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**DEC
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Horoscopes on page 36**

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12 STEPS OF
SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest
optical illusion
is separation

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HORIZONS

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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."*

Welcome to the December 2025 Horizons Magazine. It's a month typically spent thinking -- for better or worse -- of childhood, family, ancestors, tradition, obligation. A friend asked if I thought a past life regression would help her uncover the source of her distress about the holidays. She said someone new approached her and wanted to tell her about a past life vision they'd had of her and offered a free hypnotic session. I didn't think either was necessary, but to each their own altho NO to someone I don't know hypnotizing me.

I thought you'd find the exchange interesting.

I wrote to her: "I'll give you my input. You know how the shakti works: as we rise in consciousness, as our kundalini rises and burns thru one chakra on its way to the next, our focus shifts and we have that mini **Dark Night Of The Soul** where we feel our one familiar floor dropping out from beneath us before we have firm footing on the next. The mind lashes out against focusing single mindedly and grabs on to varied passing distractions.

What I say at this stage will initially irk you, make you feel misunderstood and want to over-explain or pull away. Just remember that's your personality's automatic response and YOU're the one who can override these automatic responses via CONSCIOUS DISCIPLINE OF THOUGHTS.

I went thru the same stages 20-30-40 years ago and much of my work is helping others understand what's happening as their personality begins to integrate with their soul.

I try to avoid sounding condescending bcz that language turns me off, like saying "*oh, the stage you're in right now? I went thru that stage 30 years ago.*" But I find

it's sometimes necessary when reminding friends that what they're going thru is a cycle, a stage that we ALL go thru, and by me **HELPING THEM REFRAME** their ever-changing paradigm, letting them know I've seen and experienced it hundreds if not thousands of times gives them assurance that what I'm saying might be true for them.

First, you said you'd been feeling hypersensitive and having an **empath attack**. That is simply letting your mind wander and focus on things that are not your work to do.

It is natural to feel compassion for the misfortune of others but you must *discipline your thoughts* so you're not caught up in their emotions and made to spiral downward. You're of no help to them then if you do.

The emotions reside on the astral plane, as do dreams and thoughts. To discern clearly, you must take the Observer status, observe but do not get entangled.

An **empath** prides themselves on being able to feel what others feel but too often they're simply unknowingly getting entangled in it.

Having a goal you're working toward, one that requires much thought time on a regular basis, yet splitting your attention elsewhere impedes your progress. That's letting your mind get the better of you.

Disciplining the mind to stay single pointedly focused is the first step, the hardest step.

It's particularly the hardest step when the **astral world** is so alluring with its flurry of emotions and visions. It took me many years to move past the **astral plane**.

I didn't know there was anything beyond until I came across **Eastern** and **Theosophical** literature. Once I glimpsed beyond the **astral plane**, everything became clearer.

The visions helped ME when I thought **I** was helping others. It was all to bring ME and MY THOUGHTS to a place of higher understanding.

I've learned it matters not what brought me to the place I am now, what past lives etc I've had, etc. That's why I am not much into hearing about past lives.

...continued on page 24...

ABRAHAM-HICKS



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

YOU CANNOT HAVE A PROBLEM AND A SOLUTION AT THE SAME TIME

There are so many things that you want somebody else to do something so you can feel better, and we say, friends, you gotta give that up. You're living a very conditional love. You're saying, that condition feels good to me, and that condition feels bad to me, so make that condition more like that condition and then I'll feel better.

And we say, what you're doing is sort of sloppy thinking. You're saying, I don't ever wanna have to deliberately direct my thoughts. I want somebody to figure out how to control the world so I can just sloppily look around and most of what I see will make me feel good.

And we say, that isn't what you want at all. You want the variety, and you want the discipline, and you want to turn your thoughts toward those things that are a vibrational match to who you really are.

You want to use your willpower, you want to use your determination, you want to use resources, your facilities, you want to use your valor, you want to use everything you've got girded up. You want to use that toward directing thought.

If you will direct your thought toward things that feel good you will not have a problem in the world. You cannot have a problem and a solution at the same time.

You got one or the other. Which are you beating the drum of? Isn't that powerful?

THEY SHOW YOU WHAT IS ACTIVE IN YOUR VIBRATION

We have a new game for you to play. And the game goes like this. "I've decided in my physical human form that I'm going to take complete ultimate only responsibility for everything that happens to me. I'm not ever again" ... (it'll take a little getting used to)... "I'm not ever again going to blame somebody else for where I am, for how I'm feeling, for what's happening to me."

Can you imagine if everyone would say "It's my job.. my life is MY job." So you don't blame your mate anymore; you don't blame your kids; you don't blame your parents; you don't blame your teacher; you don't blame circumstances. You say "I take FULL responsibility."

The reason that this is ultimately so satisfying is because you have only ever always, only ever always, only ever always, been the only ever always one who could only ever always do anything about anything in your life experience.

Nobody else can do anything. In other words, asking someone else to change even if they're willing, even if they can do it for 5 or 10 or 15 or 20 years, even if you can get somebody else to contain their behavior so that you will feel better, you are the ONLY one EVER who can

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NON - RELIGIOUS SPIRITUALITY

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

THE REALITY OF POST-RELIGION HOLIDAY HURT

For many people the holidays can be difficult to navigate for several reasons. The holiday season, often wrapped in glittering expectations of joy and togetherness, can also be a time of deep pain and dissonance.

Thanksgiving and **Christmas** can amplify the absence of loved ones—whether through death, estrangement, or relational rupture. Traditions become reminders of what’s missing. Gatherings may reignite unresolved tensions, especially in families with histories of trauma, religious discord, or ideological divides. Gift-giving, travel, and hosting can create a financial strain in these times of economic instability.

The holiday season can particularly be difficult for the deconstructing religion-leaver. The pressure to gather with family can reignite old wounds, especially in households marked by dysfunction, estrangement, or religious tension. Leaving faith can strip holidays of their former meaning, leaving one adrift without the rituals and traditions that once anchored the season. Over the years in my religious deconstruction work with religion-leavers, navigating holidays has been one of the most difficult and painful realities.

ONE COULD SUMMARIZE HOLIDAYS HURT FOR THE RELIGION-LEAVER AS FOLLOWS:

Nostalgia meets rupture: The holidays can trigger emotional pain tied to religious trauma, spiritual abuse, or lost community. Holidays often carry emotional weight from past religious observance—rituals, songs, prayers, and gatherings that once felt sacred may now feel alienating, painful or unsafe. Even decorations or scents may act as sensory flashbacks. You may feel pressure to perform rituals that no longer resonate—church services, prayers, or gift-giving customs that once felt sacred but now feel hollow. While others celebrate joyfully, you may feel grief, anger, or confusion. This contrast can deepen feelings of isolation.

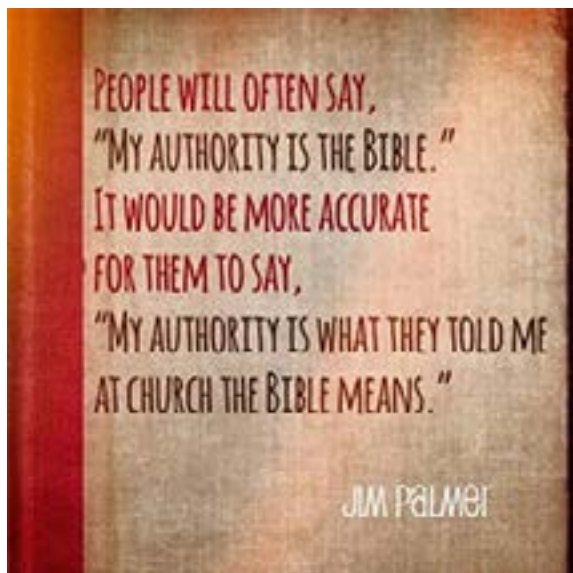
Family tension: Deconstruction often leads to strained relationships, especially when family members remain devout. The holiday table becomes a battleground of belief, belonging, and silence. You might face pressure to attend religious gatherings defend your choices, or endure religious conversations that invalidate your journey. This can trigger grief, anger, or loneliness.

Loss of ritual structure: Holidays like **Christmas** are deeply ritualized in religious contexts. Once structured by faith, the holidays may now feel hollow. Without the scaffolding of religious holidays, you may feel adrift—unsure how to mark time, honor values, or gather meaningfully. Leaving religion can feel like losing the calendar’s emotional architecture.

A POST-RELIGION HOLIDAY RECLAMATION

The holiday season can be painful for the religion-leaver, but it also opens space for boundary-setting, meaning-making, and ritual rewilding. What follows is quick guide for a post-religion holiday reclamation.

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SOUL SONGS • ABRAHAM FUN

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

SOULSONG #534 – GO TO TIME-OUT

Sometimes “time-out” is used with children to interrupt their play and cause them to contemplate a rule they have broken.

I can use time-out, however, to reward myself with some quiet time where I savor connection with my Inner Being. It’s a chance to relax for five or ten minutes during busy and/or stressful goings-on. It’s a brief vacation from hustle, bustle, and my snarling to-do list.

In time-out, I tune out the world around me and foster my growing sense of identity as part-and-parcel of Source energy.

This timeless, all-knowing Source part of me is ever ready to convey fresh ideas and solutions as I allow my mind to go blank.

I can do this anywhere that I can close my eyes for a while - at my desk, a favorite chair, while waiting for an appointment, in my parked car.

At first it seems out-of-place and counter-productive to relax like this during a whirlwind.

After a few practice tries, however, I’ll find this to be the pause that refreshes.

I’ll return to my chores feeling lighter and brighter.

I may experience synchronicity, vitality, and a renewed sense of purpose.

As I make a habit of time-out during challenging times, I allow natural well-being to flow to me and to my projects.

I’ll begin to experience an expansion of time as I perceive it, enabling me to get more done with greater efficiency and ease.

Time-out will actually bring time-in, and it’s probably high-time that I give this a try.

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

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

HERB CORNER

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

CORTISOL LEVELS CAN BE REDUCED WITH HERBS

Cortisol is a steroidal hormone that falls into the category of hormones known as **"glucocorticoids."** It's part of the "fight or flight" response produced by the adrenal glands where the body produces cortisol in response to emotional or physical stress whether real or imagined. When faced with life or death situations **cortisol** increases the flow of **glucose, protein** and **fat** out of your tissue into the blood so the body can handle stress.

Stress is a normal part of life; however excessive stress is not good for your health. Some signs that you might have elevated cortisol levels can be reduced kidney functions, high blood pressure, suppressed immune function, impaired connective tissue, decreased strength, fatigue, angina, decreased digestive secretions, asthma, auto immune disorders, re-occurring headaches, Type II diabetes, PMS, IBS, ulcerative colitis, ulcers, osteoporosis, hair loss, low testosterone, excessive body fat or a low libido.

When it comes to herbs, **Adaptogens like Eluthero, Ashwaganda, Ginseng, Astragalus, Schizandra, Reishi, Maitake or Shitake** may help reduce the output of cortisol from the adrenal glands. These herbs have normalizing effects on the body helping the body to better cope with stress. They help improve metabolism and blood sugar levels, curb sugar cravings, protect the liver, improve energy and stamina, enhance muscle tone and strength, and help improve sleep.

Adaptogens like **Eluthero** help normalize reactions to physical and mental stress helping the body withstand conditions that might stress the body such as, extremes in temperature, extended noises, increased workloads or long periods of

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CRYSTALS, ROCKS, MINERALS

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

We are approaching the end of another year. As the days grow shorter and the nights longer, the velvet darkness beckons us to enter its depths and rest. It is time to prepare ourselves for the new beginning to come.

The **Winter Solstice** has been honored by people all over our planet for as long as we have been here - living, loving and creating ways to make the most of our time here on **Earth**. We know in our bones that there is something very sacred about the time when the darkness ascends into its fullness and then yields ever so gently into light.

We celebrate this time by filling our homes with light as we gather our friends and families together to share gifts, songs, fellowship and ritual even though we know the harshest time of the season lies ahead.

This is a paradox that contains an inexplicable truth. Within the heart of the deepest darkness nestles a spark of light. We know this in our bones.

This year many of us feel exhausted by the extreme challenges felt around the world. It can be difficult to determine the path forward. We think, we plan, we struggle to make positive change but sometimes it seems like nothing we can do has any effect on what is going on in the world around us.

The challenges we face can seem insurmountable as we strive to survive and thrive in this environment. It seems hostile and confusing to us.

The stone I have chosen for this month is an **epi-morph**. **Epimorphs** are a type of **pseudomorph**.



Epimorph of chalcedony after calcite, India

Those of you who follow this column probably know that **pseudomorphs** are favorites of mine - I have many in my personal collection. These are minerals that change from one form to another over time. The minerals structure is altered but the shape is retained.

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PSYCHIC

MICHELLE

WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

DEAR WHITEDOVE,

In trying to understand all the principals of the law of attraction, there is an aspect that I have difficulty with. I was always taught to be kind, generous and hospitable; take less so that others have more. So if I selfishly take more from the Universe, won't there be less for others? -Unselfish in Yosemite

DEAREST,

Playing small does not serve you. Yes, be kind, be generous, be hospitable and be selfless but also know that there is enough for everyone. Many times we limit our own abundance. God wants us to have it all - joy, perfect health and fulfillment. It's our belief system that creates lack, fear, boundaries and limitations. There is enough of everything because the Universe expands as it is called to do so. You are not depriving anyone of anything. Aligning your energy and opening up to unlimited potential is how we each raise our vibration and come to understand who we really are - multidimensional beings of light. Your spiritual growth and abundance will only enhance this realm. In this way be selfish and align your spirit with the vibrational energy of unconditional love, gratitude and love of self.

DEAR WHITEDOVE,

The world is full of celebrities and famous people. I'd like to know if fame is predestined or if there is potential within us all? - Seeing Stars in Seattle

DEAR SEATTLE,

Positions of power and influence are often times karmic roles that specific souls are destined to play out. If you've ever read about the search for Tibetan leaders called Lamas, they have an understanding of this soul path and destiny. This is true for many world political leaders and also the heads of religious orders.

... continued to page 33...

YOGA SHAKTI MISSION



YOGA SHAKTI MISSION

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Tues. 7 pm Vinyas Flow with Natalia

Wed 7 pm. Lisa Campbell Yin Yoga

Thurs 7 pm Sensei Marguerite Intermediate Yoga

Fri 9:30am Chair Yoga with Audrey da Costa \$8

Schedule subject to change.

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

Suggested Donation \$15 – small children free





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

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

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

HAVE FUN BUT CHECK FOR ACCURACY. -- Publisher

I ASKED CHATGPT: WHAT PROCESS DOES ABRAHAM-HICKS GIVE FOR OVERCOMING FEAR OF DEATH?

CHATGPT RESPONDED:

Yes. **Abraham-Hicks** offers several processes and perspectives that many people use specifically for easing fear of death. They don't frame them as "death-specific" techniques, but several of their core processes directly address fear, resistance, and beliefs about transition.

BELOW ARE THE MOST RELEVANT ONES:

1. "REACHING FOR A BETTER-FEELING THOUGHT" (EMOTIONAL LADDER)

This is Abraham's simplest and most direct method for softening fear.

How to use it for fear of death:

Acknowledge the current thought ("I'm afraid of dying").

Look for a thought that feels slightly better—not a big leap.

"Many people have made peace with death."

"I don't have to understand everything right now."

"I can feel a little calmer when I breathe."

Keep moving up the emotional scale to worry, hopefulness, appreciation, ease.

This incremental shift is key; **Abraham** says you cannot jump from fear to joy in one step.

2. THE "FOCUS WHEEL"

A process to bring yourself into vibrational alignment with a new, empowering belief.

How to do it:

In the center of the "wheel," write the belief you want to adopt.

Example: "The transition of death is safe and natural."

Around the outer edges, write thoughts you already believe that support or soften that idea.

"Life has always carried me forward."

"Many people describe peaceful near-death experiences."

"Every living being eventually transitions."

"I can feel relief when I think of death as release."

You keep adding statements until the central belief feels plausible rather than forced.

... continued to page 15...



... continued from page 14...

3. THE "VIRTUAL REALITY" PROCESS

This helps create an emotional environment where fear can't coexist.

How to use it:

Imagine a scenario where you feel completely safe, supported, and free.

Let yourself marinate in the emotional tone of safety and continuity.

As you consistently practice this, **Abraham** asserts that fear-based beliefs lose momentum.

This doesn't address death directly; it changes your vibrational baseline so fear becomes less dominant.

4. "SOFTENING RESISTANCE" WITH GENERAL THOUGHTS

Abraham encourages going "general" when the topic is too loaded.

General statements about death to ease resistance:

"I don't need all the answers right now."

"Many people feel more free when they think of the afterlife."

"Everything in nature transforms; maybe this is simply part of that process."

"I can allow this topic to become easier over time."

Staying general keeps you from triggering the fear while still shifting the vibration.

5. ABRAHAM'S PERSPECTIVE ON DEATH (WHICH THEY CALL 'RE-EMERGENCE INTO NONPHYSICAL')

This isn't a process, but many people use it as one because it reframes the entire subject:

Death = returning to pure positive energy

There is no end, only "withdrawing attention" from the physical experience

The transition is described as:

- natural
- peaceful
- clarity-filled
- familiar
- instantaneous in relief

Meditating on these ideas—especially during a relaxed state—is a common way people reduce fear.

6. MEDITATION (THEIR #1 RECOMMENDED TOOL)

Abraham repeatedly recommends daily meditation as the strongest way to release resistance.

Regular meditation:

- quiets fearful thought patterns
- puts you closer to "non-thinking alignment," where fear is inactive brings a felt sense of continuity and well-being

Meditation is their most universal process for fear of any kind.



NOT A PROBLEM

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

I am not a therapist, but I did earn an N.C.W. by studying for over 60 years at the School of Hard Knocks. N.C.W., by the way, stands for No Credentials Whatsoever.

I do have a lifetime of training as both a life coach and a clairvoyant. Recently, one of my coaching clients told me that I listen and connect with her better than any of her long list of therapists she has had over decades. She asked if I would do weekly sessions with her as her therapist. Whatever the hell that means, I said yes.

Nothing has changed.

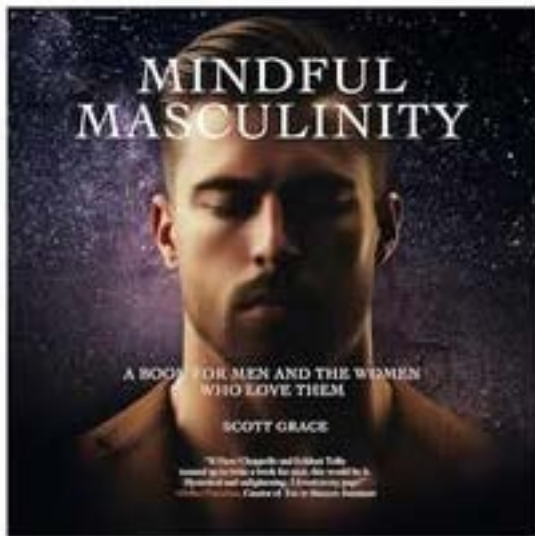
We start sessions with a guided meditation.

She brings up challenges.

I reflect, empathize and make a suggestion here and there if she asks.

We tap at the end to integrate what we talked about.

I often end by channeling her guides, and sometimes I channel a song to put the icing on the cake. Whatever brings out the tissues is fair game.



I asked myself, "What, if anything, do I offer her that traditional therapists don't usually provide?"

Yes, EFT tapping, as well as picking up my guitar and channeling a song to her inner child at the end....I admit these are not traditionally done in old-fashioned therapy.

But the one thing I do that differs from traditional analysis has nothing to do with what I do, but what I hold in my consciousness about my clients.

I come from the assumption that they have no problems, no dysfunction and especially no need for fancy labels that diagnose her 'condition.' We all share the same diagnoses - We are all going through the human condition.

I see her and her life through the lens of three of the most healing words in the universe: Not a Problem.

Most people walk around convinced that there is something wrong with them.

In my presence, at least for an hour, they borrow my eyes and experience themselves without their usual self-diagnoses.

Challenges?

Difficult feelings to face?

Coping strategies that helped you survive, but now you are ready to leave behind and thrive?

Hell, yes!

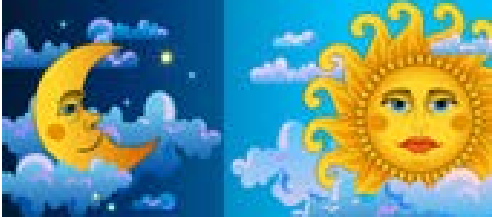
But the only thing that is ever wrong with you is the misunderstanding that something is wrong with you. Try it on for size. You just might fall in love with yourself and with the adventure of being human.

Not a problem. Not a problem. Not a problem.

"The world is perfect as it is, including my desire to change it" -- Ram Dass



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO DECEMBER 2025

Welcome to December! With this month come a flurry of celebrations in many religions and cultures, as well as flurries of snow in the world's colder climates. In the northern hemisphere it is cold with very little daylight, short days, and even longer nights. This season of the year is the time when everyone goes into hibernation. Find some time in the sometimes chaotic days of the season to reflect on the dark parts of your past year and prepare to release them, as the promise of light returns.

Sun, Nov 30 – Wed, Dec 24, 2025 Advent, Christianity. It's a season of candlelight, reflection, and expectation—a chance to get ready for the celebration of Christmas. People may light Advent candles or prepare Advent wreaths, read specific Scriptures each day, and some use an Advent calendar to build anticipation for Christmas.

December 4th: Full Cold Moon in Gemini. This full moon is a great time for you to take a long overdue break and recharge, so that you may shine all the brighter when it comes time for you to rise again. Many of the most famous fairy tales of Anderson and Grimm take place in cold, desolate landscapes. Symbolically, and literally, winter never lasts forever. It's part of an ever changing cycle, and each season plays an important part. Yet even in the midst of the coldest, darkest winter, there is always hope of spring.

December 8th: Bodhi Day - Buddhism. Commemorates the day when Buddha, Siddhartha Gautama, attained enlightenment (also known as bodhi.) Bodhi Day is often celebrated in a calm and quiet way by meditating and praying.

December 13th - 14th: Geminids Meteor Shower peak viewing. The Geminid meteor shower occurs between December 4th and 17th and will peak on the nights of December 13 and 14. When there is no interference from moonlight, skywatchers can see up to 150 meteors per hour at peak times. Unlike a majority of the meteor showers we experience on Earth, the Geminids are the product of an asteroid. The reliable shower produces bright meteors associated with the asteroid Phaethon, a strange blue rock that acts like a comet.

Dec 14 – Dec 22, 2025 : Hanukkah begins - Judaism. Beginning at nightfall on Dec 14th, ending at sundown December 22nd, this holiday celebrates the triumph of light over darkness and of spirituality over materiality. Celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army.

December 19th: New Moon in Sagittarius is all about restoring optimism. New moons offer the start of a new chapter and are great for introducing fresh ideas, beginning relationships, and seeing things from a different perspective. The new moon in Sagittarius will usher in bright, optimistic, and pleasant energy just ahead of the holiday season.

December 21st: Winter Solstice. Sun enters Capricorn. When the sun enters Capricorn, we start to pay attention to a love of order, a good work ethic, respect for tradition and an instinctive authority. Everyday practicalities take on new significance, as does the importance of career and working life.

December 21st: Yule - NeoPagan/Wicca. Yule celebration is made up of rituals that focus on the energy of rebirth, transformation, creativity, new beginnings and the release of unwanted habits.

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. Kwanzaa is not a religious holiday, families who celebrate Kwanzaa often celebrate it in addition to Christmas, Hanukkah, or another religious holiday.

Bright Blessing on all of your Holiday Celebrations

Blessed be. -- Debra Strasser



SETH SPEAKS

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

DREAM THERAPY

Theoretically you could indeed imagine a massive experiment in dream therapy, where WARS WERE FOUGHT BY THE SLEEPING AND NOT BY THE WAKING NATIONS.

No one can deny that a war fought by dreaming men, at specified times, would be LESS HARMFUL than a physical war.

When or if, for example, AGGRESIVENESS is the problem, then the preliminary suggestion should include a statement that IN THE DREAM THE AGGRESSION WILL BE HARMLESSLY ACTED OUT AND NOT DIRECTED AGAINST A PARTICULAR INDIVIDUAL.

Experience within dreams is as vivid and VALID a part of the personality as its waking experience.

SETH: "If I may indulge in a fantasy, theoretically you could indeed imagine a massive experiment in dream therapy, where wars were fought by the sleeping and not by the waking nations. We will discuss this whole question very thoroughly, as I have been leading up to it for a while.

I am not suggesting that you substitute dream reality for your so-called waking reality. I am mainly suggesting that the two can reinforce each other to a larger degree than you recognize. Also it is difficult for you to accept the idea that experience within dreams is as vivid and valid a part of the personality as its waking experience.

The inner ego is quite capable of dealing with both types of experience, and it is of course to this inner ego that your own suggestions will make sense, and be acted upon.

There are however many considerations here that must be understood.

We can only begin to discuss them. They are vital and must not be overlooked. When or if, for example, aggressiveness is the problem, then the preliminary suggestion should include a statement that in the dream the aggression will be harmlessly acted out and not directed against a particular individual.

The subconscious is quite capable of handling the situation in such a manner. This may seem like a double censure, but it is in all cases the intangible element, the aggressiveness itself, that is important, and not the person or persons toward whom the individual may decide to vent the aggressiveness.

When the aggressiveness is released, then there will be no need for a victim. We do not want, in other words, to direct an individual to dream about a situation in which he is attacking a particular individual. There are many reasons for this, both telepathic realities which you do not as yet understand and guilt patterns which would be unavoidable. This again is vital, and we shall discuss such matters to some degree.

Again, we are not attempting to substitute dream action for physical action, generally speaking. We are talking about specific problems that may arise that need treatment. As far as general practice is concerned, we will deal with our dreams in a much more positive and constructive manner, along the lines of expectation.

Problem solving will also come under this classification, where solutions are being sought. In our discussion of dependency and aggression I was speaking of potentially dangerous situations, in which an individual shows signs of being unable to cope with these psychological actions through ordinary methods of adaption. No one can deny that a war fought by dreaming men, at specified times, would be less harmful than a physical war, to return to my flight of fancy.

There would still be repercussions, however, though less disastrous, that would be unavoidable. For again, basically the personality does not differentiate between a waking and a sleeping experience. The importance of any experience is judged by the personality according to its personal vividness and significance. It is only the ego who makes other distinctions."

The Early Sessions Book 4 (TES 4) Sess. 174



SPIRITUAL GRAFFITI

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

Love relationships that are built on projection are often the most difficult to put closure to after they end. Not because the connection was so deeply profound, but because the connection wasn't entirely real for either person.

If you never really saw each other, its difficult to make sense of everything that happened.

Because making sense of it will require something more than accepting the ending. It will also require that you sort through all the fantasies that intervened and all the reasons why you couldn't see or be seen.

In other words, you're not just putting an end to the connection. You're also putting an end to all the patterns that obscured your lens. It's an enormous task.

And it may explain why some relationships never seem to end inside of us. Not because they were a great loss, but because they were a great confusion.

We never really knew what they were to begin with, so we have no idea what they are when they end.

Closure and projections make strange bedfellows.

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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>

First, as a child, it seems like the entire world is there for you and you rush to drink from its every cup, sometimes wondering to yourself how anything could ever be more fun.

Then, as you grow older, if you're observant, you realize much of what you enjoy was made possible by the contributions, work, and labor of those who came before you, and you're taken aback, disappointed even, because with maturity you can now see cracks in the façades, imperfections in the details, and 10,000 ways it could have all been done better.

At which point, folks typically choose one of two paths: Spend a lifetime lamenting how far from perfect things are. Or, to one degree or another, roll up their sleeves and pitch in.

And should they choose the latter with gusto they will come to know, to the core of their sacred being, that the differences they might make in the world cannot be made by another. And then they will discover the answer to their often-wondered childhood question... that the most fun one can have in time and space comes from making such a difference, and that the joy derived from serving is 10,000 times that of being served.

At your service -

The Universe



METAPHYSICS 101

Karma -- The Law Of Cause and Effect

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

In metaphysical and philosophical communities of thought, there is much discussion about karma. Occasionally you find gold within the comments, but frequently the use of the word karma misses the point of the concept.

An enormous number of people in our world believe in reincarnation and karma, but that concept is religiously polarizing. **Karma** is a **Sanskrit** word but is being defined around the world by people (including me) who do not have **Sanskrit** as our mother language; and therefore we may or may not understand the term correctly. More than likely, karma is the only **Sanskrit** word we know or employ. In my personal experience, karma is a very misunderstood concept in metaphysical and philosophical communities and in general.

I choose to start from the root of the word in order to understand its use and application. I have a 6-foot tall, 30-inch wide set of bookshelves holding my collection of eastern philosophy books, many of which I have read, so I am not without resource. However, I am not personally a practitioner of eastern philosophy.

As with most metaphysical or philosopher types, eastern concepts have threaded their way through my studies. I am always interested in the philosophy from all cultures and their largely unconscious effects on my life. It is important to me that I have a reasonable grasp of the words and the concepts the words describe regardless of their origins.

This series is an introduction to metaphysics, so simple is better at this stage of understanding. According to my handy-dandy **eMac dictionary**, the **Sanskrit** word root is karman, which means action, effect, and fate. Simply put, karma is an eastern philosophy concept that translates into our western culture as the law of cause and effect. Within a lifetime we make hundreds of thousands of decisions that lead to actions that in turn lead to natural reactions, results or consequences. It does not matter whether these actions are conscious or unconscious. We set them into motion through our action or our inaction and we can be guaranteed there will be results.

From my viewpoint, as part of our day-to-day lives, most of these decisions or actions are unconsciously initiated and just as unconsciously experienced. We do not usually think of being causative at the moment we are initiating, yet we will reap the natural results of those decisions and actions at some time

in our experience. At times, those effects are singular and specific and stem from a single cause. At other times those effects can be collective and are therefore more difficult to recognize or explain as a single cause.

FOR A SIMPLE EXAMPLE...

When I get up in the morning, depending on how busy I am, I may or may not eat breakfast. If I do eat breakfast, it can have the effect of putting gas in my tank to run my physical vehicle (my body) and I am ready to meet the world. That same breakfast could have a digestively upsetting result and I will not be ready to meet the world - I may have to stay home and deal with that upset. That would definitely change my day. I might not eat breakfast and wish that I had... or congratulate myself on my steel will because I am dieting.

Perhaps the lack of food will make me light-headed and out-of-it or cranky. Perhaps I will go past light-headed and faint from lack of food. I might do so safely or I might whack my head or some part of my body on the way to the floor (gravity will win in this instance). Hopefully I will not experience this in traffic or in dangerous circumstances. Whether I choose to eat or not eat is causative, all the rest is effect.

Whether you say yes to an experience, say no to an experience, throw up your hands and refuse to participate, or decide it is none of your business or responsibility, results will occur that do belong to us because we put them in motion. We can be aware or unaware of such results, but those results belong to us regardless of our ignorance.

Why? It is because effect naturally follows cause. Think of the hundreds of possibilities on a daily basis... all the potential causes. You should be able to see that it is wise to make every possibility as positive as possible on the causative end because you will own the effects at the other end. In a simplistic way these are the ingredients that lead to eventual karma.

Of course, the karma metaphysicians refer to usually suggests a much larger impact, but this is the simplest explanation I could think of to show the beginnings of karma. Karma will become a multi-article subject in this series, but in western terms the concept of Karma is simply the law of cause and effect, which by itself is not that difficult to understand.



OUR MIND

Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYN0b6QhPw>

YOGA SUTRAS OF PATANJALI Techniques of Meditation

#17 OUR MIND

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

NIYAMAS: THE FIVE VIRTUES

In the first chapter of this treatise, we learned that yoga is control over the waves of the mind. That means stilling the mind of its constant activities like thought, emotion, and memories so that we cannot only find the true self, our higher consciousness, but also live to our fullest potential. In this second chapter, **Patanjali** outlines the method to achieve this goal. It is called ashtanga yoga, the eight-fold path.

The eight limbs of yoga are:

yama - physical discipline;
niyama - mental discipline;
asana - postures;
pranaayama - life force exercises;
pratyahara - to stop senses;
dharana - ability to sustain, hold;
dhyana - meditation;
samadhi - highest meditation.

As we study these limbs of yoga, we must remember that their purpose is to transform our consciousness. This can only be achieved if we take into consideration the three bodies of man: our physical, mental, and emotional bodies. These limbs are not only to be prac-

ticed, but they must also be integrated into our lives. The **yamaas** and **niyamaas** are important because they form the ethical structure needed for our personal and spiritual life, without which we can not gain control over our mind. They are foundational practices in many spiritual traditions, similar to the **Ten Commandments**.

...continued on page 32...

See pages 46-47 for details and itinerary

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Coleman Smith

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

ZODIAC NEWS

HIGHLIGHTS DECEMBER 2025

Dec 2: Venus sextile Pluto---The simplest meaning of Venus is money and love. Men usually fight over one or the other. A good aspect to Pluto today has transactions working out, life running smoothly, and of course romance being front and center.

Dec 4: Full Moon Sagittarius/Gemini---This Full Moon is calm, no harsh aspects. Lots of messages, interactions with people from different cultural backgrounds, and flitting around and about.

Dec 6: Mercury trine Jupiter---The best aspect with these two. Lofty concepts (Jupiter) link up with the scientist (Mercury). Very productive, with praise from everyone.

Dec 8: Mars square Saturn---This is the notorious bad boy of aspects. Very physical, but plenty of obstacles. Pushing too hard isn't best. Many bad people have had this aspect, can be cold and cruel. For most people, it is just a frustrating day with delays. Best use is being in the great outdoors, working out, or building something. Do something physical.

Dec 10: Neptune turns direct, Mercury opposite Uranus---Neptune starts its 6-month journey in forward motion. In January, a collective shift in conscientious as Neptune moves into Aries. Mercury/Uranus is quirky, quick-witted but unstable. A haphazard day. Words are jumbled, malapropisms.

Dec 11: Mercury trine Neptune, Mercury enters Sagittarius---Mercury/Neptune opens the channels to the Other Side. Get in touch with your Muse. Poetry, music, and the arts. Mercury/Sag zips along at a rapid pace. A day where details and minutiae (Mercury) are in harmony with broad concepts and advanced thought processes.

Dec 13: Mercury sextile Pluto---Another good day for Mercury. Nothing escapes the probing eye. Deep mysteries are revealed. Important information uncovered.

Dec 14: Mars square Neptune---Lost in Space aspect. A wishy-washy day, directions are confused. Going from A to B has some twists and turns. Great for spying and surreptitious activities.

Dec 15: Mars enters Capricorn---Surprisingly, fiery Mars works well in Capricorn. Steady actions, longer and slower movements. Working late and alone is no problem.

The last two weeks of December have the Sagittarius lineup of Sun/Venus in Sagittarius squaring Saturn/Neptune in late Pisces. The square aspect with any planet is an aspect of delays and challenges. But on a positive note, the square aspect almost always has success.

Dec 16: Sun square Saturn---Speaking of successful ventures after hard work, this aspect is it. Working alone is not a problem. Sun/Saturn go together. Represents older wisdom, older methods of operation, and older men.

Dec 19, 20: New Moon Sagittarius, Sun square Neptune---New Moon energy in Sagittarius usually means go and do things in the great outdoors, travel, and spiritual upliftment. The complication of the "square aspect" to Saturn and Neptune could mean setbacks and obstacles to your travel plans. precarious financial situations, delays, and frustrations that seem to thwart plans. Not to worry, these conditions are temporary--- Keep the Faith (Sagittarius). Sun sq. Neptune tames the greatness of the Sun. The ego gets diminished. On the positive part, compassion, spiritual endeavors, and idealism are highlighted.

...continued on page 23...



Coleman Smith

ZODIAC NEWS

...continued from page 22...

Dec 21: Venus square Saturn, Sun enters Capricorn---Venus/Saturn sounds like there is not enough money for Christmas. The Horn of Plenty is on vacation for a few days. Winter Solstice---A complicated Solstice. Sun conjunct Mars is strong. A great combination, mainly with a warrior's heart. Sports and a competitive spirit. The Sun is still squaring Saturn and Neptune; achievement is still delayed. Moon opposite Jupiter equates to overeating, over-drinking, and unfulfilled appetites. There are more, just more complications. Stay the Course.

Dec 24: Venus square Neptune, Venus enters Capricorn---Venus/Neptune is poetic and musical but not very practical. The out-of-work artist aspect. Idealistic in love and romance, looking at love through rose-colored glasses. Venus/Capricorn is old school prim and proper for a few weeks. Plain and simple tastes. A quiet time, no frills. Positive uses include common sense with your money, being frugal but not cheap, and getting in touch with friends of old.

Dec 30: Mercury square Saturn---Mercury/Saturn isn't much fun. Sharp tongued and critical, just a wee bit too much sarcasm where you might be the only one that thinks it is funny. Minor accidents, the dented car look.

Namaste, Coleman

RUN---IT'S MERCURY RETROGRADE

Retrograde Mercury has worked its way into mainstream media. The world is aware of this tiny planet appearing to the naked eye to go backwards for about 24 days. Lots of "don't do this or that." Overall, being careful in traffic, avoiding buying electronics, reading directions twice, etc. do make sense.

A PSYCHOLOGICAL PROFILE MIGHT LOOK LIKE THIS.

NEGATIVE: Too introspective, good at absorbing knowledge, not so good at relating this knowledge to others. Thinking too much and being too critical. Running amok with no direction.

POSITIVE: Seeing the big picture, understanding broad concepts, deeper and more profound thoughts, enhanced awareness of Universalism (we are one). Meditation is great with retro Mercury. Repair and clean, get ready for the next journey.

THE UPSHOT---It is true that Mercury retrograde can be a leading factor with delays, general frustrations, and mis-directions. It is the wiser course of action to exercise a modicum of caution in your everyday affairs. Don't dwell on the setbacks. Use Your Energies Wisely.

RETROGRADES---SUBTLE AND UNFINISHED BUSINESS

Retro---So chic and 1920's Deco. Planets moving backwards to the naked eye happen all the time. Metaphysically, forward motion is "gaining experience". Retrograde wants to re-live and dig deeper into the meaning of these experiences. (1)

If we look at the natural Zodiac with Aries on the 1st house, Taurus on the 2nd, etc., forward motion is Aries/1st energy. It wants to zoom forward rapidly. Retrograde is 12th house/Pisces energy. It is hidden, a more psychological energy.

Having many retrograde planets sounds like the collective consciousness of everyone is inhaling, anxious about world affairs. On personal levels, opportunities arise for inner power and wisdom, spiritual upliftment. Become Master of Yourself. Fine tune, adjust. Role models that no longer serve your purpose.

Just like after physical surgery, when it takes time to recover and heal, retrograde motion gives us that internal clock time to mend. A subtle vibration has a softer sound. Take a few moments to put the noise and haste of daily activities aside. They will still be there, just letting them rest.

Tierney, Bil, *Perceptions in Astrology*, pp 186-189



THIS MONTH’S THOUGHTS ABOUT THINGS

...continued from page 6...

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

THERE’S NO COMPETITION

I'm reading that many of the elders and OG (old guard) teachers are tired of seeing the social media monetized self proclaimed psychics and cyber shaman plying their wares and getting a lot of attention. They're reviving their teachings and workshops from decades ago it's powerful compelling work which has sadly gotten lost in the shuffle. To them I say don't worry, we all attract to ourselves according to our own vibrational resonance. My experience is it doesn't matter if there are 200 people in my neighborhood putting out a shingle to do what I do, it's no competition to me bcz I attract according to who I (vibrationally) am and what I have to (vibrationally) offer.

MY LIFE IS EASY NOW BCZ I MADE HARD CHOICES WHEN IT WASN'T EASY

A friend remarked that I couldn't understand her situation because life was easy for me. I told her life is easy now for me because I've been where she is and years ago began making a series of different choices to get in this better place. I didn't get happy overnight. I spent a long time contemplating my life, having realizations and making LOTS of apologies and amends. I got happy day by day by dumping old baggage and looking for stuff to be happy about. Start making good decisions now.

AFTER 50 YEARS OF DAILY MEDITATION OF COURSE MY MIND STILL WANDERS THAT’S WHY THEY CALL IT DAILY PRACTICE

A friend said she'd like to know what it's like to meditate and not have her mind wander, said it was easy for ME to meditate bcz I've been doing it for years and my life is calm. LOL I told her my mind still wanders, altho I do spend more time in the slot after 55 years of daily practice. And my life is calm now BCZ of that. That's why they call it your spiritual PRACTICE. You have to practice it every day bcz you're gonna drift in and out of the slot, the vortex, alignment your entire life.

Oh and a heads up. You think when you begin meditating everything gets calm all of a sudden and for a while it does but then your life may turn into a real sh*t show bcz every issue your soul wants to overcome is gonna rise to the surface and you're gonna take it out in the form of projection on to everyone around you for maybe 10-20 yrs if you're lucky.

Only then do you start getting a clue and making life changes and decisions that direct you into a place of peace and joy and understanding and more than just a little periodic equanimity

WHY AREN'T I MANIFESTING? I'M DOING ALL THE THINGS

The thing about manifestation and creating your own reality isn't that you're not paying enough attention to what you want to manifest, or that you don't realize resistance is holding you back.

It's that you don't believe that EVERYTHING IS RELATED.

You're holding resistance in ways you don't realize bcz you don't believe it's all related. Everything.

As you dwell on negative thoughts or have convos about them -- like the horrors of the current administration -- you're vibrating in resonance with attracting more of the same showing up in your life to observe.

You can't hate yr boss and criticize co-workers and expect to find yr dream job - it's all related. You can't ignore yr mother and be fighting with yr sister and expect to draw in yr perfect mate - it's all related. If you watch the news and get aggravated by it, that's impacting yr creation process. If you listen to politicians and think anyone is unethical, that impacts yr creation process.

If your boss is unreasonable and rude and you have any emotional reaction of discontent or dislike toward him on a regular basis, that definitely impacts yr creation process.

And not just in the area of career and income. It impacts it in all other areas. Even areas you don't think you have resistance in.

...continued on page 35...



Jim Palmer

HOLIDAYS AS SELF-AGENCY CATALYST

Religious deconstruction is a powerful catalyst and radical act of reclaiming self-agency. Self-agency is the ability to recognize and act on your own intentions, choices, and values.

Toxic religion destroys self-agency by replacing personal autonomy with fear-based obedience, suppressing critical thinking, and embedding shame as a tool of control. It teaches you to distrust your own voice, body, and moral compass.

High-control religion demands absolute allegiance to sacred texts or leaders, discouraging doubt or inquiry. This suppresses critical thinking and fosters dependency on external authority. Fear of punishment (e.g., hell, divine wrath, excommunication) is used to enforce conformity. This creates a compliance-based identity rather than one rooted in choice. You're taught that submission is virtue, and questioning is sin. This erodes one's ability to trust their own judgment. You're expected to conform to a pre-scripted identity (e.g., "godly woman," "spiritual leader") rather than explore who you truly are.

I created this diagram to depict components of rebuilding self-agency after leaving religion:

Phase	Agency Activation
Questioning	You begin to ask: "Is this true for me?" This marks the shift from external authority to internal inquiry.
Disentangling	You separate your identity from religious dogma, reclaiming your right to think, feel, and choose freely.
Boundary-setting	You learn to say no—to toxic theology, coercive community, and inherited shame. Boundaries become sacred.
Reconstruction	You build new frameworks—spiritual, ethical, relational—based on your values, experiences, and embodied wisdom.
Integration	You embrace complexity, pluralism, and nuance. Agency becomes not just resistance, but creative authorship.

NON - RELIGIOUS SPIRITUALITY THE REALITY OF POST-RELIGION HOLIDAY HURT

...continued from page 8...

START YOUR OWN TRADITIONS

The holiday season is a catalyst for exercising and strengthening one's self-agency. It's letting go of how it's always been, and creating new traditions and rituals that reflect your emerging values. In the Center for Non-Religious Spirituality, we offer a **“Rewilding the Holidays Workshop and Discussion”**.

Starting your own holiday rituals and traditions can also be a step in healing from the harm of toxic religious patriarchy. Historically, religious patriarchy positioned men as divine representatives, gatekeepers of sacred knowledge, and leaders of ritual life. Women were often relegated to domestic or symbolic roles, their spiritual agency suppressed under doctrines of obedience and submission.

Leaving religion doesn't erase the impact of this conditioning—it opens space to reimagine it. Reclaiming ritual authority is a form of epistemic justice: it restores the right to name, interpret, and embody the sacred on one's own terms.

POST-RELIGION HOLIDAY RECONSTRUCTION GUIDE

Here's a brief guide for reclaiming self-agency by starting your own holiday traditions:

STEP 1: REFLECT ON WHAT YOU'RE LEAVING BEHIND

- Name the rupture: What traditions feel painful, hollow, or coercive? What triggers grief or religious trauma?
- Honor the grief: Light a candle for what was lost. Journal about memories, both warm and wounding.
- **Separate meaning from context:** You can still love candles, music, or gift-giving—without the theology attached.

STEP 2: IDENTIFY WHAT YOU WANT TO KEEP OR CREATE

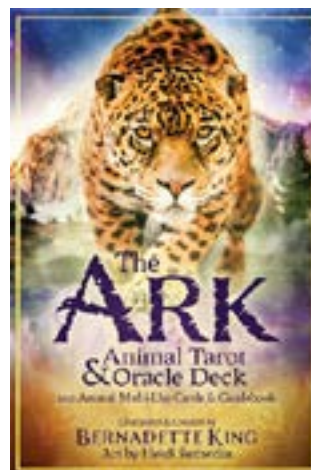
- **List your values:** What do you now hold sacred? Connection, rest, nature, generosity, transformation?

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WHAT IS MY SPIRIT ANIMAL

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



DREAMS ABOUT BEARS

TEDDY BEAR DREAMS

To see teddy Bears in your dreams is a sign that you will have reemerging memories from childhood. When you were young the Teddy Bear was a constant companion, so it is a symbol of innocence, livelihood, playtime, fun, and lasting friendship. To dream of this Bear might signal the entry of an old friend in your waking life, or the making of new friends and companions.

FICTIONAL BEAR DREAMS

How can we ever forget our encounters with fictional Bears when we were kids, right? From earliest memory, there's Goldilocks and the Three Bears, Bobo the Bear, "Baloo" from The Jungle Book, and Stan and Jan's Be-

renstain Bears. Or what about the more recent introduction to the foul-mouthed, but still quite adorable Bear, "Ted" from the film of the same name? Of course, there were umpteen **Care Bears** in the 80s, spouting joy and rainbows everywhere! These **Bears** were created with the intent of making us smile, laugh, experience joy, and learn. They are the epitome of childhood innocence so when they appear in dreams, they convey the message of purity, joy, happiness, and simpler times, all things to strive for in your waking hours.

Of course, there were fictional **Bears** to serve as a teacher or guide. Remember **Smokey the Bear**? Of course, because he taught us all about forest fire prevention. When he appears to you in a dream narrative, he may be there to warn you about a smoldering situation that has the potential for burning out of control lest you take preventative measures. At minimum, **Smokey the Bear** is a message to take caution and to remain alert.

Then there are **Bears** that are popular enough to create an impression on many generations ... remember **Yogi the Bear**? Even if you don't know who **Yogi** is, his popularity makes one of his catchphrases a common comparative phrase still in use today ... "I'm smarter than just your average **Bear**." If your dream points to the latter phrase, you might hold more wisdom about something then you believe, or you might demonstrate greater cunning or wit in a situation.

Of course, when it comes to fictional **Bears**, we most certainly cannot pass up an analysis of what **Winnie the Pooh** might mean in your dreams ... the answer is not as simple as you might think ...

WINNIE THE POOH BEAR DREAMS

The meaning behind the appearance of **Winnie the Pooh** and any of his animated friends in your dream might seem obvious. Yes, it can symbolize innocence,



WHAT IS MY SPIRIT ANIMAL

... from page 26

purity, and a love of the sweet things in life (remember **Pooh Bear** and his honey pot), but there are other connotations associated with the **Bear** that might even shock you!

In 2000, in an article appearing in **The Canadian Medical Association Journal**, a group of researchers note some interesting similarities between the characters in the **Winnie the Pooh** tales, all of which seem to have attributes associated with untreated mental disorders.

First consider **Winnie the Pooh**, who loves his honey and will do anything to get it. This might convey a dream message warning against excessive consumption of sugars or sweets, or it might suggest we need to enjoy life more depending on dream context. Or, per some scholars, **Winnie's** continuously hungry behaviors might be a symbol of an eating disorder!

Wait ... what?

Let's indulge this thought for just a moment. Per **Canadian** scholars, **Tigger's** behavior is suggestive of **ADHD (Attention Deficit Disorder)**; **Piglet's** attributes point to **Generalized Anxiety Disorder**; **Owl** has **memory loss and Dyslexia**, **Eeyore** is suffering from **depression**; **Rabbit's** attributes align with **OCD (Obsessive Compulsive Disorder)**, and so on, with **Christopher Robin having schizophrenia**; Thus, he hallucinates all of the characters just described!

So, though this might seem extreme, by interpreting this **Bear** dream through the lens of mental health, you might come to understand **Winnie the Pooh** as a symbol signifying a need to closely assess one's mental status and/or eating habits. Are you consuming healthy foods, or do you need some serious dietary changes? And if **Pooh** shows up in a dream with other characters from the **Hundred Acres Wood** - what does this mean as far as messages from the subconscious, higher self, or the **Universe**? Your dream might be telling you it is time to give your overworked mind a rest or you are taking on more than you can handle mentally. It could also mean you will soon deal with someone experiencing a mental issue or problem. Ask yourself, are you really seeing things as they really are?

CULTURAL INTERPRETATIONS OF DREAMS ABOUT BEARS

The term **Bear** does more than reference a fierce, wild, and majestic beast. In fact, the word **Bear** is slang in gay culture and it is used to refer to a male who is big, hairy and who conveys a rugged, tough and brawny masculine persona or image. Less often, members of the **LGBT** community use the term to refer to a female with masculine tendencies. In a similar vein, the term **baby Bear** doesn't always refer to the adorable, playful cubs you see out in the wild.

Other than being used by some as a term of endearment, then the phrase is sometimes used as a reference for a rookie police officer. With the use of the word **Bear** in different ways, it points to the importance of considering dream context for clarification. For instance, if you see a **baby Bear** in your dream, but you are not in a relationship, this could mean you will meet someone soon, but it can also mean you better watch the speed limit so you aren't pulled over by a rookie police officer during your waking hours! Consider the tone and emotion of the dream for greater clarity.

DREAMS ABOUT BEARS ARE POWERFUL

OMENS. Bear dreams can symbolize messages from the animal kingdom or represent human messages, too. In fact, dreams about **Bears** often symbolize a person, or something innately human-like, since a **Bear** standing on its hind legs can walk and do many tasks just as a human might. In **Chinese cultural dream analysis**, **Bears** almost always symbolize mankind or a certain person. Therefore, since you never know what will happen when a **Bear** is provoked, the people who **Bears** symbolize in your dreams should be handled with care and respect.

In contrast, when it comes to the **Native American** understandings of **Bear symbolism**, these creatures were indicative of wisdom, diplomacy, and healing. You might wonder about the diplomacy connotation, but if you consider that most **Bears** do what they can to avoid interaction with humans or any kind of conflict, this is where the idea of diplomacy stems. Any of these connotations might be passed to you through your dreamtime narrative: First, you might relate the **Bear** to someone you know during your waking life. Or, you might find yourself in a situation where diplomacy is necessary, especially if you are going to contribute to healing the situation and any emotions surrounding it.

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Esther Hicks

do anything about it.

And so, when you stop and think about it and you think... hmm, let’s talk about the uprising, the seemingly **eternal uprising in the Middle East.**

Everyone thinking that somebody else should do some-thing different. And no one else is willing to do it differ-ent for the other.

And we say, can you imagine how peaceful and won-derful experiences could be if each individual would understand that “Hey, I can do something. I can do something.”

And what is it that we’re asking you to do? We’re asking you to choose any thought, any word, any action that allows who you are to come back in this moment.

So... You’re so angry at your mate, or your mother, or someone... someone you work with, someone you work for. And they just seem to be ruining your life because they will not change their behavior.

You do not seem to be important enough to them to change their behavior which hurts your feelings a great deal.

And then you discover “Wait a minute! They don’t have to change a thing in order for me to feel better. I can start looking for positive aspects. I can look for things within them that make me feel good.”

“Oh that’s impossible” you say... “there is so much that is bad and not much that’s good. In fact I haven’t seen a glimmer of anything that’s good for so very long.”

And we say, there are other subjects to which you could give your attention. “Well maybe,” you say reluctantly.

ABRAHAM
HICKS

... from page 7...

“My dog. My dog is easy to love.. or my cat.”

And we say... do whatever it takes to find some-thing to be your object of attention. And as you give your attention to something that allows you to feel good, you’ve done something about this relationship that was bothering you.

In fact, if you will make it your work to feel good, every relationship that you have will be one that pleases you.

Now that’s offensive to some of you because you’ve been holding others as being responsible for you feel-ing good for so long that it’s sort of hard to let loose of that. It’s sort of hard to let them be whatever they need to be while you selectively choose whatever you need to choose to feel good.

And we know friends that it would be a lot easier for you to do this if they’d learned it first. (laughter), but you can’t wait for them to figure this out and you don’t need to because once you figure it out, your life is go-ing to feel so much better.

It does not matter how many aspects of whatever it is that you’re giving your attention to that’s making you feel bad. It does not matter how many negative as-pects there are. It is our absolute knowing that in there somewhere are some positive aspects.

Now, it might be that the way your relationship has been evolving that you have begun to focus upon the aspects that you don’t like. So you have activated that part of your vibration to an art.

So that when you come together with this person or these people that what they mostly show you is that part that is most active in your vibration. **DID YOU HEAR THAT? WHAT THEY MOSTLY SHOW YOU, IS THE PART THAT IS MOST ACTIVE IN YOUR VIBRATION.**

It’s such a wonderful thing... did you hear that? What they keep showing you is the part of them that is most active in YOUR vibration. And all this time you thought it was their doing.

It is the part that is most active in your vibration.

That’s why when we say to you, “Somebody should do something about it” the person that we’re ALWAYS talk-ing about is YOU... not them, YOU.



Mokshapriya
Shakti

OUR MIND

... from page 21

NIYAMAS, THE SECOND LIMB OF YOGA, ARE THE MENTAL DISCIPLINES.

Saucha - purity, cleanliness. Saucha encompasses both external and internal cleanliness—it refers not only to physical hygiene and maintaining a clean environment but also to purifying the mind, speech, and emotions. We achieve this by removing clutter and maintaining a clean physical and personal environment. We keep our bodies clean by eating healthy, fresh, and wholesome food. We keep our mental body clean by practicing mindfulness and meditation, and by removing negative thoughts of judgment, anger, greed, and attachments. We also need to refrain from gossip and negative media. We keep our emotional body clean by practicing forgiveness and letting go of grudges.

Santosha - contentment. It is accepting life as it is without craving for more and being disturbed by a lack. It is not complacency or passivity, but rather a way to accept our circumstances, including difficult ones, as a means to grow and develop equanimity and internal joy in the present moment. We need to focus on the positive aspects of our lives through gratitude as we make plans for the future. We need to let go of attachment to the outcome of our endeavors by doing the “best” and leaving the “rest” to our higher consciousness. Unless we have santosh, we will have never ending desires (trishna). We can never conquer desires if we continue to feed them. A fire cannot be extinguished if one adds fuel to it.

Tapaha – penance, discipline. Tapa is not physical torture, but abstinence and discipline of the mind. We must have more stamina and resistance, and that comes through tapa. The more discipline we have, the stronger we become. We talk of tapa as spiritual practices, such as mantras and meditation. Because through regular practice, we become proficient. The same applies to all endeavors in our lives. We feel good if we can stick to our goals. How many New Year’s resolutions are gone within a month, and then we begin to judge ourselves because we lacked the discipline? We feel that discipline is difficult, yes, but it gives us strength and confidence.

Svbadhyaaya - study of self, study of scriptures. By studying books, we measure our own minds. Svadhyaya changes the mind. This is the first step to conquer the world, because when the mind changes, everything changes. Through study, we develop critical thinking, which is needed to traverse this complex world. Through study, we become proficient in our endeavors. Through the study of scriptures and other holy books, our mind begins to turn inward to find our “real” Self.

Eeshvar-pranidhaan - worship, to bow down. There should be no feeling that “I” am doing, but devotion to **God**. With surrender to a higher energy, one improves one’s energy. Higher powers will always see to our welfare. Otherwise, energy can be destructive. This is one is most important. It requires that we let go of our ego. The ego is necessary to live in the world, but it should be under our control. The minute we think we are doing something, the ego takes over. But we would not do anything unless we thought to do it. So, how can we not believe that I am doing? When we make plans and leave it up to our higher self or the divine to give us the results, it means that the ego is not involved. We may say: “Let it be for my highest good, and the highest good for all involved.” When we go to church, we bow our heads or genuflect to acknowledge that there is someone or something more powerful than us. Our ego cannot accomplish everything alone; it needs the positive energy of our higher self.

If the mind revolts against these yamaas and **niyaamas** using illogical arguments, then follow the course of the opposite direction or opposite virtues. If something is distracting, meditate on the opposite virtues. For example, if one is full of anger, then meditate on peace. If one is inert or lazy, meditate on energy. When we think, we give energy to that thought and circumstance. Thinking and visualizing us with energy will bring about faster results. “As a man thinketh, so is he.”

Negative thoughts are supported by greed (**lobh**), anger (**krodh**), and attachment (**moha**). They are of three categories: **soft, middle, and most**, and bring sorrows and ignorance. They bring fruits which are painful.

Meditating on the **yamaas** and **niyamaas** is **pratipaksha** (opposite virtues). Thinking of opposite virtues helps us achieve results. If the mind is running away, meditate on the opposite virtue and see that **lobh, krodh, and moha** are born of ignorance and bring infinite fruits of unhappiness and unending sorrows.

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HERB CORNER

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physical exertion. And Rhodiola, which helps to improve energy and concentration by fighting fatigue, especially if you have to work long hours.

Herbs like Chamomile, Schizandra, Passion Flower, Kava, and Skullcap have Nervine properties.

These herbs help calm the whole body especially the nervous system. The nervine **Gota Kola** is a strong antioxidant herb that is adaptogenic with toning properties especially to the nervous system. Besides being a nervine **Schizandra** is an adaptogenic and tonic herb that helps to protect the liver. It improves physical endurance, fights fatigue, stress and eases insomnia.

Herbs like **Holy Basil** can be used to normalize cortisol levels rejuvenating the body by nurturing the adrenal glands bringing it back into balance.

It helps to improve vitality, lowers blood sugar, reduces stress and depression and it can lower blood pressure and blood sugar. **Ashwaganda and Astragalus** help rejuvenate the whole body, supporting the immune system; enhancing recovery time because they help the body better cope with the stressors that weakens the immune system.

Gymnema Sylvestre helps improve insulin responses and blocks craving for sugar. And Suma is good for fighting fatigue and stress plus it helps fight inflammation, reduces blood sugar and lowers blood pressure.

Try to reduce stress in your life and allow yourself time to recover from stress as much as you can. If this is not possible try deep breathing, yoga, gardening, walking, massages, or meditation; may help during stressful times.



MICHELLE WHITEDOVE

... from page 13...

They came in with a soul contract to do this work as their mission, not so much for their personal karma but for the betterment of humanity. Although coming to Earth, means taking a huge risk of creating negative karma. They are aware of the risks, but incarnated on Earth to fulfill their spiritual mission and Greats Spirit’s plan to create Heaven on Earth once again.

As for performers of theater, film, music and artists like painters, photographers and poets; habitually these artistic souls return because their soul longs to bring joy and beauty to humanity. Lifetime after lifetime they like to reincarnate and utilize their creative talents and hone new skills.

Then there are other souls that jump into a new arena to test the waters: brave individuals that learn about manifesting their reality by creating a new paradigm through experiences. Every one of us has the potential to use our free-will to shift gears and create a new life; one which can lead to fame and influence. This is a grand spiritual adventure that we call Life...and manifesting anything is possible.

DEAR MICHELLE,

When an unexpected tragedy comes to a loving family like ours it’s hard to get your bearings and move ahead with living life. We’ve had to deal with the knowledge that comes with a gruesome murder. It’s so hard when you feel that they must have suffered immensely. Can you give my mother some solace? From his sister in Houston

DEAR SISTER,

It’s hard to find the words that will actually give comfort to a mother that has lost a child to a senseless act of violence. I can clearly see that the perpetrator had a psychiatric break and acted out in a blinding rage. Sadly events like this are happening more frequently because there is an emotional, chemical and spiritual imbalance in the world. What is most important to know about the passing of your sibling and deaths of this type is that God allows the soul to step out of the body within the first few minutes. Why? Because on a spiritual level there is no reason for the soul to experience all that will be inflicted. In fact, these souls stand by in their spirit form and watch the event payout without any concern for the physical body that they just shed. They witness the scenario with detachment and then the soul is transitions into the wondrous realms of Heaven

So please tell your mother that her son did not suffer in the way that she has been visualizing it. Let her know that her son is alive and well on the other side. I see his smiling face; he wants her to know that he checks in on her and has been trying to ease her grief. He also says that in her elder years, it will be he that will greet her when the angels usher her to Heaven.



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE EPIMORPHS

...continued from page 12...



Epimorph of chalcedony after calcite, India

Most **pseudomorphs** are created when one mineral is substituted for the original which changes the chemical composition without changing the shape.

Epimorphs are special because the original mineral is encased in a new mineral and the original mineral dissolves away. They are often called **casts**. They are hollow.

The one in the picture has the shape of the original **calcite crystal** that was covered in chalcedony, a quartz based mineral that is significantly harder than the original **calcite**.

Since **calcite** is soluble in acidic conditions, it gradually flowed away in the acidic waters that entered the pocket where it grew, leaving behind a stronger but equally beautiful stone.

Epimorphs are a perfect ally for guiding us through changes that feel catastrophic, but its greatest gift to us is the hollowed center.

It is a cave, a secret retreat where we can release all the overthinking, anxiety and fear surrounding us and just be. As we empty our minds of debris we are creating a space for what is to come. We become aware of the seed of light in the heart of darkness and let it grow.

We can't control how it happens. We just need to let it. We need to rest. And then we will grow into something stronger.

This is the key to open the joyful holiday time. The Divine Child is waiting in the darkness to be born. New hopes, new beginnings, new cycles await us. Much love and many blessings to all of you.

Sharron



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 24...

The way out? Stop talking about ANYTHING you don't want to (continue to) experience. And don't make folks think about these things bcz they will then only attract something ELSE they don't want.

And yes, being ticked at the govt throws a wrench of resistance into your income, your relationships, your health.

MY ACTIVIST PALS: And before you complain that a compassionate person can't ignore the plight of humanity, by all means help where you're able but **hold in mind the perception of the good that can come about by combined efforts, not how much you hate how it came to be.** Dwelling on the good to come brings more ideas that can expand the efforts to do so.

Just pretend for a week that what I say is true. Prove it to yourself.

ASKING ABOUT MONETIZATION, LINKS TO ACTIVATE INNER GUIDANCE

A friend has just changed professions and wanted some guidance on monetizing. She said please tell me like I'm a 6th grader. Here's the initial convo I give when I'm asked that as the info at the links serve to activate inner guidance.

I've gathered intel for you about how to monetize. On my blog <https://horizonsmagazine.com/blog/> I've written a lot about that, below is a set of links for you and you can always use the **SEARCH** feature but I'll cherry pick some good ones for you.

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YOGA SHAKTI MISSION



YOGA SHAKTI MISSION

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Schedule subject to change.

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

Suggested Donation \$15 — small children free



HOROSCOPES DEC 2025



ARIES – (March 19 – April 18)

Your vision of an ideal life is regaining strength as the year comes to a close. You dream of a thousand exciting things, and the concentrated energies in Sagittarius are helping you (sun until the 21st, Mars until the 15th, and Venus until the 24th). You aspire to act as you please, to love whoever you want, and to build as you feel. Pluto (1st decan) in a positive aspect strengthens your projects or fosters golden friendships, so take advantage of it! A little tension may persist in your home, so stay calm, while financial matters still require adjustments due to the influence of Uranus: remain vigilant. From the 21st, the sun in Capricorn joins Mars and Venus: get ready for some professional challenges. Your fighting spirit should appreciate these challenges along your path!

LOVE IN GENERAL

Venus and Mars together until the 15th ensure you a fulfilling love life! Your emotions and physical desires will be strong, you will be as hot as a coal! Mercury in Scorpio until the 11th invites you to weigh your words. Then the planets move into Capricorn: watch out for excessive emotional intensity.

IN A RELATIONSHIP

The first half of the month appears cloudless, with a sunny outlook in your emotional sky! Take care of your communication with your partner, which should improve by the 24th. The rest of the month may bring some professional turbulence that could affect your relationship.

SINGLE

Your chances of meeting someone are high this month, so open yourself up to people who are very different from you, maybe even foreigners. Your thirst for love will be strong, especially until the 15th, so seduce with tact. At the end of the month, a romance at your workplace is possible.

CAREER / FINANCE

Until the 11th, a new financial opportunity may bring a smile to your face. Unexpected events are also on the agenda (especially for the last decan); your main source of income could lead to changes, so stay alert. Some professional troubles are possible, so be prepared to control others' or your own demands.

ADVICE

Between passion and construction, the end of this year promises many different and exciting events! Adjust your way of communicating in order not to hurt those around you and to not miss out on some romantic opportunities.

TAURUS – (April 19 – May 19)

This end of the year is pushing you to assert yourself towards an ideal that you cherish! In the first half, the trio in Sagittarius (Sun, Venus, and Mars) favors your savings, your sensuality, and any changes. Uranus in your sign (especially the last decan) brings a breath of freedom, you yearn to spread your wings. Your morale is good while the energies in Pisces (Saturn and Neptune) grant you a strong and inspired social circle or projects that hold up. Mercury, facing you until the 11th, invites you to communicate openly and honestly with your partners, illusions will fall away! From the 21st, the Sun in Capricorn strengthens your desire to learn or travel, you aspire to broaden your field of consciousness.

LOVE IN GENERAL

Turn passionate, then idealistic, this month promises to be favorable to your love life because you will always have optimism at heart and in yourself. Whatever you experience, you will learn from your mistakes and your view of love can only grow richer. Until the 11th, be careful with your words.

IN A RELATIONSHIP

A surge of sensuality until the 15th could rekindle your relationship and contribute to a beautiful sense of harmony regained. If everything was already going well, this month promises to be passionate and dynamic, and you could build grand projects together!

SINGLE

Brimming with fiery passion, your desire to tie the knot will be strong, but don't take advantage to charm everyone in sight! An experienced individual may come your way, a beautiful emotional intensity that could help you come out of your shell.

CAREER / FINANCE

Pluto requires certain professional sacrifices (especially 1st decan), consider them wisely, you will benefit in the long run. Don't be resistant to certain authoritative figures. Planets in Sagittarius can favor a significant influx of money from banking investments or an inheritance.

HOROSCOPES DEC 2025



ADVICE

An enjoyable end of the year awaits you, with achievements and some challenges, you should not get bored! Love or friendship will be on your path to create beautiful moments to live and share.

GEMINI – (May 20 – June 19)

Whether in your personal or professional sphere, your focus of the month is on others! Until the 21st, the Sun and Venus in Sagittarius make your intimate or contractual life easier, with signings or contract changes being current. Mars, also opposite you until the 15th, can stir things up, so be accommodating and diplomatic. The financial sphere remains well protected (especially for the last decan), with Jupiter ensuring the security of your finances in the short or long term. However, Saturn and Neptune squaring your sign require you to be cautious; check your work and avoid rumors before making decisions. Mercury from the 11th facilitates dialogue with others, so take advantage to address sensitive topics. After the 21st, the atmosphere favors your introspection.

LOVE IN GENERAL

Venus and Mars together in your relationship sector until the 15th promise a lot of emotional and sensual satisfaction! Expect some hesitations in communication before the 11th, then everything becomes smoother. The end of the month is more mysterious, you may desire too many people to remain calm!

IN A RELATIONSHIP

The abundant energies in Sagittarius (Sun, Venus, Mars, and Mercury) make your life as a couple easier, but also require your commitment. Your partner may be more demanding than usual, so it's up to you to reassure them and embody a quality presence.

SINGLE

Clearly, you will be obsessed with meeting the other person! You long for a lasting relationship but at the same time, chase after a more physical than emotional illusion. Adjust your desires. Between the 1st and the 24th, your heart might skip a beat.

CAREER / FINANCE

Jupiter protects your main source of income while Mars joins Venus in Capricorn from the 15th and strengthens your drive to earn more or to renegotiate a contract in your favor. There are potentially interesting financial benefits to be had. However, watch your behavior at work, as people won't cut you any slack.

ADVICE

Take advantage of this month to spread your message far and wide, to bring clarity where it is needed. Others, especially your loved ones, are waiting, make sure not to disappoint them!

CANCER – (June 20 – July 21)

The sphere of work is just as important for you as a omnipresent relational aspect! The numerous energies in Sagittarius (sun, Venus, Mars, and Mercury) shake up your way of working until the 21st but also help you grease the wheels thanks to Venus, which, until the 24th, enhances your image. Mars sharpens your practical sense and then on the 15th the planet moves into Capricorn: don't go to war with everyone, collaborate! Jupiter particularly helps the last decan to stay optimistic and seize external opportunities. You communicate with a touch of emotion until the 11th and then the other side would like to impose its point of view, again: stay calm. Originality could facilitate a project or a friendship. Starting from the 21st, the cluster in Capricorn illuminates your alter ego: make a pact!

LOVE IN GENERAL

You will be attentive and delicately present in your emotional life. Whether alone or with someone, you will exude an aura of kindness and benevolence capable of making a difference! After the 24th, it will be even clearer: you are yearning for true love, either to find it or to keep it.

IN A RELATIONSHIP

Between cuddles under the covers and tender attentions, this winter month won't be cold for your love life! On the contrary, you could strengthen bonds that have been loosened by daily life, your partner should appreciate your gentle and powerful sensuality. Until the 11th, your words are affectionate.

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HOROSCOPES DEC 2025



SINGLE

Everyday life or work could lead to a nice encounter that could help to stabilize your love life in the long term. Keep an eye out when buying your bread or going to work, and connect with your strong intuitions this month.

CAREER / FINANCE

Money will come from work or a side activity, your wallet seems stable. Pluto could even help replenish your purse through a large financial operation, after some delicate events at first, especially for the first decan. A contract after the 24th could be signed or improved.

ADVICE

Some challenges may arise on your monthly journey, but love will help you face any potential difficulty. Manage your emotions: this month looks interesting and full of surprises. Keep your spirits up!

LEO – (July 22 – August 21)

A sentimental or creative end to the year! Sagittarius energies stimulate your heart until the 21st, making you thirsty for love or eager to prove your worth. Mercury until the 11th may disrupt your domestic or family life with sharp words. Then as the planet moves into Sagittarius, communication becomes more harmonious. Saturn and Neptune in Pisces help you structure or initiate changes that you feel are coming. Uranus squaring your sign (last decan) may bring about some professional scares, so take a step back. A contract or intimate partnership receives powerful energy from Pluto: negotiate! Starting on the 21st, Capricorn energies strengthen your daily life, which looks bright. You will fulfill all your tasks with talent!

LOVE IN GENERAL

The passionate duo of Venus and Mars in Sagittarius until the 15th greatly favors your love life. You embody ardor and charm, and your warm personality should have a positive impact on those around you. Then, as the planets move into Capricorn, you will be a bit enigmatic but still just as attractive.

IN A RELATIONSHIP

Your complicity seems evident for this end of the year. However, make sure to communicate unambiguously until the 11th as Mercury in Scorpio squaring your sign could add fuel to the fire with words that are too harsh.

SINGLE

Until the 15th, you will feel like a conquering knight, ready to win the heart of your beau! You may even be prepared to be a bit daring if necessary, so beware! Love could unexpectedly appear in your daily life or at work.

CAREER / FINANCE

Take a lottery ticket, your chances are real. Your finances seem stable but stay alert at work, unexpected events are likely and may not be to your liking. It is a good time for contract renegotiation, 1st decan, read between the lines carefully and do not expect too much external help.

ADVICE

The weather will be anything but cold! Enjoy these bright energies that highlight your warm personality. Accept some professional constraints wisely and they will be resolved more quickly.

VIRGO – (Aug 22 – Sept 21)

Challenges may force you to come out of your natural reserve, and by the end of the month, a beautiful emotional development is on the horizon. Energies in Sagittarius until the 21st will manifest in your home or family relationships, so don't get defensive if some people annoy your sense of control. Especially since Mercury, in a favorable aspect until the 11th, helps you assert yourself intellectually and may cause a lack of flexibility in relationships because after the 11th, Mercury reinforces your sensitivity. Jupiter in Cancer (last decan) supports your projects and friendships brilliantly, so rely on it. Saturn and Neptune facing your sign announce essential reassessments; you long for stability with your partner or close one. The end of the month, starting from the 21st, strengthens your love life or parental relationships with joy.

LOVE IN GENERAL

Either you're having a blast at home, or there's a trench war opening up under your feet! Until the 15th, Venus and Mars invite you to pinpoint what makes your heart sing, so listen up! Then the planets move into Capricorn, and you regain power over your love life.

HOROSCOPES DEC 2025



IN A RELATIONSHIP

If your relationship is going well, this month looks very protected. If you had any issues within your relationship, remain diplomatic until the 15th, as your mutual desire may fluctuate as much as your feelings. After the 15th, everything is fine.

SINGLE

An older person could catch your attention, especially in the last part of the month, while your chances of meeting someone will revolve around home or through your family, and also during a cultural outing. Before the 11th, you will be persuasive and persistent: too much?

CAREER / FINANCE

Dynamic and hardworking, Pluto enhances your professional dynamism, your income seems stable. However, the contractual sphere may hold some surprises, especially for the last decan; ask questions, don't stay in the dark! Jupiter ensures the smooth progress of a project, take advantage of it to increase your self-confidence.

ADVICE

Monthly energies can shake your inner peace, but your very important ability to adapt will save you from any situation.

LIBRA – (Sept 22 – Oct 21)

With a strong focus on relationships and household matters, you won't be short on things to do! Until the 21st, the energies in Sagittarius urge you to collaborate, discuss, and act in line with your desires for a renewal! You aspire to assert yourself smoothly. Mars and Venus in a favorable aspect to your sign until the 15th facilitate any encounter, making you charming and optimistically appealing, enough to attract the person you like. Jupiter in Cancer invites you to be extra vigilant at work, as you may not necessarily have the law on your side in case of hierarchical conflict, so be cautious. Uranus is stirring up financial changes, especially for the last decan, so stay alert. From the 21st, the planets in Capricorn stir up your family life.

LOVE IN GENERAL

The sky is spoiling you! Between love and passionate desires until the 15th, your love life looks easy, joyful, warm. Then the planets move into Capricorn and require you to make efforts to keep the benefit of this very protected first half of the month! Thanks to Pluto, your love life could change drastically (1st decan).

IN A RELATIONSHIP

A lot of passion in sight: until the 15th, the Sagittarius duo literally strengthens your emotional and physical expression, your complicity will be excellent! Then the second half of the month will require you to make some adjustments, do not confuse intensity with conflict and everything will be fine.

SINGLE

Enterprising, passionate, life of the party, in the first half of the month you will be super attractive and capable of seducing anyone you please! Your chances of meeting someone are significant, even after the 15th: Mercury enhances your way of communicating, you captivate with enthusiasm.

CAREER / FINANCE

Jupiter in Cancer and retrograde may hinder your professional achievements, keep a cool head, don't get too carried away with an appealing idea, what you hope for will come later, stay pragmatic in all circumstances. Saturn and Neptune together seek to stabilize what needs to be, don't go faster than the music.

ADVICE

A lovely end of the year for your loves and relationships in general, feeding your hyper-receptive nature towards others. Avoid any rudeness if it were to appear in the professional sphere.

...continued on page 40...

HOROSCOPES DEC 2025



SCORPIO – (Oct 22 – Nov 20)

Financial matters should fully occupy you! The cluster of planets in Sagittarius (the Sun, Mercury, Venus, and Mars) is influencing your sector related to your heritage or talents: express your full potential. A healthy evolution of your values, thank you Jupiter, could help you increase your level of study (last decan) while Uranus continues its revolution within a couple or association (still last decan): be prepared! Mercury in your sign until the 11th strengthens your morale and your analytical ability, your eye will be like a laser that sees and feels everything. Pluto square your sign (1st decan) could bring you some real estate or family concerns. Saturn and Neptune, on the other hand, have your best interests at heart, and emotional or parental satisfactions are likely.

LOVE IN GENERAL

Your heart flutters as the year comes to a close! The first half of the month makes your emotional life easier, you find a balance between your desires and your feelings, just be wary of harmful possessiveness. Then the atmosphere opens up more to others than to your bubble, everything is possible depending on what you wish for.

IN A RELATIONSHIP

Apart from some friction in your home (1st decan), the first half of the month looks great, you are in love and have a strong connection. Trust each other and they will do the same with you. The rest of the month is light, nothing seems to weigh on your relationship.

SINGLE

A great love could appear (last decan), unless a friendly meeting quickly turns into a more serious and loving relationship. A lightning strike is also possible, so be careful of fleeting flames.

CAREER / FINANCE

The energies in Sagittarius favor your financial involvement, you will be active, especially thanks to Mars until the 15th to earn a better living, while Venus until the 24th can bring you a raise. However, watch out for a sudden change in a work contract, especially the last third of the month, because all that glitters is not gold.

ADVICE

An exciting end of the year is coming up for your sign! Love is making your heart sing and your wallet seems to be filling up without emptying: what more could you ask for!

SAGITTARIUS – (Nov 21– Dec 20)

Dynamic, optimistic, charming, you embody the beautiful qualities of your sign at the end of the year! In the first fortnight, the planets in your sign enhance your zeal to convince or charm, and Mars, until the 15th, makes all your endeavors easier as your energy is at its peak! From the 1st to the 11th, Mercury urges you to think before speaking, then kickstarts lively conversations that could carry your ideas far. Jupiter serves your financial interests (last decan) while Uranus boosts your professional dynamism. Some tension may remain possible in your home, don't try to have the last word with your loved ones even if Mercury in your sign from the 11th encourages you to speak up easily. From the 21st, the cluster in Capricorn facilitates the financial sector.

LOVE IN GENERAL

Venus and Mars together in your sign until the 14th herald a protected love life! Your chivalrous and fiery nature should flourish. Before the 11th, you may be a bit reserved, but you will be so communicative afterward that any misunderstanding will be quickly forgotten. In the second half of the month, your heart will be possessive and jealous: be careful!

IN A RELATIONSHIP

Your thirst for love and sensuality enhances your connection with your loved one. Just go with the flow together without trying to control each other and everything will go smoothly. In the second half of the month, some clumsiness may disrupt the atmosphere, but nothing serious.

SINGLE

You set out in search of your soulmate, full of optimism and high desires. This mindset promises you beautiful encounters. However, you will need to come out of your shell to make sure to charm for sure.

CAREER / FINANCE

A significant amount of money, possibly from a family source, could make your life easier, especially for the last decan. Active and eager to increase your budget from the 1st to the 14th, you will not spare any effort.

HOROSCOPES DEC 2025



However, afterwards, the fear of losing a penny will make you more combative and very frugal.

ADVICE

A very favorable sky awaits you, no major obstacles in sight, the road appears smooth and safe. Your personality will be highlighted, so make sure to showcase the best of yourself.

CAPRICORN – (Dec 21 – Jan 19)

A lot of intensity at the end of the year! The planets in Sagittarius inspire strong feelings in you. You may be able to help people in need or feel an irresistible attraction towards family secrets. Your energy is hidden from the world until the 15th, so take the time to act, because after the 15th things start moving at a fast pace for you as your behavior becomes explosive! Jupiter in opposition may make it easier to finalize a contract or a union (last decan), while Uranus in a positive aspect brings about happy emotional or parental changes (same decan). Your assets are receiving powerful energy from Pluto, so expect some surprising developments and try not to plan too much. Starting on the 15th, the planets will move one by one into your sign: a wonderful spotlight is waiting for you!

LOVE IN GENERAL

During the first half of the month, you internalize your feelings and often intense sensuality, unless a secret relationship or someone from the past reappears in your life. Then, as Venus and Mars move into your sign, your nature heats up significantly. Between charisma and passion, your love life becomes more beautiful!

IN A RELATIONSHIP

Discussions about the shape of your partnership are possible, especially as Mercury in a favorable aspect to Jupiter until the 11th encourages deep conversations. From the 24th, your emotional feelings and desires add remarkable closeness to your relationship.

SINGLE

A lightning strike could disrupt your life, especially for the last decade. For everyone, love opens the alcove for you until the 15th: a secret relationship? Then your certain aura attracts many people to you: spoilt for choice!

CAREER / FINANCE

Readjust your finances if you feel it's the right time. Pluto is inviting you to do so! Create a budget for your household life, especially since Jupiter may be rearranging a professional contract. Will it be on the rise or on the decline? External assistance will boost your morale, and the financial sector looks stable.

ADVICE

The end of the year is approaching at a fast pace! Be prepared for stress as you may move forward at times with uncertainty: forget the fear, it is only an illusion!

AQUARIUS – (Jan 20 – Feb 17)

Full speed ahead on your projects or regarding the social circle! The many energies in Sagittarius (Sun, Venus, Mercury, and Mars) are helping you to materialize what is dear to you or to promote certain relationships: an enthusiastic first half of the month! Especially since Pluto in your sign strengthens your determination and your aura. Mercury could stir up your professional affairs until the 11th, so stay on guard. Then the planet moves into Sagittarius and promotes fruitful ideas and exchanges. Keep an eye on your financial sector, Saturn and Neptune are working together to bring it to light, forget a certain laxity. Some tensions may arise in your home, Uranus in Taurus indicates a destabilizing atmosphere (last decan). From the 21st, the Sun moves into Capricorn and joins Venus and Mars: inner peace.

LOVE IN GENERAL

The duo Venus and Mars in Sagittarius is very favorable for you, you will be optimistic and enthusiastic about your love life, which will attract someone you like or strengthen an existing love. After the 15th, you internalize your desires, and after the 24th, your emotions.

IN A RELATIONSHIP

The month is divided into two parts: during the first fortnight, you will be happy together, enterprising, and passionate, then your expression of love becomes more timid and gives way to a real but reserved complicity.

...continued on page 42...

HOROSCOPES DEC 2025



SINGLE

Your chances of meeting someone are high at least until the 15th, go out and see your friends, someone might seduce you! From the 11th to the 31st, Mercury makes it easier for you to express yourself, you will be persuasive and playful, friendship could slowly but surely turn into love.

CAREER / FINANCE

Saturn and Neptune in your money sector invite you not to listen to the sirens' call, but to the call of reason. Do not let go of the prey for the shadow and connect to your intuition if you feel the atmosphere is murky. Jupiter will protect you from any major concerns.

ADVICE

A very interesting end of the year without major concerns, which will help prepare you for the next one with serenity and certainly surrounded by many people! Your inner strength, thank you Pluto, will need to be channeled, keep that in mind!

PISCES – (Feb 18 – March 18)

Many events may concern your professional life! The energies in Sagittarius (sun until the 21st, Venus until the 24th, Mars until the 15th and Mercury from the 11th) herald turbulence, challenges, so be ready! Saturn and Neptune (last decan) strengthen your intuitive nature and mental structure: you are getting stronger! Mars moves into Capricorn from the 15th, boosting your dynamism and favoring the success of your projects. Until the 11th, your high spirits lead you towards an ideal, conversations or encounters could help you with that. A significant emotional development is on the horizon (last decan in particular), whether in terms of a romantic partner or child if you are a parent. After the 20th, the gathering in Capricorn smooths the way for your projects and friendships.

LOVE IN GENERAL

Emotional tensions are likely until the 15th; your nervous behavior will hinder your romantic relationships. Also, until the 24th, your feelings may be excessive, so be cautious! However, Jupiter is overseeing things, but it is retrograde for the whole month, so don't push it too far and your love life will improve.

IN A RELATIONSHIP

A desire for freedom might lead you to provoke your partner, unless they choose to challenge you instead? Until the 24th, be patient because after that, Venus and Mars in Capricorn offer you a very protected emotional life.

SINGLE

You might be putting pressure on yourself, so don't get too carried away! The professional sphere could lead to a lasting encounter for you. Starting from the 15th, a friendship could spark your desire, and by the 24th, your feelings: a crush or love?

CAREER / FINANCE

The professional sphere requires all your attention, as people or events could shake you up. Handle things carefully with soothing words until the 11th. After the 15th, the tension decreases, and beyond the 24th, you will regain your serenity!

ADVICE

At the end of this year, it could represent some kind of professional assessment. Let things happen, let people talk, but stay serious and move forward. Love comforts you from many potential worries, what more could you ask for?



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 35...

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

That way when we DO talk, we'll have gotten the preliminary stuff out of the way, like what definitions I use etc.

It's mostly **creative visualization** or **law of attraction** processes and I've written some **good scripts**.

Just reading the scripts you'll elevate to a place of less resistance. That's the thing, you know, our resistance.

We've already put on our **WISH LIST** what we want and the Universe has an **Amazon** delivery ready to go out once we tell it where to go.

But that's the trick, how do we stay focused enough on what we want when what we want isn't here yet?

And what IS here is a little conflict, a few too little dollars, a few repairs needing attention. We certainly don't want more of THAT to be delivered to our door.

I've learned to lift off resistance as soon as I recognize it but boy did that take decades to do once I learned it. Ok now I'm just rambling, lemme go find some links for you. This is what I tell my clients so I can direct their focus to my focus. You know all this stuff but this is the language I use. <https://horizonsmagazine.com/blog/psychic-friends-20-tips-on-becoming-psychic-2/>

CREATIVE VISUALIZATION PROCESS LINKS

<https://horizonsmagazine.com/blog/doing-experimantal-creative-visualizations-the-creative-visualization-process/>

ANDREA'S MEDITATION PROCESS AND LINKS

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

SIMPLE SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW
<https://horizonsmagazine.com/blog/simple-self-talk-scripts-to-help-you-attract-a-better-tomorrow/>

A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS
<https://horizonsmagazine.com/blog/a-self-talk-script-i-read-over-when-i-need-replacement-thoughts/>

A DOLLAR SCRIPT VISUALIZATION TO INCREASE YOUR DOLLARS
<https://horizonsmagazine.com/blog/a-dollar-script-visualization/>

MY PAYPAL VISUALIZATION
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An 8 minute creative visualization workshop to increase dollars
<https://horizonsmagazine.com/blog/an-8-minute-creative-visualization-workshop-to-increase-dollars/>

How can you expect a \$\$ windfall when you are on a fixed income?
<https://horizonsmagazine.com/blog/how-can-you-expect-a-windfall-when-you-are-on-a-fixed-income/>

MONEY/SUPPLY COMES OUT OF US LIKE AN OAK FROM AN ACORN
<https://horizonsmagazine.com/blog/moneysupply-comes-out-of-us-like-an-oak-from-an-acorn/>

Shakti Gawain was very much an inspiration to me, her books on creative visualization changed my world. It was first via Shakti that I learned FEELING THE EMOTION as you visualize was the key.



Enjoy our offering this month.

Andrea



Jim Palmer

NON - RELIGIOUS SPIRITUALITY

THE REALITY OF POST-RELIGION HOLIDAY HURT

...continued from page 25...

- **Choose your motifs:** Stars, trees, light, food, story-telling—these can be reclaimed as symbols of your own spiritual lexicon.
- **Set boundaries:** Decide what gatherings, conversations, or rituals feel safe. You don't owe anyone participation in traditions that harm you.

STEP 3: BUILD NEW TRADITIONS

Here are a few ideas for new holiday traditions to spark your imagination.

- **Seasonal Altars:** Create a home altar with seasonal elements (pine, citrus, bones, feathers) and symbols of what you're honoring—grief, joy, ancestors, transformation.
- **Make Your Own Myth:** Invite friends to co-create a new holiday myth or story that reflects your shared values—justice, joy, interdependence, or grief.
- **Gift of Presence:** Instead of material gifts, offer "presence tokens"—handwritten notes, shared walks, or acts of service.
- **Ritual Potlucks:** Host a meal where each dish represents a story, memory, or intention. Include a moment of collective reflection or blessing.
- **"Un-Christmas" Gatherings:** Host a gathering that honors the season without religious framing—focusing on warmth, chosen family, and shared meaning-making.
- **Invent-a-Tradition Night:** Each family member creates a mini tradition (e.g., "Pajama Poetry Hour" or "The Feast of Forgotten Toys") and leads it.
- **Blanket Fort of Belonging:** Build a giant fort. Fill it with books, snacks, and stories. Declare it a sacred space for rest.
- **Truth or Transformation:** Instead of dares, offer symbolic challenges (e.g., "Name a fear you're ready to release").

STEP 4: RITUALIZE THE SHIFT

- **Create a symbolic act:** Burn old beliefs, plant seeds of new values, or craft a talisman of agency.

- **Build a tradition map:** Sketch out seasonal rituals—solstice, New Year's, spring renewal, harvest gratitude.
- **Invite co-creation:** Ask friends or chosen family to help shape these traditions. Agency thrives in relational safety.

STEP 5: SET BOUNDARIES

You don't owe anyone theological explanations. You are entitled to protect your emotional space and say no to triggering events or conversations. Here are a few examples of protecting yourself during the holiday season:

Boundaries as ritual: Set clear boundaries around topics, participation, and emotional safety. For example: "I'm not comfortable discussing religion at dinner. If it continues, I'll step away for a bit." This isn't control—it's survival.

Reclaiming agency: You don't owe anyone an explanation for your spiritual path. You can choose which traditions to keep, remix, or release.

Grief as sacred: Let yourself mourn what was lost—community, certainty, belonging. Ritualize this grief through journaling, nature walks, symbolic acts, or creative expression.

Find chosen kin: If biological family feels unsafe, gather with friends or communities who honor your journey. "Friendsgiving" and alternative celebrations can become powerful sites of belonging.

Nature as sanctuary: If religious spaces feel unsafe, turn to the more-than-human world. A walk in the woods, a bonfire, or a moonlit reflection can become sacred.

Leaving religion doesn't mean abandoning celebration, it means redefining it. You're not just surviving the holidays; you're crafting new ways to honor time, connection, and transformation. I created the below diagram as a suggestion for converting the holidays from rupture to reflection.

Element	Description
Grief Portal	Acknowledge the loss of tradition, community, or sacred meaning. Create space for mourning.
Memory Scroll	Write or speak memories of past holidays—what hurt, what healed, what you miss.
Mirror Ritual	Reflect on how your values have changed. What do you honor now? What feels sacred?

NON - RELIGIOUS SPIRITUALITY

THE REALITY OF POST-RELIGION HOLIDAY HURT



Jim Palmer

...continued from page 44...

A Word to the Walking Wounded

That phrase—"the walking wounded"—carries a haunting truth for many who've left religion, especially those disentangling from systems of patriarchy, epistemic harm, or spiritual abuse. It names the invisible injuries: the grief, the rupture, the loss of language, belonging, and legitimacy. But it also opens a doorway to ritual, reclamation, and renewal.

THE WOUNDS

RELATIONAL RUPTURE

- Loss of family, community, and shared rituals
- Estrangement from loved ones who remain in the faith
- Feeling gaslit, misunderstood, or erased
- Epistemic and Hermeneutical Harm
- Internalized shame, fear, or self-doubt from years of indoctrination
- Difficulty trusting one's own intuition, body, or moral compass
- Lack of language to name the trauma or articulate new truths

SPIRITUAL DISORIENTATION

- Grief over the loss of a once-meaningful worldview
- Longing for ritual, myth, and sacredness without dogma
- Feeling spiritually homeless or existentially adrift

Despite the wounds, religion leavers walk. They walk through grief, through silence, through the wilderness of redefinition.

OUR MIND

... from page 32



Mokshapriya Shakti

From here onwards, **Sage Patanjali** describes the highest results of the practice of the eight limbs of yoga.

First, he takes **ahimsaa** or **non-violence**. If firmly established in ahimsaa, then anybody coming to you will renounce their animosity. When one is full of love for all beings, there are no enemies. When enemies do come, they renounce their animosity. If we love people extremely, they will respond to our vibrations. These are the benefits of practicing **ahimsaa**.

Practice of **intense truthfulness** or **satya** will bring instant results as soon as an action is performed.

When someone has truly renounced, is **desireless**, or has established **asteya**, all the **ratnas** (diamonds) become available. All wealth will come.

One who practices **bramacharya**, or perfect control of the mind and body, becomes very strong.

One who practices **aparigraha** of possessions will know the history of all lives and births. Previous lives are open.

One who practices utmost purity or **shauch** one does not have the passion of the body. Purity must also be present in the mental and emotional body, not just the physical. By acquiring a pure mind and complete control of the senses, one may have the ability to realize the soul.

When one practices **santosh**, one reaches the best kind of happiness. When one vibrates with tranquility, all kinds of happiness come. All types of joy are accessible.

By the practices of discipline or **tapas**, all impurities are burnt, and one achieves siddhis of the body and senses.

When one practices **swaadhyaya** thoroughly, etc., one can be united with one's chosen deity

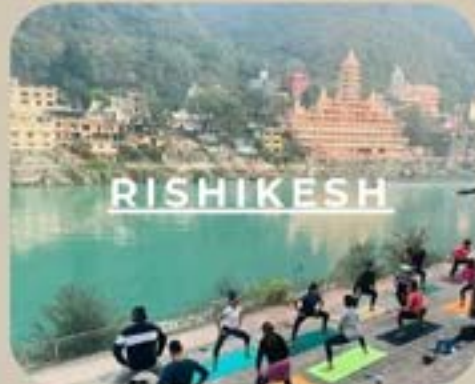
One can attain **siddhir** or perfection in **samadhi** through the practice of **ishwar pranidhana**. By surrendering your body, mind, and intelligence to **God**, you can reach **samaadhi**, the highest level of awareness.

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SAT 3/7 EMIRATES: DEL (9:30 PM) - DXB - JFK (3/8 8:50 AM)

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HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

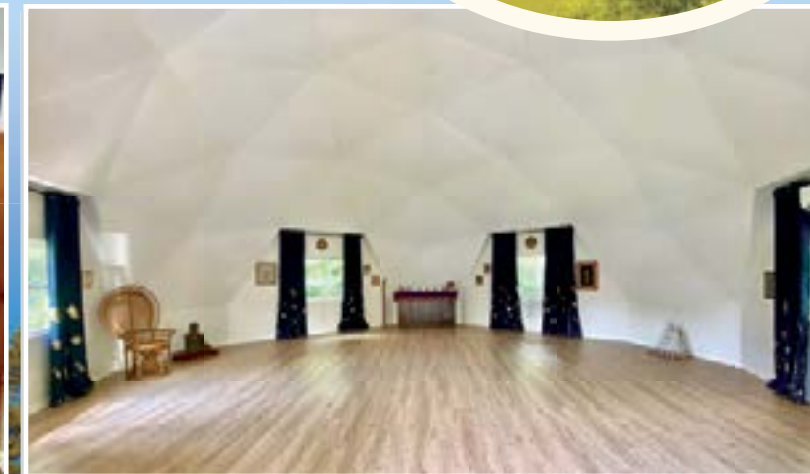


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