projects (union, birth, moving). Suppose the giant of the zodiac has already favored specific achievements (between May 10 and October 28). In that case, it will allow you to complete them by February 20.

In a Relationship: you can make your duet evolve and reconnect with a delicious sensuality. From the 20th, Jupiter accelerates the movement of your projects which will be fulfilling on all levels.

Single: take advantage of your sensuality (between the 10th and 18th) to seduce whoever you please. From the 20th, Jupiter invites you to make beautiful plans.

GEMINI: MONEY FOR DECEMBER 2022

Your plans are moving forward, and you look to the future with confidence and happiness. However, the dynamic influences accompanying your progress should not push you over the edge (on the 22nd).

GEMINI: WORK FOR DECEMBER 2022

Did you launch a new adventure and open new perspectives between May and October? In that case, they will be confirmed between December 20 and February 20. Don't miss any opportunity to take action for the future. But avoid exceeding your available budget (22nd).

CANCER – (June 20 – July 21)

CANCER: MOOD FOR DECEMBER 2022

You are inclined to connect with those around you! Do your best to please those you love, and spend the month well accompanied and appreciated by all. The only pitfall that could cloud the frequency? A tendency to want to impress those around you on the 22nd.

CANCER: LOVE FOR DECEMBER 2022

Venus invites you to listen to the other person between the 10th and the 18th. Consider their needs and desires. From the 21st, the Sun takes over and urges you to team up. Whether it be with your partner, your children, or any relative who asks for your support.

In a Relationship: if Jupiter intensely solicits your presence on the social front until February 2023, show your people that they can count on you no matter what.

Single: count on your ability to make a move towards the other to attract someone you like. And if you don't have anyone in mind, your concern is nonetheless appreciated by those around you.

CANCER: MONEY FOR DECEMBER 2022

Under the tutelage of Jupiter, if you are offered a promotion, it will be accompanied by financial benefits or an increase in your salary. And if the question is not on the table, you will not hesitate to bring it up.

CANCER: WORK FOR DECEMBER 2022

Jupiter may have helped you get a more rewarding job, or even a promotion, between May 10 and October 28. He will be back on the scene from December 20 onwards, bringing you full circle or offering you other opportunities to shine. Be careful on the 22nd, don't go overboard.

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HOROSCOPES DECEMBER 2022



LEO – (July 22 – August 21)

LEO: MOOD FOR DECEMBER 2022

You will be friendly and helpful until the 18th, but from the 20th onwards, you will not want to blend in with the crowd. You'll probably give priority to defending your interests. But as you will not lack charisma or arguments to justify your initiatives, no one will hold it against you (except perhaps on the 22nd?).

LEO: LOVE FOR DECEMBER 2022

Venus invites you to care for your loved ones between the 10th and 18th. You are looking out for the happiness of each and every one. From the 20th, Jupiter returns to stimulate your ambitions to develop your relationships.

In a Relationship: you will take care of your tribe between the 10th and the 18th, you will improve the ordinary, and you will also aspire to deepen, even to give meaning to the story you are living (from the 20th).

Single: between the 10th and 18th, you act benevolently towards those around you so that everything "rolls along." From the 20th on, if a romance is on the horizon, it's not going to be perfect, but one that lifts you off the ground.

LEO: MONEY FOR DECEMBER 2022

If you wish to increase your income, you will not hesitate to bend backward to collaborate (between the 10th and 18th). From the 20th onwards, those who would dare to refuse you anything will have to be careful. Go easy on the 22nd.

LEO: WORK FOR DECEMBER 2022

You'll show a lot of goodwill (between the 10th and 18th) to collaborate within a team and serve the common cause. From the 20th onwards, your personal ambitions come to the forefront of your concerns. It will then be a question of surpassing yourself. Be careful (on the 22nd) not to alienate your colleagues by setting the bar too high.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR DECEMBER 2022

Radiant and charismatic, you are at the center of everyone's attention in December. You don't mind shining, and you enjoy the exercise. Just be careful not to overdo it (on the 22nd), at the risk that people will find you pretentious.

VIRGO: LOVE FOR DECEMBER 2022

Count on Venus (between the 10th and 18th) to strengthen your personal radiance. A unique radiance that you will use to attract attention. The Sun takes over from the 21st, and from the 20th, Jupiter guarantees you exceptional magnetism. This will undoubtedly help your relationships to evolve in the right direction.

In a Relationship: you will have a cosmic backdrop favorable to your sentimental blossoming in December. You will have plenty of charm and sensuality to spare, which will rekindle the flame. However, you should refrain from imposing your desires on others (22nd).

Single: bet on a torrid sex appeal in December to hit the nail on the head. You aspire to live a story that will take you to the seventh heaven. Be careful (on the 22nd) not to frighten the other person by being too ardent or demanding.

VIRGO: MONEY FOR DECEMBER 2022

From the 20th onwards, Jupiter will allow you to collect dividends (bonuses) linked to the work done and the efforts made between May 10 and October 28. However, do not demand too much (22nd).

VIRGO: WORK FOR DECEMBER 2022

You will not lack creativity or the desire to impress. Venus (between the 10th and the 18th) and the Sun (from the 21st) tend to exalt your abilities from the 20th. In that case, Jupiter allows you to draw the juicy fruits of experiences lived this month or (and) between May 10 and the end of October.

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HOROSCOPES DECEMBER 2022



LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR DECEMBER 2022

This is a month when you will be full of goodwill and eager to create a warm atmosphere around you. Count on Venus (between the 10th and the 18th) to warm up the atmosphere. Jupiter (from the 20th) brings you closer to others and shows your desire to collaborate and unite for the best.

LIBRA: LOVE FOR DECEMBER 2022

Between the 10th and 18th, you will be concerned with the well-being of your loved ones. You want to improve their living conditions as well as your own. From the 20th onwards, Jupiter will reinforce your desire to take a step towards the other. It is up to you not to encroach too much on the free will of everyone (on the 22nd), even if you are full of good intentions.

In a Relationship: you aspire to care for those you love and will redouble your zeal and benevolence towards those around you. Just be careful (on the 22nd) not to impose anything, even for their own good.

Single: you will want to start a home, improve your living environment or simply enjoy quality time with your loved ones. All appreciate your kindness towards them, except perhaps on the 22nd when you are too prescriptive for their taste.

LIBRA: MONEY FOR DECEMBER 2022

If Jupiter has not previously (between May 10 and October 28) contributed to your wealth, he will help you to improve your income between December 20 and February 20.

LIBRA: WORK FOR DECEMBER 2022

From the 20th onwards, Jupiter, who has already resigned over your exchanges (private and professional) between May 10 and October 28, returns in force. This is an opportunity for you to sign a juicy contract to make a profitable partnership. Between now and February 20, you'll probably have taken a step forward on the social front.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR DECEMBER 2022

In December, you're in a somewhat optimistic frame of mind, as the elements seem to be conspiring for your happiness and success. Take advantage of this to socialize with the world around you. Use your charm to seduce and convince, but without giving in to the temptation to impose your trademark (the 22nd).

SCORPIO: LOVE FOR DECEMBER 2022

Count on Venus (between the 10th and the 18th) to facilitate your exchanges with those close to you. You will know how to proceed to get your messages across and get everyone to agree, except perhaps around the 22nd. Your thirst to improve the ordinary and care for everyone's happiness incites you to forget that other people can also be correct.

In a Relationship: you approach all the subjects in progress delicately between the 10th and the 18th. You aspire to harmony in your family, but you'd better tone it down if you don't want people to think you're too sure of yourself (the 22nd).

Single : rely on gentle communication between the 10th and the 18th to get everyone to agree with you (especially in the family). On the other hand, avoid making decisions that will affect everyone's future alone (on the 22nd).

SCORPIO: MONEY FOR DECEMBER 2022

Jupiter offers you some beautiful social and professional openings from the 20th until February 20th. Take advantage of this cosmic backdrop favorable to your expansion to ask for a small (big?) raise.

SCORPIO: WORK FOR DECEMBER 2022

Jupiter returns (as it did between May 10 and October 28) to increase your chances of improving your daily life. Opportunities to stand out from the crowd and make your mark. Be on the lookout for offers in December. Do your best to impress the public (and your boss) on the 22nd.

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HOROSCOPES DECEMBER 2022



SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR DECEMBER 2022

Doped up by the elements and a favorable conjuncture for your blossoming on all levels, you have no reason to complain about an end-of-year placed under high cosmic pressure. Perhaps the only flaw to avoid? Take advantage of your assets, throwing money out the window or showing off around the 22nd.

SAGITTARIUS: LOVE FOR DECEMBER 2022

There is no question of depriving yourself of being content with...Venus expressly invites you to satisfy your slightest desires between the 10th and the 18th. From the 21st, the Sun takes over. It reinforces your thirst to devour life as much as to express your sensual and material needs openly. Just be careful not to blow your budget around the 22nd.

In a Relationship: from the 20th, Jupiter (between May 10 and October 28) favors your emotional fulfillment. This is an opportunity to rekindle the flame, conceive a child, and enjoy yourself without spending all your money (on the 22nd).

Single: count on the return of Jupiter (from the 20th) to exalt your desire to love and to be loved. But also your need to be noticed and admired. Don't spend your money on clothes you don't need to seduce.

SAGITTARIUS: MONEY FOR DECEMBER 2022

Galvanized by a big blue backdrop, you forget the laws of gravity and the sense of limits. Especially around the 22nd, you will find it difficult to reason with your spending.

SAGITTARIUS: WORK FOR DECEMBER 2022

You will have the opportunity to fully express your potential in December. Count on Mercury (between the 6th and the 13th) to boost your communication skills. Venus (between the 10th and the 18th) will strengthen your abilities. From the 20th, Jupiter will clearly confirm the trend, followed by the Sun (from the 21st), who will encourage you to claim the proper reward for your talents.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR DECEMBER 2022

Charming, charming, talkative, and inspiring, you gather around your acquaintances and friends. Take advantage of your power, currently reinforced by the elements, to shine and seduce you. However, avoid taking yourself too much for God around the 22nd.

CAPRICORN: LOVE FOR DECEMBER 2022

Venus will exalt your personal radiance between the 10th and 18th. You will bewitch anyone you want and make sparks fly in love (and not only). Take advantage of your magnified aura to bring your partner into your universe or attract the nets you like. Be careful with your family not to decide everything for everyone (on the 22nd).

In a Relationship: you will not lack assets in December to rekindle the flame with a partner under the spell. However, if you wish to improve the living conditions at home, don't forget to consult your own people before acting.

Single: Venus is your ally (between the 10th and 18th) and favors your radiance. Rely on your power of seduction to hit the bull's eye. Not to impose your prerogatives on the family (the 22nd).

CAPRICORN: MONEY FOR DECEMBER 2022

It may be difficult to refuse you anything in December. Take advantage of this opportunity to ask for a raise without being tempted to abuse it (on the 22nd).

CAPRICORN: WORK FOR DECEMBER 2022

Mercury strengthens your communication between the 6th and the 13th. Venus exalts your hold on the people around you between the 10th and the 18th. From the 20th, the Sun invites you to open a new expansion cycle. This is the perfect way to end the month on a high note. Just avoid (on the 22nd) believing yourself to be too invincible.

...continued on page 41...

HOROSCOPES DECEMBER 2022



AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR DECEMBER 2022

From the 20th onwards, Jupiter positively affects your decan. The giant of the zodiac boosts your enthusiasm and desire to transmit what you hold dear. This will brighten up the end of the year, which will be marked by progress. Tend to protect you from possible unconscious influences that push you to go off in all directions (on the 22nd).

AQUARIUS: LOVE FOR DECEMBER 2022

You would probably be well advised to take a step back from certain emotions that are not necessarily good advisors in December. Particularly around the 22nd, a too pressing desire to express yourself and rally the votes hurts people's feelings. The Sun invites you to withdraw temporarily, far from the world's noise, from the 21st.

In a Relationship: if from the 20th Jupiter reinforces your thirst to communicate all azimuths, remain careful and measured in the expression of your feelings (which will not necessarily be shared by your close relations) around the 22nd.

Single: Venus advises you (between the 10th and the 18th) to sift through your past stories to consciously apprehend your future idylls. From the 20th on, Jupiter may encourage meetings but also misunderstandings (on the 22nd).

AQUARIUS: MONEY FOR DECEMBER 2022

You may wait until the end of January to claim your due. In December, it will be more a question of preparing the ground for your future successes than of going to the mat to get satisfaction.

AQUARIUS: WORK FOR DECEMBER 2022

The situation urges you to think things over to refine your plans and strategies rather than jump into the fray (that will be next month). In the meantime, count on Jupiter (from the 20th) to transmit your ideas and share them with a receptive entourage. Spare them on the 22nd by not putting pressure on them.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR DECEMBER 2022

Venus assures you of a high level of friendship and love, and from the 20th, Jupiter sharpens your appetite. You'll want to devour life to the fullest and in excellent company. The only possible pitfall to avoid. A tendency to squander your money (on the 22nd).

PISCES: LOVE FOR DECEMBER 2022

Venus invites you to make tender plans between the 10th and 18th, and the Sun confirms this tendency from the 21st. This is an opportunity for you to carry out a project that you like? From the 20th onwards, Jupiter tends to strengthen your finances and your desires. This situation is to be exploited without exceeding your budget (on the 22nd).

In a Relationship: the last month of the year is ideal for conceiving a child, giving birth to it, and projecting yourself into an inspiring future with whom you love. Nothing will alter your happiness, except a tendency to overspend (the 22nd).

Single: you will not resist the temptation to go out, have fun and socialize with the world around you. Preferably those who are dear to you? Be careful not to throw too much money away (the 22nd).

PISCES: MONEY FOR DECEMBER 2022

From the 20th on, Jupiter, who had probably contributed between May 10 and October 28 to boost your financial income, returns. If you have not yet received your tribute, it could be now and by February 20.

PISCES: WORK FOR DECEMBER 2022

If you have a project in mind, you will benefit in December from perfect conditions to realize it and profit from it. Indeed, from the 20th, Jupiter returns (as it did between May 10 and October 28) to strengthen your finances and push you to develop your potential. This is an excellent opportunity to express your talents and receive their just rewards.



Dr Joe Dispenza

FEELING OUR WAY INTO THE MYSTICAL – PART I

...continued from page 8

But when we try to have a mystical experience, it seems even more elusive than before. That's because "trying" implies separation. "Trying" is something we do in the outer, 3-D world of matter influencing matter. We think we need to get something, or do something, outside ourselves in order to experience a feeling inside. Because, when we experience an event in the 3-D world, the information our brain receives from our senses produces a chemical signature called an emotion.

But truly, in the quantum, it's feeling the emotion first that creates the experience we seek.

And when we aspire to ascend to those higher realms - in the 5-D world of the quantum; in the unknown - when we're seeking the mystical, we eventually learn that trying to find it isn't what gets us there. Feeling is what gets us there.

And not just any feeling; it's the elevated emotions we're trying to cultivate. Love. Awe. Wonder. Freedom. Joy. Caring. Gratitude. They open the door.

A "RECIPE FOR THE MYSTICAL"

So, if we have to feel the feeling before the experience, and we can't try to have the experience before the feeling, then the only solution is what I sometimes call a "recipe for the mystical" - to be tired and happy; curious and playful; relaxed and open. These are the states that allow us to feel our way in.

At an earlier stage of evolution in this work, I, too, pursued the mystical. But whenever I tried, months would go by without the experience I sought. I would have a long, dry spell - because I was waiting for the experience to happen to have the feeling.

Then, in my meditations - as well as when I was awake in my day - I would constantly analyze myself, thinking there was something wrong with me. But then I realized that feeling like I'd failed, or becoming saddened by my lack of success, is not the attitude or emotional state of the mystic.

And over time, I discovered that if I was tired and happy; if I was curious and full of wonder; if I wasn't rigid or structured - but instead loose and playful; if I didn't let my fatigue pull me into the deep sleep of delta brainwaves, but I was just pausing and playing ... that place of lucidity, where I was relaxed and awake, tended to be the state that led me to the door.

And once I figured that out, I could let go and surrender. I wasn't preoccupied with trying to have the experience - because I felt like I already had the experience. And I wasn't trying to control the outcome - because controlling the outcome would mean I was trying to predict it. And that would be the known.

But the only way to encounter the mystical is through the realm of unlimited universes that exists beyond the limited world of our senses. The mystical, then, is the unknown.

I'll talk more about that in Part II.

From <https://drjoedispenza.com/blogs/dr-joes-blog/feeling-our-way-into-the-mystical-part-i>

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ASK MICHELLE WHITEDOVE

...continued from page 14



Michelle Whitedove

DEAR MICHELLE, you call for group prayer when a hurricane is on a path to hit populated areas. Can this really work?

MICHELLE: Elements that are mutable such as wind and water yes, humans can use their energy also called “the power in prayer” to actually move hurricanes. There has been scientific evidence that the power of prayer works when it comes to praying to heal people and so we must understand that applying our prayerful energy creates miracles in other aspects too! The **Native Americans** and all other **indigenous people** will pray for rain and then it comes, they can call on the wind, too: they have been doing this since the beginning of time, because **indigenous peoples** know that they are not separated from **The Creator**. They sing, dance and pray rituals and as a group they effect change. So yes, group prayer can move hurricanes, we see them coming for days in advance and we can focus our energy to help dissipate them.

Did you know that the Power of Prayerful energy is the reason that the **Chinese government (CCP)** made **Falun Gong** illegal and they imprison practitioners. **Falun Gong** uses the qigong practice to improve health and wellness and to manipulate energy through meditation and movement. When humans understand and grasp the concept that they are powerful multi-dimensional beings - they can be seen as a danger to those who wish to control the masses and the outcome for society. As spiritual beings, a daily prayer ritual is important. With prayer and especially group prayer we can help to influence those elemental forces of nature for the good of all.



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SETH SPEAKS

...continued from page 29

Your existence is nameless. It is not voiceless, but it is nameless. The names you take are structures upon which you hang your image. One thousand years hence what will your names mean, and one thousand years before this moment what did your names mean, and what have those names to do with your experience?

You are what you are, and what you are is nameless. What you are can be not uttered, and no letter or alphabet can contain it. Yet now you need words and letters and names and objects. You want magic that will tell you what you are.

You each, in your own way, are doing your own thing. And each of you are nameless.

That does not mean you do not have an identity. It simply means that a name has nothing to do with your identity, and that entity names are a means and a step along levels of belief that you can use.

I told Ruburt from our earliest sessions that he could call me Seth. I never said, "My name is Seth," for I am nameless. I have had too many identities to cling to one name!

But you think your names define you, and you are afraid to depart from them. And you think your physical existence defines you, and you think that the moment defines; you, you think that your beliefs define you.

If you are quick and if you are intuitive and if you are courageous, and if some evening you listen to my voice in the proper mood, then you can follow yourself to the heart of yourself, using the voice as a road or a vehicle.

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Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

COMPASSION

Our own negative assumptions and judgments prevent us from being compassionate to others and our-selves. These are in our mind, and not in our heart.

These mental concepts that we have implanted are not always for our own health and well-being.

Hatred and judgment are a result of a feeling that certain things will make our personal life feel better. In other words, we have created a whole scenario of what life should be for us to feel good. Life has much diversity, and we just focus on a small portion of it to feel good. If it does not give us what we think will make us feel good, we begin to suffer. This is why **Buddha** states that life is suffering. The suffering is not from life, but our mind and our beliefs.

We create an endless list of desires that we think will make our life more meaningful. But once those desires are fulfilled, it still leaves us empty, and more desires come to the surface. If I get this job, if I have this car, if I have..... then I will be happy. No object or person will make us happy. It comes from inside and is nurtured and fulfilled when WE care for our family and friends, or when our heart opens.

It is unfortunate that we box ourselves into a very small aspect of life. We live like the **Chinese** story of the **Frog in the Well**. The story is about a frog who lives happily in a well. He has no idea what's outside of that well. One day a turtle comes along and tells him about the great wide world, and the beautiful blue ocean. The frog becomes embarrassed when he realizes he's been living in such a small, sheltered world.

This world is so full of wonders and varieties, but our mind must be open to it. We only see what our mind is programed to see. I just bought a car that is a wonderful light bluish grey, a color that I have not seen before. When I started driving it, I realized so many cars have that color. We seem to see only what is familiar.

Charitable organizations appeal to our compassion which in turn compels us to give financial support to these charities. It is that connection that we feel towards the suffering of others that creates compassion. Most people feel this when it concerns their personal environment or family. But we need to realize that we are all one. Through compassion we acknowledge the commonality of the human condition, and we remove cruelty, indifference, and selfishness. According to the **Dalai Lama** "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

Self-compassion leads to greater happiness. It allows us to be motivated and feel the joy of gratitude. If we are not self-compassionate, we may feel depression, anxiety, inadequacy, and a host of other self-negations. Self-compassion allows us to be able to deal with life stressors, like birth death, divorce, failures, and health crises. Self-criticism leads to fear and failure and undermines self-confidence. Self-compassion leads us to reach our full potential. We will not beat ourselves up when there is failure. In other words we accept life the way it is.

We need to take the time and look at ourselves. The self-criticism of I should have or could have needs to be examined. Remember we are always trying to do our best with the tools that we have at that time. Maybe we were tired, hurting, angry and could not have done better. Once self-compassion takes hold either through self-examination or meditation our innate compassionate nature will automatically surface, and we are on the way of finding joy in life.

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

— Albert Einstein

Andrea/Publisher writes: I subscribe to the [Yogashakti Yoga Center YouTube channel](#), it's a great addition to my morning practice. I met Mokshapriya at the Palm Bay ashram in the 90's. Like her predecessor my beloved Ma Yogashakti, she exudes very definite, palpable energy. Her vids educate, comfort and inspire me. You can watch the [Yogashakti Yoga Center YouTube channel](#) at https://www.youtube.com/watch?v=w_LJwgiYI00



Mitch Ditkoff

INSPIRING COWS

...continued from page 18

A few days later it was **Mahatma-ji's** time to leave town and so he vamoosed just a few hours before **satsang** in our living room. Guess how many people showed up? None. As in zero. No one.

And so, the next morning, after breakfast, remembering **Mahatmaji's** advice to me, I went for a walk on the same road we had trekked just days before, cows to the right of me, cows to the left of me, cows everywhere I looked.

Clearing my throat, I sidled up to the fence and let it rip.

"Dear brothers and sisters," I began, "what a beautiful life this is! How fortunate we are to be alive at this precious time. And for what purpose? Why are we here? What is the purpose of life? To know ourselves. To experience the divine self. To feel gratitude for simply breath alone. To find the peace that passes all understanding."

And on and on and on I went.

The cows, it seemed, were enjoying what they heard. Herd!

Their tails wagged. Their ears twitched. And some of them walked towards me. I realized course, it was possible that it was just the sound of my voice that animated them, or maybe the fact that anyone at all was standing at the fence -- maybe someone with a carrot or an apple.

Indeed, it was possible, I guess, that I would have gotten the same response from reading the phone book or reciting **Canterbury Tales** in **Middle English**.

But in that particular moment, none of these thoughts mattered. And why they didn't matter, was because I was experiencing something totally beautiful within me -- something way beyond cow or human psychology.

My heart was opening. My mind was still. And I could feel the beautiful choo choo train of love soaring through me, destination unknown -- not to mention a huge dose of ease, freedom, flow, goodness, gladness, grace, and gratitude.

I was, you might say, practicing -- getting into the zone of letting the spontaneous expression of my inner being come roaring through me -- uninhibited, unannounced, and uncensored.

Practicing, yes! Not performing. Not trying. Not impressing. Just practicing -- whether or not a single cow twitched an ear, wagged a tail, or mooed -- most of them staring at me as if I didn't even exist.

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

He could see it now-- at the end of the day, as he lay on his bed in his jockey shorts and socks, exhausted and vulnerable, some bright faced little girl in a tutu would prance out of the shadows and shove a sign in his face which would say, *"Today was completely a dream,"* and all the figments of his imagination that he had met that day would leap up from behind bookcases and sofas and shriek **"SURPRISE, WE KNEW IT ALL THE TIME,"** and he would be mortified and embarrassed and feel that he had been royally had.

He had seen a number of movies whose plot consisted of resolving an intractable reality by transforming it into a dream. The only trouble was that none of these films had given a hint of what you could do to get out of such a situation if you discovered that you were in the middle of it. At least he had not picked up any such hint if it were there. Having been abandoned by both common sense and Hollywood, he resigned himself to taking what the day was going to bring, but under no circumstances would he let it sneak up and jump out at him, in tutus or otherwise.

He was startled back into reality by a voice saying, *"I know just how you feel."*

When he looked down he found himself staring into the faces of a **Mutt** and **Jeff** pair staring up at him. The words had come out of **Jeff's** mouth.

Now **The Man with the Ladder** was sure that he had only been thinking to himself and that he had said nothing out loud that a stranger could so easily empathize with. But he was in an extraordinarily cautious mood so he nodded noncommittally.

"I've had the same dream every night for the last 50 years." the little man in front of him said.

"This is Harry." The big man offered the introduction indifferently.

"And I am Willie. We are strangers."

Aliens would be more like it, thought **The Man with the Ladder**. The bigger man was absolutely big in every direction and he had protruding ears and a pasty sharp face covered with stubble. The little man seemed to have skin that consisted of pocks interspersed with blemishes, no nose to speak of and glasses that didn't appear to have lenses in them.

"I've had the same dream every night for the last 50 years," the small man repeated.

"What do you dream?" **The Man with the Ladder** responded, knowing he would be told whether he asked or not.

"The first thing that happens in this dream is that I wake up in a large bed."

"Is it a wooden bed or a brass bed?" **The Man with the Ladder** asked.

The little man seemed annoyed. *"I never noticed."*

After 50 years you'd think you would have noticed, **The Man with the Ladder** thought to himself.

"I wake up in this bed," the little man continued, *"and I realize I have forgotten everything. Everything, I don't remember anything at all. I don't know who I am and why I'm there, I don't even remember where there might be. To make matters worse, I have this gnawing feeling that I was supposed to do something very important on this day, like pay my taxes, or get married, or declare war, something significant, and I will not do it because I can't remember what it is."*

He rested while he caught his breath. *"Then this woman comes in. She is tall and blond and beautiful. Even in the dream I know that she's a spirit, not a real person."*

"Don't worry," she says softly, *"I will help you remember."*

"But I don't remember anything." the little man reports himself saying, as if she might have second thoughts if she recognized the magnitude of the task.

"Not to worry," she says. And then she starts at the very beginning of my life. *"Remember, it was very, very dark, and you"* --the little man illustrated his story by vigorously pointing to himself-- *"you thought the very little thought of getting out--up, down, sideways, anyway, but loose. Vaguely, I remembered something like that,"* the little man confessed.

"And she would go on from there and remember me everything that had happened to me, and how things felt, and smelled, and tasted, and what I was thinking. Minute by minute, hour by hour, day by day, she remembered me the pieces of my life."

"That's very inspirational," **The Man with the Ladder** said, hoping he could suggest that the little man quit while he was ahead.

"And when she was done," the little man continued, *"I remembered everything. I remembered what I was thinking the time I cut my finger on a piece of broken glass when I was six, and I remembered listening in the closet to my mother and father making love, and I remembered the pattern on the sheets on the bed on which I made love the first time and I remembered the appointments I had next week."*

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"When I had remembered everything, I would lay down on the bed and go to sleep in my dream and wake up at the beginning of a new day. My wife would be next to me snoring, and the kids would be playing the phonograph too loud. And if it was a regular day I would have breakfast and go to work, and if it were a Saturday..."

The Man with the Ladder felt that the essential point of the story had been told and resented the little man embellishing it with minor details.

"Every night for 50 years I dreamed that same dream."

"Until?" **The Man with the Ladder** added.

"How did you know there was an 'until'?" the little man asked suspiciously.

"Any five year old knows there is always an 'until'," said **The Man with the Ladder** rather pompously. "There is, isn't there?"

"Well, there just happens to be," said the little man sourly. "One particular night, not long ago, I fell asleep as usual, and I had my dream and the lady came and she remembered me my past, the way she had every night before, but...", the little man hesitated, "but then a strange thing happened. I don't know why, perhaps it was something I ate, perhaps something I should have eaten, but when my dream ended I found myself still in the bed in the room."

The Man with the Ladder looked confused.

"Don't you see," the little man complained, "every time my dream ended before, I woke up in my own bed with my wife next to me and the kids playing."

"I remember," said **The Man with the Ladder** quickly.

"Well this time, I was still in the room in the dream. I had forgotten everything again. I waited for the lady to return but she didn't come!" wailed the little man, "I panicked. I jumped out of the bed and ran around the room moaning and whimpering."

The little man looked even smaller than he was and began to whimper and moan. "It was the only thing I could remember to do and then even the panic faded because I forgot the basics of panicking."

It had never occurred to **The Man with the Ladder** that a person had to remember how to panic.

"When I realized the beautiful woman was not going to show, I tried desperately to remember something on my own. And eventually I started remembering. I guess the most fundamental reflex is not breathing but remembering. I started at the beginning as the lady did with the very first things. Only...."

"Only what?" **The Man with the Ladder** asked.

"Without the lady I remembered an entirely different me than I had remembered all the times before."

A little quiet invaded the park where they stood.

"And then?"

"And then I woke up," the little man said decisively.

"That's an interesting story." **The Man with the Ladder** said. He was uncomfortable and ready to change the subject.

"You don't understand," the little man insisted. "I woke up in the bed of the dream. The room was light, and I realized it was morning. But there was no wife snoring next to me, and there were no kids playing."

"You woke up a different person than you remembered going to sleep as," **The Man with the Ladder** summarized bluntly.

"Yes," answered the little man, distraught.

"Which person?" **The Man with the Ladder** asked.

"Me, who I am now. For all intents and purposes, the man you see in front of you."

"Well, then it's O.K."

"It's not O.K.!" the little man shrieked. "I stopped dreaming the dream! I miss that other person I was. I worry about his wife, his children. I miss the lady too. But that's not the worst thing," he added ominously, "not the worst thing."

"What's the worst thing?" **The Man with the Ladder** asked, not really sure he wanted to know.

"The worst thing," the little man said in a trembling, uncertain voice, "the worst thing is that when I think about it, I remember going to sleep three times and waking up twice." His voice sunk to the floor of his despair. "You know what that means? --I still might have more waking up to do, and I might wake up even worse off than I am now."

The Man with the Ladder felt he had been kicked, but he could not identify exactly where on his body the blow had fallen.

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"That reminds me of a dream," the big man said, without letting **The Man with the Ladder** dwell on his condition.

"Is it as long as Harry's?" **The Man with the Ladder** asked. He felt confused and disoriented. "If it is I may have to leave in the middle... I...." His discomfort went fishing for an excuse.

"No, it's quite short," said the big man.

"There's this other person," he began abruptly. "He looks a lot like me only a little taller, a little handsomer and a little quicker on his feet. He always has the proper comeback to a wisecrack immediately, whereas it comes to me two hours after I need it. When he has to make a decision he makes it right away and it's always the right one, whereas I agonize over the pettiest of decisions, and always select the wrong one."

The Man with the Ladder sat bolt upright. Just a few weeks ago, he had heard a story about a **Man with a Ladder** who sounded just like him only wiser, and did things just like he only...

"Are you listening?" the big man asked pointedly. Without waiting for an answer, he continued, "You meet this pretty girl in the park, and you know if you could only say the right thing she would lend herself to you, but you learn to stutter on the spot, and while she passes you by, you're sure he's making the turn down the path," --he pointed to where the path turned behind the trees

--"and she is giggling and he has his hand on her behind."

His voice was filled with venom, and **The Man with the Ladder** knew exactly what he felt.

"I never actually met this alter ego, not in real life," the big man explained, "but I've envied him as long as I can remember. Just last week we met in this dream."

"Whose dream?"

"He was dreaming and I was dreaming and suddenly we were together in a dream. I remember saying to him when we bumped into one another, "So it's you!" He was pleasant enough and quite charming. He made some joke about two pods and one pea. We talked for a while about experiences we nearly had in common. Suddenly I had this idea. I said, "Since I can never be as clever or

sharp as you in real life I will envy you to the day I die." I tried to play on his sympathy and sense of superiority. "I can never be like you in real life, but here in a dream is another matter. Would it be possible, just once, to get a taste of what it would be like? We could exchange dreams." I suggested, "I'll dream your dream and you dream mine."

"A brilliant maneuver," the little man suddenly yelled out, applauding vigorously.

The big man acknowledged the applause with a nod, and looked at **The Man with the Ladder's** silence disapprovingly.

"The other me was generous. His sense of superiority blinded him. I don't see any harm in it, it's only a dream." So we exchanged dreams. He began slowly to dream my dream and I began dreaming his."

The large man waited for his audience to draw implications from what he had said, but **The Man with the Ladder** misinterpreted the silence to mean that the story was over.

"That's an interesting dream. Did you ever meet him?" **The Man with the Ladder** asked, "I mean after you woke up?"

"Woke up?" the big man exploded, like a trap springing closed, "Woke up? I didn't say anything about waking up. Did I say anything about waking up?" He poked the little man in the ribs and repeated the question. "Did I say anything about waking up?"

"No," said the little man, jumping up and down. "I don't recall you saying anything at all about waking up." He dangled the joke in **The Man with the Ladder's** face.

"But,"

The big man interrupted him before he could get anything but the 'but' out.

"If I'm not mistaken you were about to tell us one of your dreams," said the big man, effectively cutting off **The Man with the Ladder's** line of inquiry into his dream.

"That's a problem," **The Man with the Ladder** said defensively, "My dreams aren't memorable. I mean, I don't remember them. But I can tell you something that was like a dream more or less."

"It happened very recently" he began, "on an unusual day not unlike this one. The sun was out and there was only one cloud in the sky just like that one." he pointed over the big man's shoulder, "I didn't have to work that day, so I was sitting here where I usually sit, when two men I had never seen before started a conversation with me."

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"What did they talk about?" asked the little man suspiciously.

"As I recall, I think we talked about dreams. But what was said wasn't important. What was important was that they convinced me that I was really at home dreaming that I was in the park."

"Just how did they do that?" the little man asked pointedly.

"They confused me with their stories and conversation."

"I don't understand." interrupted the big man, but **The Man with the Ladder** knew that he did.

"They played to a weakness I have," he continued. "They made me believe that I was capable of conjuring up the world so exactly in my dreams that my reproduction would fool me because it was indistinguishable from the real thing. It was the worst form of flattery."

"Is this a true story?" the small man asked.

"Of course, though at the time I wasn't sure what the story was. They had confused my thoughts so deeply that I really couldn't tell whether I was at home dreaming I was in the park, or actually in the park wondering whether I was at home dreaming I was in the park."

"Would it have made a difference?" the big man inquired quietly.

"I thought it would. If I could have gone through the day undecided about which reality I was in, I could have gradually sorted it out. But at the time I felt it was absolutely necessary for me to make some decision one way or the other and stick to it. I was shrewd. I was logical. I was careful." He sighed a genuine sigh. "I decided I was in a dream."

The little man looked disappointed.

"What happened after you decided you were in a dream?"

"Nothing changed much as far as I could see. We finished our conversation and they drifted off."

"Where did they go?" the little man asked earnestly.

"How should I know?" **The Man with the Ladder** shot back annoyed. "But they had done their work." He looked at the two men standing innocently in front of him. "I convinced myself I was really dreaming."

The little man seemed satisfied.

"After they left I sat here on the ladder, thinking. Since I had decided I was in a dream I knew that none of what I was feeling, touching and seeing was real. But that only left me with the sense that the trees I saw, and the wind I felt, were even more magical. So I decided that since I was in a dream I might as well enjoy it."

"And take advantage of it." the big man added.

"And take advantage of it." **The Man with the Ladder** echoed, "Since I was in a dream, I figured I was no longer constrained by the limitations of the real world. I remembered when I was a child, I wanted to fly like Superman. I decided that since I wasn't held down by the million of little strings that tie us to our every day limitations, I would fly. And I did. I had to practice for a few hours until I got the hang of it. Flying turns out to be a lot like roller skating on one wheel, only a little trickier."

"People think you have to go high in the sky to be flying, but it's not true. You fly just as much three inches off the ground. I never went higher than a foot. But once I managed to get me and the ladder off the ground, I scooted up and down the grass, on the paths between the trees and over the black-topped basketball courts."

"It was a little hard for people in the park to take. I don't think they really saw me flying, only moving quite fast on the ladder; the blur, and the fact that they were characters in my dream, saved reality for them. They continued to behave as if the normal laws of the world held."

The big man seemed a little bored. "Is there any sex in this dream?" he asked bluntly, as if he was deciding whether to listen any more. **The Man with the Ladder** was amused at the question but he looked at the big man sternly, forcing him back into the role of listener.

"After flying, I decided I would like to be rich for a while. I took the easy way out. The quickest way I knew of getting a lot of money was to find it. It was easy. My flight had carried me to a part of the park that was wooded and infrequently used. I looked down and there was this bag, a bank bag, I think."

"Was there money in it?" the little man inquired.

"A lot of money. I picked it up, took out as much as I wanted, and threw the bag down again where I found it. It was like a dream."

"How much did you take?" the little man asked, hungry for details.

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"Oh, ten thousand or so, I gave it away. I stopped Mary, one of the bag ladies and gave her five hundred. 'Shop wisely,' I told her. I gave Pete, who plays chess in the corner there, three hundred. 'Buy a new chess set', I told him. I was wildly generous. It didn't last too long but it was great fun."

"And then?"

"I started home. I ran into my ex-wife in the lobby of my apartment building, but since I knew this was a dream mimicking reality, I wasn't surprised she was there. I invited her up and for the first time in a long time I looked at her --not the real her but her image in the dream-- and I remembered how much I loved her, a love that in real life had always been half enslaved and enshrouded by the reality of married life. I loved her, and it seemed to me she was beautiful. I told her so."

"You told her so?" The big man echoed the statement as a question.

"I just said to her: 'You are beautiful and I love you,'" **The Man with the Ladder** related. "I would never have done that except in a dream because..." He stopped in front of the explanation and looked at it. *"I just don't know exactly why, I just wouldn't have. Never that way."*

"She looked at me oddly. *"Thank you,"* she said softly, "I love you too, but you don't seem yourself." Then she added as an afterthought, *"Sometimes when I look at you I still get excited."*

"The right eye never marries, but the left never says goodbye." I said back to her, *"You're right though, I'm not quite myself."*

"You're telling me." she said.

I had this feeling she would wink or give me some sign that she knew we were in a dream, but she didn't. She behaved as if it was just the tail end of a tilted, normal day. I could see she wanted me to ask her to stay and explore our new found loving, and to tell the truth I wanted to see how far we could go with it, but I really needed to take a break. I was just too bushed. Dreaming was almost as hard work as real life living."

"Time to get up." I announced to my ex-wife, heading straight for the bedroom as if I had to explain myself in my

own dream. I laid down in my bed where I was convinced *I belonged and tried hard to fall awake. I lay there and tossed and turned just like a cartoon figure in the movies. I waited patiently and I waited impatiently but I just couldn't wake up. Instead I fell asleep."*

"What do you mean by that?" the little man asked, searching for some hidden meaning.

"Just that, I fell asleep. I didn't wake up, I fell asleep."

"So you weren't dreaming." the big man concluded.

"No, it was a real day. My ex-wife woke me up after an hour and asked me whether I wanted her to make me something for dinner or if she should call a doctor."

"Bizarro," said the big man, Mr. Bizarro himself.

"When I realized it had been a real day my first thought was what kind of trouble I had gotten myself into, but my ex-wife treated me as if it was just a pleasantly quirky episode. I knew that although she remembered, she understood enough not to let it change things between us."

"Well," said the little man, *"you did learn to fly."*

"I thought so," said **The Man with the Ladder**. *"The next day I got the ladder out and went to the park. It was early and there was almost no one around."*

"You flew again," the little man said genuinely excited.

"No. I couldn't make even the slightest motion in the air."

"You lost it."

"I'm not sure now I ever had it. I tried for hours but I just couldn't fly. No way, no how. As the park filled up, people came over and thanked me for my generosity the day before, some of which I remembered, some of which I didn't. I actually found a hundred dollar bill stuck in the hinge of the ladder which I tucked away as a bribe for my ex-wife just in case she decided to hold me responsible for what I said in the dream, but that was all. I wandered around to where I had found the bag of money but there was nothing there."

"That's an interesting dream," said the big man.

"Not a dream." **The Man with the Ladder** corrected.

"O.K.," said the big man agreeably, *"It's an interesting story."* He turned to the little man who was clearly thinking about the story. *"We have to be going,"* he said to him. And they walked off.

As **The Man with the Ladder** watched them go, he felt a little tug on the ladder but he sat very still until it went away, and kept both feet anchored firmly on the ground just in case. *"This is going to be a long day,"* he said out loud, bracing himself for the intrusion of the little girl in the tutu with the sign.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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

MY HAIR COMING OUT IN MY BRUSH!

It's so hilarious to me, the Universe is ALWAYS showing me that my ails, errors and resistance are ALWAYS a direct result of the placement of my thoughts. Yesterday I was super busy with tax stuff, bookkeeping, last month's bills were giants due to appliance replacements, paying property taxes & insurance that have gone up here & at the rental. Finally began a nap, to be woken by a call asking if I'd like a quote for homeowner insurance since my carrier is going out of biz. Wait, whut? Ok, I'm awake NOW, I call my insurance agent, they dunno who called. When I'm up for renewal I'll need a 4 point mitigation inspection. That's cool, they'll tell me if I need to update anything to stay safe. Finally falling asleep again, I get a text that the 4 year old dryer stopped working at the rental. OH MAN, NOT TODAY grrr, but I attracted it.

I CAN SEE MY STRESS MADE VISIBLE

Brushing my hair, lots more than usual came out in the brush. It made me smile to realize I was looking at the stress made visible. As much grows back as comes out, so I don't worry when I see it, but it shows me tangible evidence of the STRESS I was holding onto.

Yes, I HAD TO focus on insurance details long enough to sort out the situation, but I don't hafta dwell on it NOW. Yes I HAD TO pay a fkn massive amount of bills and property taxes yesterday but it's done and they're paid NOW. After all that, my job is to do whatever it takes to FEEL GOOD all day long, no matter how anyone else is feeling. Selfish? Salty? Not very spiritual? *I do what it takes to keep my tank full because I know I'm useless to anyone when I'm not topped off.*

MY POWER is my FOCUS of ATTENTION. What do you spend hours a day focusing on? Stuff that makes you feel good and laugh or stuff (even facts & news) that make you aggravated and anxious? I do my best to avoid convos or movies about things that I DO NOT WANT TO EXPERIENCE in real life. I don't want to repeat over and over in my mind what it looked like to watch someone be brutalized. That repeated thought is unlikely to help me attract pleasant experiences.

We're not saying bad does not exist. We want you to understand that it is a creation of vibration. It does not have the power or the ability to pounce on you. You have the ability to vibrate it, to visualize it, to evoke it, to bring it unto you. BUT it has NO POWER of its own. YOU hold all the power. Abraham-Hicks

Yes, I scan headlines and watch detective shows, but only the ones that focus on the forensics and don't linger or over-dramatize the gore. I'm fascinated by the discovery process and procedures. But I make sure to spend more than 60% of my time focusing on fun things that make my heart sing, looking for silver linings when things get cloudy. I always attract what I seek. So far, so good.

I've got a friend in the hospice process who has zero interest in divulging thoughts and feelings about his condition to his partner, kids and friends. They think it's unhealthy but he stays in the Now ("look at the bird at the window!") BUT I KINDA GET IT.

Sometimes you spend so much of your life doing for others that it's nice to have your own thoughts to yourself for awhile. To not think of *what does someone else need? What do I need to think about to get their thing figured out for them?* I say, enter his reality with him, stay in the Now. Let him keep his thoughts to himself. Watch the bird at the window with him.

NOT EVERYONE IS AFRAID OF THE UNKNOWN

Remember when you were young and in one of your first JOBS and you really didn't like it but you were afraid to look for a better job because you didn't want to lose the lesser job?

Or remember being in a RELATIONSHIP that had run its course but you were afraid to get out of it because you didn't want to be alone or hurt your friend?

DYING IS LIKE THAT. We're afraid because we don't know the unknown, WE DON'T KNOW what will come after. But just like the job or the relationship, WHAT COMES NEXT IS ALWAYS AN UPGRADE and it's laughable how much we were afraid to make a change which ended up being so much FOR THE BETTER.

I think it's possible for me to be HAPPILY HERE in one moment and happily ELSEWHERE in the next. Happy, healthy, happy, healthy, happy, healthy, DEAD.

Enjoy our offering this month.
Hari Om.



Andrea

HORIZONS MAGAZINE

MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



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