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**FEBRUARY
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Horoscopes
page 38



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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

Our Advertising Rates • Low because we're in it for the outcome, not the income ...	4
12 Steps of Spiritual Freedom by Rev. Tom Sannar	4
This Month's Thoughts About Things with Andrea de Michaelis	6
The Teachings of Abraham-Hicks	7
Non Religious Spirituality with Jim Palmer	8
Soul Songs: Abraham Fun with Karen Williams	9
Herb Corner with Cecelia Avitabile	11
Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton	12
Ask Psychic Michelle Whitedove	13
I Asked Artificial Intelligence (and these are the answers I got)	14
Solar and Lunar Celebrations of the Ancestors with Debra Strasser	17
Seth through Jane Roberts	18
Notes From The Universe with Mike Dooley	19
Spiritual Graffiti with Jeff Brown	19
Metaphysics 101 with Marilyn Muir	20
The Secrets of Our Mind with Mokshapriya Shakti	21
Zodiac News with Coleman Smith	22
What Is My Spirit Animal with Bernadette Carter King	26
Our Phone Directory	28
Monthly Horoscopes	38
Yoga Retreat to India Feb 21 - March 8 with Mokshapriya Shakti	46
Our Mission Statement	48

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."*

Hello and welcome to the February 2026 Horizons Magazine. As I sat to write this, giving my thoughts about what's going on in the world and what I THINK ABOUT what's going on in the world, I realized that by the time you read this, the details would be old news.

I know the powers that be have been chomping at the bit for a civil war and didn't expect such turnout nationwide to protest. It's satisfying to have evidence of others in power acting behind the scenes to rectify the blatant unconstitutionality of the current regime.

For those who want to control a narrative, spreading disinformation is a sport. It reaches more people than truth ever could because **OUTRAGE MOVES FASTER THAN FACTS**. Coupled with flooding the media with news stories 24/7 to make it so we can't keep up and saying everyone is **LYING** all the time, that's a recipe to make us question everything all the time.

THAT'S WHAT THEY INTENDED

An easily confused society is a easily angered one. So far their plan has failed, their plan to anger the peaceful opposition so they can call martial law. There is so much visible support, gathering in the streets in major cities despite the below freezing weather in an unprecedented snow storm and at a time when everyone records everything. Carry on my activist sisterhood/siblinghood.

Know that you have unseen support as well. You're not alone. Work is happening quietly, even when it's unseen. Justice doesn't always move loudly—but it is moving. Not everyone in power is corrupt. Some are working to fix what's broken. There are people inside the system pushing for change.

Hope survives because people are still fighting, even in silence. Progress often happens before we're allowed

to see it. Seeds of justice grow underground before they break the surface. What you can't see yet is still being built.

Yes we've lost many powerful allies but never doubt there are unseen forces working behind the scenes. This is important to remember. Sometimes you need to check out of your physical body so your work can expand and take on a new dimension. When your vehicle of communication is ONE physical body, that limits you how many people you can reach. Once you're non-physical, you can reach the consciousness of so many more. Make no mistake about it, the work continues.

KIDS WHO CAN'T READ CURSIVE WRITING CAN'T READ HISTORIC DOCUMENTS. SUPPORT CURSIVE.

It's no surprise but guess who doesn't want you reading historic documents on your own? Anyone wanting to distort and suppress info for manipulation and control. Anyone who wants to interpret, say, the **Constitution** or the **Bible** instead of letting you read it on your own.

A friend's niece in 2nd grade wanted to learn cursive. She used her **Christmas** money to buy a workbook and taught herself. Check out some youtube vids. **KNOWLEDGE IS POWER.**

I grew up knowing there were hundreds of different ways to make a small e or a capital E. I grew up knowing that for each word, you connect each letter to the next with a wave and they don't all have waves. **FOR THE SAKE OF FUTURE GENERATIONS, LEARN TO READ CURSIVE.**

There are so many important things going on that I'm not qualified to even give an opinion on because I've not made time to research every info source and verify its accuracy. So I decided to stick close to home and have ChatGPT give me a summary of my astrological 12 month forecast for 2026.

I DECIDE TO PIVOT MY FOCUS TO SOMETHING CLOSER TO HOME

I created for myself what I call an **Astrological Future Prediction Transit Report** for 2026 and attached the pdf to **ChatGPT** and asked it to summarize the report for me in plain, non-technical language. After studying their report against my own interpretations of the aspects and sign, house placements, It did a pretty good job altho it missed salient points. Here's its response:

...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.

CONTRAST AND NEGATIVE EMOTION

QUESTION: Can you talk about contrast? So, one of the things that I find myself doing is, I believe it's Step 5 when you don't get mad about, you know...

ABRAHAM: Step 1 is ask - contrast helps you do that. Step 2 is Source answers - that's where all the cooperative components are gathered in your **Vibrational Reality**. Step 3 is you're tuned to that right now - you're in the **Receiving Mode**, so what's in there, you have access to. Step 4 is you're really good at that - you're so good at that that you can do it at will, you're so good at it that you catch yourself in the early thoughts of a nightmare and you back off until the nightmare stops. And Step 5 is you're really good at this - you found a new experience with some contrast in it, really juicy awareness of what you don't want, and right in the middle of all of that, because you know how this works, you know you're launching rockets of desire so **you're not resistant to the contrast at all**, and in fact, you're embracing it because you know without contrast you could not put anything together. Without contrast you couldn't take a picture. Without contrast you couldn't hear a word. Without contrast you couldn't make sense of anything. Contrast is necessary.

QUESTION: So, as my frequency goes up, by either meditating or feeling the end result, does the contrast come back and become bigger?

ABRAHAM: Let's say this in another way. Since the vibration of my **Source Energy** is always up here, and since my vibration might be up here and might not, I control the contrast. If I let go of what I'm worried about and my vibration rises, then there's no contrast. But if I'm like a dog on a bone trying to fix some problem and focused upon what's wrong, then I'm introducing contrast by my introduction of my resistant thought to my own desire.

How often do you want something and you believe the opposite? And what is a belief? A belief is just a thought that you continue to think. And why do you continue to think that thought? Because **Law of Attraction** keeps it active. So how do you get around that? There are a couple of ways: You could meditate, which means quiet your mind, which means the resistant thoughts subside, and then your vibration rises, or you could daydream or appreciate. Your choice. Do you think contrast is a good thing or a bad thing?

QUESTION: It's a good thing.

ABRAHAM: And since contrast is a good thing, then where'd that question come from?

QUESTION: Well, I created it.

ABRAHAM: Out of your practical mind, like out of **Esther's** practical mind, you are evaluating scenarios. You see, Esther's trying to decide whether she should ask them to tear a big hole in the roof and put big support beams into the roof that should have been there that have never been there, and shore that roof-line up and shore those smoke stacks up.

Or what's the path of least resistance - to shore it up or to take the smoke stacks down? And what we want **Esther** to understand is that those are not questions that she should be asking right now because nothing about

...continued on page 31...

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NON - RELIGIOUS SPIRITUALITY

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

Traditional theology is typically not the free search for truth, but rather a defense of an already held position. I'm not saying this is wrong. If one holds a particular belief-system about God, it stand to reason that one wants to put forth a systematic defense of it.

But let's be honest here.

No **Jewish rabbi** will come to the conclusion that the **Hopi** are **God's Chosen People**.

No **Christian pastor** comes to the realization that **Krishna is the Christ**.

No **Catholic theologian** discovers and affirms the **Hindu Trinity of Brahma, Vishnu, and Shiva**.

No **Muslim imam** recognizes **Bahá'u'lláh** as **Allah's prophet**.

No **Calvinist** suddenly realizes that the **Bible** should be interpreted metaphorically and salvation is not pre-determined.

WHY?

Because traditional theology is really apologetics, which is explaining and defending why an already held position is true. All traditional theological reasoning is circular, inevitably "proving" the truth of its own enshrined presupposition. This is not critical thinking. My **Master of Divinity** degree was designed to equip me to vigorously propagate and defend an already determined theological proposition.

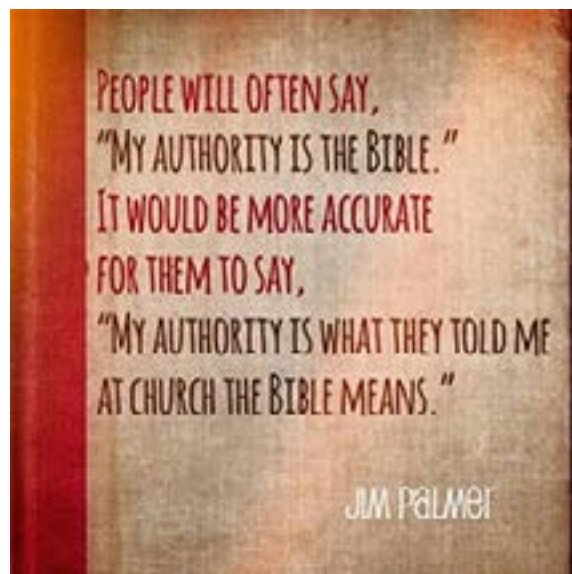
It's unfortunate that religion makes a free and responsible search for truth and meaning nearly impossible. We could be reaping the benefit from our collective spiritual experiences, traditions, teachings and stories rather than arguing and killing each other over them.

The true religious and spiritual leader will skillfully promote what is good, beautiful, peaceful and harmonizing about their tradition, while having the courage to confront and refuse those parts that kindle or provoke division, discord, hate, fear, oppression, injustice, power, superiority, and greed.

For example, **Jesus** affirmed what he saw as good in his **Jewish** tradition, and he also lambasted what he saw as toxic and harmful.

If Jesus was a theologian, he would:

- Begin by acknowledging that ultimate reality cannot be contained or defined within any particular theological framework.
- Point out that theological doctrines, beliefs, explanations and conceptualizations are not the equivalent of the thing it is referring to, such as **God**.
- Emphasize that the distinguishing characteristic of all meaningful theological discussion and scholarship is greater love and compassion.
- Chastise people for making their theological positions a cause for division or obscuring the truth of our fundamental oneness.
- Encourage truth-seekers to look within themselves and utilize their own inner knowing and critical thinking to evaluate theological truth claims.



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

WHAT AND WHEN?

Do I have a habit of pondering worst-case scenarios such as: What if the economy tanks? What if terrorists strike? What if American Idol goes off the air?

I can turn this torturous habit into a beneficial exercise by asking myself "**what if**" questions with a new, positive slant. In fact, I can use this drill to help usher in my dreams, for **when I deliberately think delightful, good-feeling thoughts, I'll increasingly manifest the good experiences that, even now, are seeking me.**

What if I won a Nobel Prize - or better yet, the lottery? How would I feel?

What if I could easily afford my dream home? How would it look?

What if I rose to the top of my profession? How would I feel?

What if I could devise a means to significantly help humanity? How could that benefit people?

What if I became healthier, with more vitality, in each passing year? How would I look and feel?

What if I could live a consistently joyful and "charmed" life by taking charge of my thoughts? When could it start?

RIGHT NOW.



WHEN THE ME'S MERGE

The secret to manifesting my dreams involves lining up my outer, physical self with my inner, eternal self. My inner, eternal self is pure joy.

As I find ways to gradually move towards joy and other good feelings such as peace, contentment, appreciation, and self-acceptance, I discover that every aspect of my experience improves - even transforms.

For as my physical self increasingly matches my inner self, I harness the energy and power of the inner self to usher in my deepest desires.

My ultimate goal, mission, and purpose is to feel as emotionally good as I can. When I feel good, I bring heaven to earth. And the rewards are huge.

Today I remove my attention from that which is troubling, frustrating, guilt-producing, and dullsville. I re-focus my mind on that which is uplifting, inspiring, hope-filled, and fun.

Wonders await.

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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 Avitable** 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.

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

HERBS FOR SHINGLES

Shingles is a viral infection affecting the sensory nerve cells caused by the same virus (varicella zoster) that caused chicken pox when you were a child. That virus lays dormant on the nerve cell along the spinal cords and later on in life stress or a weakened immune system causes it to re-surfaces as shingles (herpes zoster) affecting your Central Nervous System. At first you may feel a tingling pain that develops into a rash usually on the trunk of the body. As **shingles** develops pain and itching begin to intensify usually along one side of the body along a nerve path branching out like branches on a tree. The hardest part is trying not to scratch when it itches because **shingles** can be spread by direct contact with the rash and the more you scratch the itch the greater the chance of infection. **Shingles** typically lasts about 6 weeks but for some people it can last for months or years; then it's called **postherpetic neuralgia**. If you should get **shingles** in your eyes tell your doctor to prevent damage to your eyes.

IF YOU HAVE HAD SHINGLES BEFORE **St. Johns Wort, Flax seed Spirulina and Comfrey** strengthen the fatty coating surrounding the nerves (myelin sheath) keeping it healthy so the virus won't affect them. **Adaptogenic or Adrenal supporting herbs** can also be beneficial, if your **adrenal glands** are over stressed you tend to have a weakened immune system.

Ginseng, Schizandra, Ashwaganda and Astragalus help you to better deal with lifes stressors.

Lemon Balm, Peppermint, St Johns Wort and Licorice are herbs that specifically at helping to fight off the virus. You can drink these as a tea or apply the tea as a compress on the sores. I prefer to do both this way I'm getting the virus internally and externally.

These herbs work on the inflammation and soothe the nerves, reduce the pain and they help to fight off the virus.

Look in your spice rack if you have **Cayenne, Ginger or Turmeric** you can add a bit of these into a white cream or lotion applying it to the sores to reduce pain. Just be sure to wash your hands after doing this because it will burn if you get it near your eyes.

Another blend I have gotten good results with is **equal parts of St. Johns Wort, Lemon Balm and Licorice**; this blend helps reduce pain plus it has antiviral, anti-inflammatory and nerve soothing properties.

During an outbreak, avoiding Arginine found in chocolate, red wine, peanuts, colas, sugars and soybeans helps to inhibit the replication of the virus. **Increasing foods, herbs or supplements** high in Vitamins A, C, E, B12, Folic acid, Selenium, Magnesium and Zinc help to reduce the healing time.

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DAILY USE AND PRACTICE

LUDLAMITE



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](#)

I am once again in Tucson for the gem and mineral show. There have been many tumultuous changes as we hurtle into this new year. Most of them have not been easy. I am giving thanks to be here this year surrounded by the most beautiful minerals in the world and reconnecting with dear friends from all around the world. As I wander through all the venues and displays, I have been seeking the crystal ally to help us find the energy we will need for the time to come.

This **February** is a month full of fire. It will usher in the Year of the **Fire Horse** in the **Chinese zodiac**. **Imbolc, aka St. Brigid's Day**, opens the month with an honoring of the return of the light as we mark the halfway point between the **Winter Solstice** and the first day of spring. And of course on Valentine's Day we celebrate love.

I came of age in a time when many of us believed with all our hearts that love would save the world. Now I am older and perceive the great challenges that lie ahead of us. What kind of love can bridge the great divides that roil through the air disrupting our attempts to establish human connection? How can we reach forward to build a bridge to a future that includes respect for all beings that share our living planet?

The fiery energy that permeates the atmosphere can feel as if it will consume us. It is exhausting to cope with all the efforts to use this energy to stoke fear and anger. We must remember that this fire is a part of us just like the air we breathe, the water that flows through us, the earth that supports us during our journey through life. Fire symbolizes our Spirit, and only through its fierce light on our spiritual path will we find the way to embrace the flame and understand its nature. Then we become one with the power of fire. This is what can change the world. I call it fierce compassion.



Ludlamite, Brazil

It is easy to love our friends, our partners, our kindred spirits. It is difficult to find love for our oppressors. Fierce compassion is not personal. It does not demand that you ignore cruelty. It does not ask that you do not resist evil. It demands that you find a way to see the humanity in everyone.

... continued to page 45...



PSYCHIC

MICHELLE

WHITEDOVE

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

DEAR MICHELLE,

I recently lost my Father. I was with him during the last weeks of his life and he was speaking to my Mother although she passed ten years ago. I'm just wondering if this is common; are our loved ones waiting at death's door to usher us to heaven?

DEAR ONE,

During the transition that we call death, it is quite common that a deathbed patient is coaxed by their most beloved on the other side. They are given assurances that everything will be fine. And sometimes these are quite lengthy conversations or debates that happen within weeks or days of dying. I know this from my experiences:

My friend **Frank** was a professor and metaphysician. The hospice nurse that watched over him for weeks said that he told her that his **Aunt Mary** was coming to get him on **Thursday**.

Frank was in his late 80's and the nurse knew he didn't have much family. The following week **Frank** crossed over to Heaven on a **Thursday**. Family was notified and then friends. When the story was relayed we learned that **Mary** was the loving aunt that raised him.

Princess Diana had to be coaxed to **Heaven** although she would not go until she was assured that her young sons would be okay and lead productive lives.

An elderly man that was an **Atheist** saw an opening between this dimension and the next. There stood his long dead wartime comrades, they were youthful and beckoned him to join them.

... continued to page 35...

YOGA SHAKTI MISSION



YOGA SHAKTI MISSION

**3895 HIELD ROAD, NW
PALM BAY, FL 32907
321-725-4024**

www.yogashakti.org/

Ma Yoga Shakti yogashaktipalmbay@gmail.com

SUNDAY LECTURES 9 - 10AM



Students doing Surya Namaska on the International Yoga Day (held every year on June 21st.)

YOGA CLASS SCHEDULE

Donation: \$10 per class or \$50 per month
Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

Mon. 7 pm Annapurna Classical Asana Yoga

Tues 10 AM Yoga with Gajendra

Tues. 7 pm Vinyas Flow with Natalia

Wed 7 pm. Lisa Campbell Yin Yoga

Thurs 7 pm Sensei Marguerite Intermediate Yoga

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

Schedule subject to change.

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

Suggested Donation \$15 — small children free





Here I've gone online to <https://chatgpt.com/> 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 Chat-GPT 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 "DOES ABRAHAM-HICKS GIVE A PROCESS FOR CONTACTING DECEASED LOVED ONES?"

CHATGPT RESPONDED:

Short answer: No.**Abraham-Hicks** does not teach a specific process for contacting deceased loved ones in the way that mediumship or spirit communication traditions do. Here's how Abraham-Hicks frames it instead:

WHAT ABRAHAM-HICKS ACTUALLY TEACHES ACCORDING TO ESTHER HICKS / ABRAHAM:

There is no real "death" — loved ones who have passed are said to have returned to a broader, non-physical state of consciousness.Because of that, **Abraham** says they are not "reachable" as separate personalities you call up, since they are no longer focused on individual identity the way they were in physical life.

Abraham emphasizes that trying to contact specific deceased people is unnecessary and often counterproductive, because it focuses on absence and grief rather than alignment.

WHAT THEY DO OFFER INSTEAD
Rather than contacting the dead, **Abraham-Hicks** teaches: Alignment with your own Inner Being

Raising your emotional frequency through appreciation, meditation, and relief
Allowing well-being so that love, comfort, and clarity flow naturally

THEY SAY THAT WHEN YOU ARE ALIGNED:
You may feel comfort, reassurance, or a sense of love
You may experience dreams, insights, emotional relief
But these are framed as your alignment with Source, not a conversation with a deceased person

ABRAHAM HAS EXPLICITLY STATED THAT:
Non-physical loved ones do not communicate through words or signs the way humans expect — they communicate through vibrational harmony, which feels like peace, love, or clarity.

HOW THIS DIFFERS FROM MEDIUMSHIP

Abraham-Hicks:
No séances
No guided "contact" steps
No messages from named individuals
Focus on emotional alignment and relief

Mediums and spiritualist traditions, by contrast, do claim direct communication — Abraham distances itself from that.

BOTTOM LINE

If someone is looking for:
A method to talk to a deceased loved one, **Abraham-Hicks** does not provide this
A philosophy that reframes death and eases grief, **Abraham-Hicks** does provide that

I ASKED: HOW DOES ABRAHAM-HICKS ADDRESS GRIEF SPECIFICALLY?

CHATGPT RESPONDED:

Abraham-Hicks treats grief not as something to "process" or analyze, but as an emotional signal showing how far someone feels from relief, connection, or well-being in that moment. Their approach is very specific and consistent across teachings.

Below is a clear, grounded explanation—without jargon or mysticism.

ABRAHAM-HICKS' CORE VIEW OF GRIEF

Abraham describes grief as:
The emotional response to focusing on absence
A state of strong resistance, not something "wrong" or broken



Evidence of deep love, not failure to cope
They explicitly say grief is understandable and human, but not a state to stay in deliberately.

WHAT ABRAHAM DOES NOT RECOMMEND

Abraham repeatedly discourages:
Re-telling the story of the loss over and over
Searching for signs or trying to "reach" the deceased
Forcing acceptance or "moving on"
Judging yourself for feeling sad
Using grief as proof of loyalty or love

They say these keep attention on what's missing, which intensifies pain.

THEIR ACTUAL GRIEF APPROACH (STEP-BY-STEP)

1. Stabilize, don't heal
Abraham says the first goal is relief, not happiness.

EXAMPLES OF RELIEF-LEVEL THOUGHTS:
"I don't have to figure this out today."
"It's okay that this hurts."
"I can breathe right now."
"I'm allowed to feel how I feel."

Even slight relief is considered progress.

2. Soften the focus on absence
Rather than thinking about the person constantly, Abraham suggests shifting attention to neutral or grounding experiences:
Nature
Simple routines
Gentle movement
Non-emotional distractions

THIS IS NOT AVOIDANCE—IT'S NERVOUS SYSTEM REGULATION.

3. Allow love without pain
Abraham teaches that grief mixes love + loss.They encourage: Remembering love without replaying the final moments
Appreciating qualities (kindness, humor, warmth) instead of events

Letting love exist without needing it to hurt
They say love does not require suffering to stay real.

4. Stop trying to "let go"
Abraham never tells people to let go of the person. Instead:
You're letting go of resistance
You're letting go of the struggle against what is

The connection is considered intact, just not painful

5. Trust emotional timing

Abraham insists:
Grief resolves naturally when resistance eases
There is no deadline
You don't need to "work through" every emotion
Relief comes in waves, not steps.

MEDITATION'S ROLE IN GRIEF (IMPORTANT)

Abraham strongly recommends quieting the mind, not visualization or affirmations.

THEIR GRIEF-SAFE MEDITATION GUIDANCE:

10-15 minutes
Focus on breathing or a neutral sound
No intention to connect or receive messages
Just mental rest

They say this resets emotional momentum and allows relief to surface organically.

How Abraham describes the deceased loved one's "perspective"

Without claiming communication, Abraham says:

Non-physical loved ones are not grieving

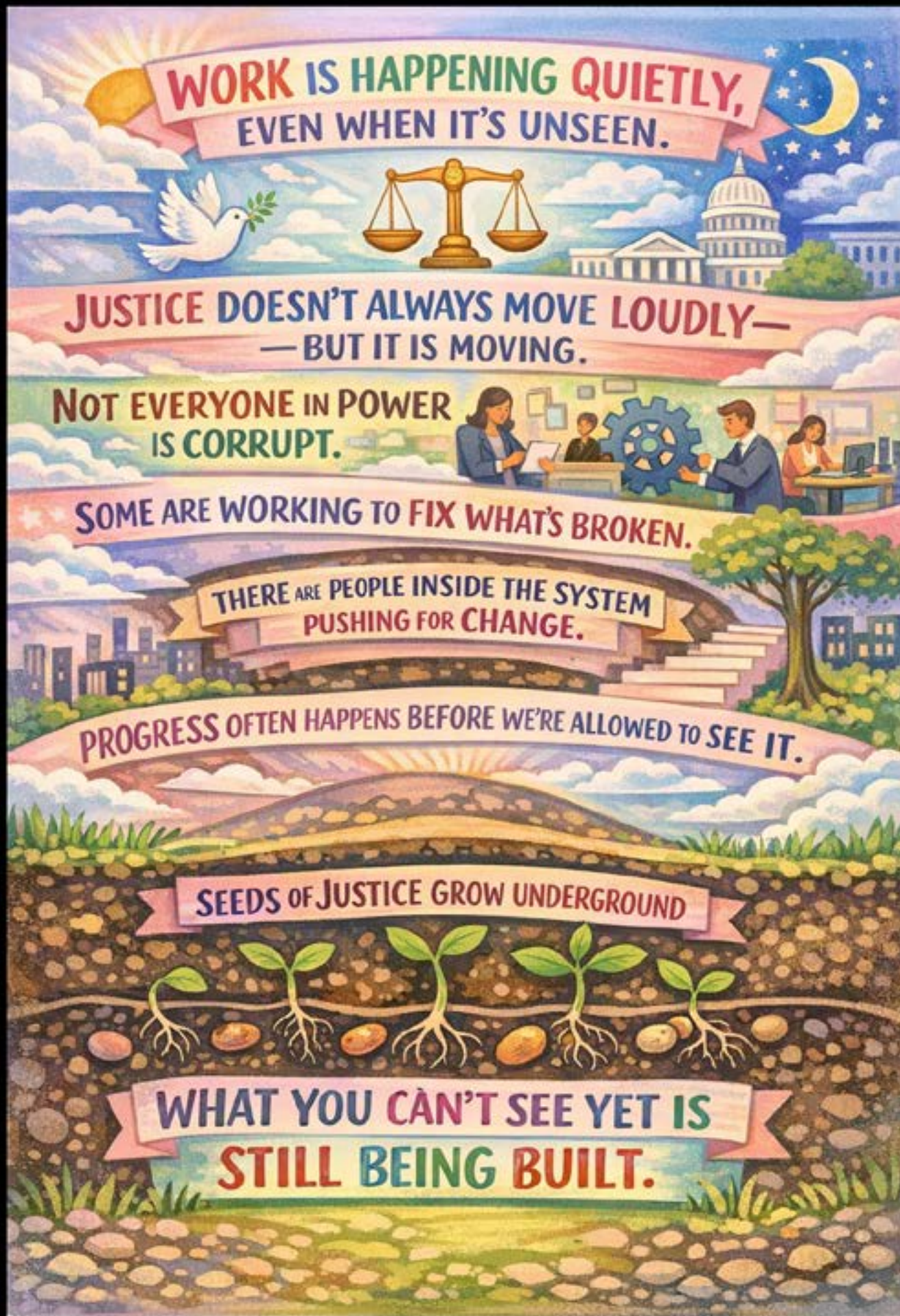
They are not concerned about being missed

They experience appreciation and ease

They don't want you to suffer on their behalf

This framing is meant to reduce guilt around feeling better.

In simple terms, Abraham-Hicks' grief message is essentially: You don't heal grief by digging into it. You soften it by allowing relief, moment by moment, until love no longer hurts.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO FEBRUARY 2026

Welcome to February, the shortest month of the year. Everyone is ready to celebrate the closing of the cold dreary winter. These 28 days are a whirlwind of celebrations of Spring and religious observances. A few of these events are listed here by date:

Feb 1: Imbolc, Pagan/Wiccan

Midway between the **Winter Solstice** and the **Spring Equinox**, the **Celtic Goddess Brigid** is honored, along with themes of fire and new birth.

Feb 1st: Full Snow Moon in Leo bringing a fiery, romantic, and expressive energy to the start of the month. As a "**Snow Moon**," this lunation emphasizes passion, creativity, and the desire to be seen, allowing emotions to surface and romantic, heart-led connections to flourish. Observe this moon time with rituals of cleansing and intention setting, bringing a fiery, romantic, and expressive energy to the start of the month.

Feb 3: Setsubun, Shinto

Observing the first day of **Spring**, a ritual of throwing beans out of the front door chases away evil spirits and invites luck and fortune in.

Feb 14th: St Valentine's Day

Named for a Christian martyr and with origins in the **Roman holiday Lupercalia**, our modern day observance of romance is far removed from its beginnings.

Feb 15th - Nirvana Day, Buddhism

Commemorates the death of **Buddha** at the age of 80 years when he reached Nirvana.

Feb 17th: Chinese New Year, Year of the Horse, Traditional **Chinese** with colorful street celebrations and parades, family reunions also mark this lunar celebration.

Feb 17: New Moon in Aquarius. A potent solar eclipse marking a major, chaotic and transformative shift. This "ring of fire" eclipse encourages, community, innovation, and independence. It heralds the **Year of the Fire Horse**, pushing for revolutionary,, forward-thinking changes in personal and collective life.

Feb 18th: Sun enters Pisces

The solar eclipse on **February 17** will activate partnership matters, while the Sun entering **Pisces** on **February 18** will bring inspiration to pursue long-held dreams. Under retrograde Mercury on February 25, it is worth slowing down and analyzing your life.

Feb 18th: Ash Wednesday, Christianity

Marks the end of carnival season with a six week period of penance and fasting.

Notes on the Roman Lupercalia: While you will often hear comparisons to this **Roman holiday** and **St. Valentines day**, if you celebrate Lupercalia or St. Valentine of Rome's day, it's best to leave out the goat sacrifices and running naked through the streets.

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

"QUITE LITERALLY, YOU LIVE MORE THAN ONE LIFE AT A TIME. You do not experience your century simply from one separate vantage point, and the individuals alive in any given century have far deeper connections than you realize. You do not experience your space-time world, then, from one but from many viewpoints.

If you are gluttoned - sated - with a steak dinner, for example, in **America or Europe**, then you are also famished in another portion of the world, experiencing life from an entirely different viewpoint.

You speak of races of men. You do not understand how consciousness is distributed in that regard. You have counterparts of yourself.

Generally speaking, the people living within any given century are related in terms of consciousness and identity. This is true biologically and spiritually, through interrelationships you do not understand.

In a prior session, **Joseph** was "picking up" on lives that "he" lived in the same time scheme.

In this way and in your terms, he was beginning to recognize the familyship that exists between individuals who share your earth at any given time.

Each identity has free will and chooses its environment as a physical **STANCE** in space and time. Those involved in a given century are working on particular problems and challenges.

Various races do not simply "happen", and diverse cultures do not just appear. The greater self "divides" itself, materializing in flesh as several individuals, with entirely different backgrounds - yet with each embarked upon the same kind of creative challenge.

The black man is somewhere a white man or woman **IN YOUR TIME**. The white man or woman is somewhere black. The oppressor is somewhere the oppressed. The conqueror is somewhere the conquered. The primitive is somewhere sophisticated - and, in your terms, somewhere on the face of the same earth in your general time. The murderer is somewhere the victim and the other way around - and again, in **YOUR** terms of space and time.

Each will choose his or her own framework, according to the intents of the consciousness of which each of you is an independent part. In such a fashion are the challenges and opportunities inherent in a given "time" worked out.

You are counterparts of yourselves, but as **Ruburt/Jane** would say, living "eccentric" counterparts, each with your own abilities. So **Joseph** "was" **Nebene**, a scholarly man, not adventurous, obsessed with copying ancient truths and afraid that creativity was error, authoritative and demanding. He feared sexual encounter, and he taught rich **Roman** children.

At the same time, in the same world and in the same century, **Joseph** was an aggressive, adventurous, relatively insensitive **Roman** officer, who would have little understanding of manuscripts or records - yet who also followed authority without question. In your terms, **Joseph** is now a man who questions authority, stamps upon it and throws it aside, who rips apart the very idea structures to which he "once" gave such service. "

-- *The Unknown Reality V2 1974.11.25 Ses.721*

"There have been many stone ages on your planet, where new identities began their first experience with physical existence. In the materialization of personality through various incarnations, only the ego and the layers of the personal subconscious adopt new characteristics. The other layers of the self retain their past experiences, identity and knowledge.

The ego receives, in fact, much of its stability because of this subconscious retention. Were it not for past experiences in other lives on the part of deeper layers of the self, the ego would find it almost impossible to relate to other individuals. And, the cohesiveness of society would not exist.

Learning to some extent is, indeed, passed on through the genes, biochemically. But, this is a physical materialization of inner knowledge achieved and retained

...continued on page 45...



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.'

'WHAT YOU THINK OF ME IS NONE OF MY BUSINESS!!' Really? Always?

I get that this can be a useful assertion when we are not remotely responsible for how someone perceives us. It can be particularly helpful, when we are being shamed or judged by people who are fully projecting their stuff onto us. In those situations, it really is **NONE** of our business how they see us.

Yet there are also situations when this new age meme is classic spiritual bypassing, enabling us in our refusal to be accountable for our actions. For example, you abuse or neglect someone you are in relationship with, and they have negative feelings about you and your actions. Or you act rudely or disrespectfully towards strangers, and leave them with a bad taste in their mouth. In those cases, what they think of you **IS** your business, if you have the courage to own the connection between your actions and their feelings.

So let's bring this meme back into balance. Sometimes what people think of you is truly none of your business. And sometimes it is entirely your business. The business of human relationships demands that we take this distinction seriously.

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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>

OH YES, YES INDEED! TODAY YOU'RE GOING TO BE ENVELOPED BY THE MAGIC.

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

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

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

It's already begun,

The Universe

HAVE YOU BEEN LEANING ON ME LATELY? A LOT?

For absolutely EVERYTHING?

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

Just checkin' -

The Universe



METAPHYSICS 101

Information Overload, Superficiality and Depth

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

Our Earth is a big world, but it is not the only story in the Universe, As our scientists learn more and more, our universe and our world gets bigger and bigger. The **Industrial Revolution** ushered in an amazing learning curve. There is so much to learn, that we struggle in a sea of info where such new info is almost obsolete by the time it makes its way to us. As all this developed, our spirituality seemed to take a back seat and materialism surged to the front. This created an imbalance between our material consciousness and our spiritual consciousness. In recent years there has been an escalating search for spiritual identity.

To someone who is attempting to consciously participate in their spiritual growth, the selection of the right info flow and direction for this dedicated purpose can be confusing. We cannot read or learn it all at the rate that new information is available. We need to be selective based on our own criteria.

Having said previously that the universe has at its fingertips all the time and experience we need to grow and become, which is true, we as humans feel pressured in the limited lifetime we see in front of us.

We must choose wisely. How do we do that? There are things we must learn to successfully navigate in our physical/material life such as life skills, job skills, relationship skills, and far too many others to list here. Those are all necessary to our physical existence and so they must have a place in our learning curve. We are wearing a body and have agreed upon this physical experience so it is important that we pay attention to our lessons on this level. For our spiritual development, an enormous array of possibilities await us. Again, selectivity is upon us because there is an enticing array of studies. Time to triage the possibilities.

We can meditate and listen to whatever universal consciousness is whispering to us. That is one really good way to determine what is most valuable. If you did nothing for your spiritual development other than meditation, you would eventually succeed. You can try learning hit and miss to see what triggers understanding and insight. You can follow a teacher, a belief system, a guru or spiritual figure. You can spend long hours in prayer. Just remember

you are talking to the universal when you pray. When you meditate you are listening to the universal.

You could make a pro and con list for a subject or multiple subjects and try a process of elimination to get to the core of your belief system. Whatever you choose as your process, you must look deep within yourself to set the standard or goal for your development.

I have one caution (not rule) for you:

If we flit from subject to subject, rarely lighting long enough to truly learn something in depth, we will have superficial knowledge and our experience will reflect that lack of depth. If you want to be a pianist, you must pay the price. You must sit down at the piano to both learn and practice; that is what produces a pianist. If you want to be a metaphysician, you have to commit to your own personal growth and put in the necessary effort. You must create some depth in your subjects and your knowledge to achieve the wisdom that comes from a combination of both knowledge and experience. To just “know” a thing, does not make you wise; wise comes from exploring and experiencing what you think you “know.” Wisdom comes from knowing when to use it and when not to use it, from trial and error, from participating and observing. Wisdom comes from the experience of living.

I’ve been at this process for 40+ years. Spring of 1970 was my starting-to-wake-up moment. I am not fully awake, but I am a whole bunch more awake than I was forty years ago. I have had superb moments of “Ahas” followed by reality “comas,” followed by more light bulb moments (insights,) followed by sobering falls back into physical reality. Your development is a process, one you must commit to and stay with regardless of the experience. To know there is “more” does not guarantee you will experience that “more” every time you reach for it; we are back to a win some, lose some philosophy. You must not give up. You must remain aware of the process and keep on keeping on. You must revel in the light and know that you cannot see that light unless it is contrasted with darkness. ***We are in a living experience of polarity and duality and our consciousness is seeking unity through diversity.*** Read that last sentence again. Is this mountain easy to climb? No, it is not. Is it worth climbing? Yes, it is.



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

#19 SANYAM -- 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,

SAMYAM

Yoga is control over the waves of the mind. That means stilling the mind of its constant activities, such as thought, emotion, and memories, so that we can not only find the true self, our higher consciousness, but also live to our fullest potential.

Here, **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;
aasan - postures;
praanaayaam - life force exercises;
pratyahaar - to stop senses;
dhaaranaa - ability to sustain, hold;
dhyaan - meditation;
samaadhi - highest meditation.

Once we have reached **sanyam**, we will be able to attain the glories of supernatural powers.

When all three (**dhaaranaa, dhyaan, and samaadhi**) are united, then it is called **samyam**. **Samyam** denotes meditation with the three qualities combined.

From now on, when **Patanjali** talks about meditation, he refers to **samyam**. The object of this study is to develop “yoga chitta vritti nirodhaha”, or complete control over the mind waves, which is. achieved in **samyam** in all three physical, mental, and emotional bodies, and prepares us for a spiritual consciousness that transcends thought.

...continued on page 34...

See pages 46-47 for details and itinerary

YOGASHAKTI ASHRAM

INDIA YOGA RETREAT & SIGHTSEEING

14 DAY TRIP

W/ MA MOKSHAPRIYA, RAJ SHROM & NARAYANI



DATES

→ SATURDAY, FEBRUARY 21, 2026 -

→ SUNDAY, MARCH 8, 2026

DEPOSIT \$750

ACTIVITIES

→ DAILY MEDITATION, SATSANG & YOGA

→ HIKING/RAFTING/SIGHTSEEING

→ HOLI CELEBRATION/FESTIVAL

FLIGHT INFO

SAT 200 BANGALORE, 1PM (DELHI-AMD) - DMB - DEL (200) 2:40 PM

SAT 271 BANGALORE DEL 5:30 PM - DMB - 1PM (271) 8:50 AM

MUST BE ON SAME FLIGHT

PRICING

→ \$5000 PER PERSON (DOUBLE OCCUPANCY)

→ \$6700 PER PERSON (SINGLE OCCUPANCY)

→ *FLIGHT/PASSPORT/VISA FEES NOT INCLUDED*

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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 FEBRUARY 2026

THIS MONTH HAS TWO EVENTS NEAR EACH OTHER, ONE OF THEM IS MOMENTOUS.

Feb 1: Full Moon in Aquarius/Leo This full moon doesn't have any harsh aspects, so the focus is on the Full Moon itself. The urge for being self-contained---fun, games, and pleasure (Leo Moon) is in contrast with Aquarian emphasis of social events and broad-spectrum happenings. Balance is best. Don't spend so much.

Feb 3: Uranus turns direct---Uranus turns into direct motion for six months. A few days at stationary position can be quite chaotic, everyone running around amok. Caution.

Feb 5: Mercury square Uranus---These two planets work well together, but the square can create mixed messages, wrong directions, and minor accidents. On the positive side, a few genius moments can brighten the day.

Feb 6: Mercury enters Pisces---Day to day affairs have a poetic overtone for a few weeks. Tap into music, drama, and the arts. Metaphysics is highlighted, the Other Side.

Feb 8: Venus square Uranus---A flirtatious aspect, light and fluffy. Fun, but money flies out of your pocket. People might do crazy things just to get a reaction from others.

Feb 10: Venus enters Pisces---A beautiful placement for Venus. Humanitarian and empathetic, this aspect wants to help. Artistic and musical. Stop and smell the roses, a passive energy that is great for meditation.

These next two weeks are loaded with stellar phenomena that is compellingly interesting and admittedly look both ominous and/or the start of the initial stages of major changes in the world.

Two slow moving planets, Saturn and Neptune, joining together at 0° Aries---The Dawn of a New Vibration.

Aries is a powerful degree. Saturn and Neptune are joined every 36 years, not that rare. It is the 0° Aries part that makes this conjunction different. The World Stage is in place, hopefully the actors play it well.

Feb 13: Saturn enters Aries---Every 28 or 29 years, this transit starts a new cycle, a new beginning. Two opposite energies. The Aries energy wants to go and go quickly. The Saturn energy is more cautious. The lesson for the next two and half years implies the paring of impulsive urges while fine tuning the wisdom of "delay" (which can happen) --- just be more cautious.

That is the theory. Kind of takes the fun out of spontaneity for a few years. On the positive side, there is a guarantee of success (Saturn) but with a few delays, a few obstacles to overcome, and at the end of the 2-year journey---

Presto, the reward. In the end, you are satisfied greatly with the "reward" for your endeavor, but all you ever really think about is the arduous journey itself.

...continued on page 23...



Coleman Smith

ZODIAC NEWS

...continued from page 22...

Feb 16,17: Sun square Uranus, Mercury trine Jupiter, New Moon eclipse in Aquarius---These two days just fit together. A great Mercury/Jupiter (higher learning, mental acuity, awards for something, praise from others) aspect gets lost in the shuffle as the dynamic solar eclipse with the difficult and challenging aspect to Uranus takes center stage.

Sun/Moon square Uranus is unstable and chaotic. This aspect adversely affects the horoscope of the President of the United States. Let us pray.

For everyone else, this is a one-sided energy, self-contained. Upsetting conditions on the homefront. The urge for freedom is strong. Everyone wants to go their own way; everyone thinks they are smarter than the next person.

Feb 18: Sun enters Pisces---This seems softer after the frenetic 16th and 17th. Feelings, instincts and hunches for a month. Humanitarian support. The arts, music, and the Dance of Life.

Feb 20: Saturn conjunct Neptune---A confluence of different rivers. Innately different in nature, this usually signals a decline of one thing and the rise of something else over a long period of time.

For example, the last conjunction in 1993 witnessed the collapse of the Soviet Union. In world governments, Saturn represents big government, Big Brother Syndrome, large corporate powers---you get the picture.

In contrast, Neptune is artistic and humanitarian. We can see this concept in the United States already with the slashing of funds to foreign aid, domestic social programs, and art grants. Big Brother.

The positive should bring more stability (Saturn) in the long run. Trimming the abuse of the "aid system" to better serve those in need could/ will take time. Restore and improve parks, public buildings, and actually add more art centers, etc.

Feb 22: Venus trine Jupiter---Whew, we have a rainbow today. We can exhale and enjoy life today. We even get our sweet tooth fix fixed. A feel-good aura surrounds the day, go and bask in the glow.

Feb 26: Mercury turns retrograde---Our favorite retro planet decides to re-live experience for 3 weeks. Not to worry, this happens a few times a year. Most astrologers tell us to avoid buying electronics, use caution while driving, expect delays and confusion with directions, etc. It's not always so easy to do. Cleaning and repairing are best.

Feb 27: Mars square Uranus---A loud and noisy aspect. Complicated because Uranus @ 27° Taurus is conjunct the fixed star Algol, the baddest bad boy of the fixed stars. This is super-challenging.

Remember the eclipse back on the 17th?

Mars is activating this same degree. Not good.

Mars was the War God. This is a highly unstable aspect, very unpredictable. Perhaps the proverbial "lay low," watch your back advice might work. Anger is all around; a soft answer mitigates wrath.

Feb 28: Mercury conjunct Venus---We end the month on a soft, melodious note. This has been a Month of Destiny. Back to today, we have photography, artistic endeavors with balance and grace, and everything has proportion and taste.



THOUGHTS ABOUT THINGS

...continued from page 6...

CHATGPT RESPONDED:

Here's a plain-language, non-technical summary of the themes running through your attached astrological interpretations. I'm focusing on the big picture and lived experience, not dates, planets, or jargon.

OVERALL THEME: A DEEP YEAR OF EMOTIONAL, RELATIONAL, SPIRITUAL REORIENTATION

This period marks a profound inner shift rather than a surface-level "busy" year. Much of what unfolds is about changing how you love, what you value, how you see yourself and what truly feels meaningful now. Old identities, relationships, and beliefs are being gently—but firmly—reshaped.

RELATIONSHIPS & LOVE: IDEALISM, REALITY CHECKS, AND LONG-TERM CLARITY

Relationships are a major focus. You may feel more romantic, compassionate, and spiritually oriented in love, but also more vulnerable to illusion or disappointment if you idealize others.

- Some connections may feel confusing or emotionally intense, especially if they involve sacrifice, blurred boundaries or unavailable people.
- At the same time, this period helps you clarify what relationships are truly sustainable. Some bonds deepen; others fade or change form.
- Toward the later part of the cycle, relationships become more serious and selective. You're less interested in fantasy and more focused on what can endure.

BOTTOM LINE: You're redefining love—not as a dream, but as something aligned with your deeper values and long-term needs.

EMOTIONAL HEALING & IDENTITY: OLD WOUNDS COMING UP TO BE RELEASED

There is a strong healing theme tied to early emotional patterns and self-image.

- Long-standing emotional wounds—especially around feeling safe, nurtured, or seen—may resurface.

- This can feel tender or heavy at times, but it's happening so those patterns can finally lose their power over you.
- You may feel called to step into a healer, guide, or compassionate role, either for others or for yourself.
- Your sense of identity is shifting: you are learning who you are now, not who you had to be earlier in life.

BOTTOM LINE: This is a meaningful period of emotional integration and self-acceptance that leads to greater compassion and inner strength.

VALUES, MONEY & SECURITY: REDEFINING WHAT TRULY MATTERS

Your relationship to money, possessions, and self-worth is changing.

- You may discover new talents or resources that weren't fully recognized before.
- Financial ups and downs may prompt a reassessment of what you truly need versus what you once thought was important.
- There's a move away from external validation toward inner value and authenticity.

BOTTOM LINE: Security becomes less about accumulation and more about alignment with what feels genuinely meaningful.

HOME, FAMILY & INNER LIFE: SEEKING EMOTIONAL GROUNDING

You're drawn toward emotional safety, roots, and inner nourishment.

- Home and family matters take on greater importance.
- You may want to simplify, redecorate, reconnect with family, or strengthen emotional foundations.
- This is a supportive time for healing family dynamics or creating a home that truly feels like refuge.

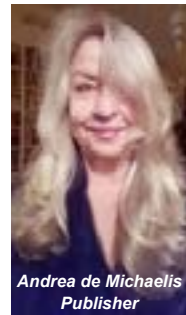
BOTTOM LINE: You're building a stronger emotional base from which everything else can grow.

CAREER & PUBLIC LIFE: PURPOSE OVER PRESSURE

Your public role and sense of purpose are quietly shifting.

- You may feel less driven by ambition for its own sake and more guided by meaning, compassion, and authenticity.
- There can be moments of confusion about direction—but these are transitional, not failures.
- Gradually, your work aligns more with who you are becoming, not who you were expected to be.

...continued on page 25...



THOUGHTS ABOUT THINGS

...continued from page 24...

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

BOTTOM LINE: This is about redefining success so it reflects your inner truth, not external expectations.

ENERGY LEVELS & MOMENTUM: BURSTS OF DRIVE, THEN REFLECTION

Throughout the year, energy comes in waves.

- There are periods of strong motivation, confidence, and forward movement.
- Other times call for slowing down, reassessing, and avoiding over-commitment.
- Learning when to act—and when to wait—is key.

BOTTOM LINE: Progress comes from balance, not pushing.

BIG PICTURE SUMMARY

This is a transformational chapter marked by:

- Emotional healing
 - Redefining love and values
 - Letting go of outdated beliefs and identities
 - Moving toward a more spiritually aligned, authentic life
- It may not always feel easy, but it is deeply meaningful and ultimately liberating—a time when you become more fully yourself.

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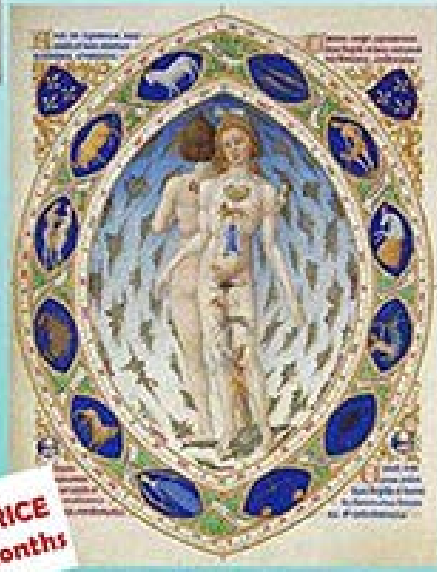



Andrea

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Hari Om.

YOUR ASTROLOGY FUTURE PREDICTION TRANSIT REPORT

Prepared by: Andrea de Michaelis
www.horizonsmagazine.com
Horizonsmagazine@gmail.com
321-750-3375 cell/text



THIS REPORT will show you where planets are now, where they are headed, how they are affecting you and how to make the most of it. It will address issues and challenges you have going on right now and let you know when that aspect is expected to pass. This report will give you interesting, insightful and specific info about the spiritual lessons going on right now and offering ways to navigate it. This is a detailed report of the spiritual forces at work in your life for this time period.

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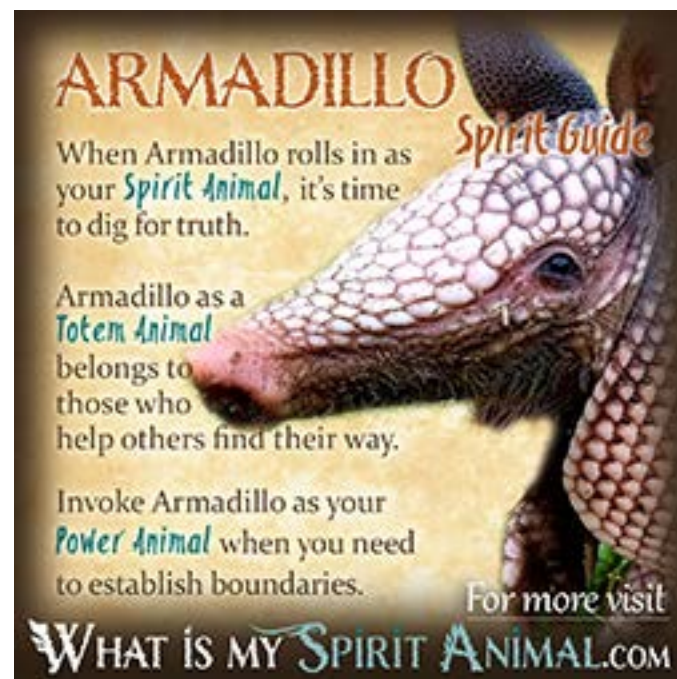
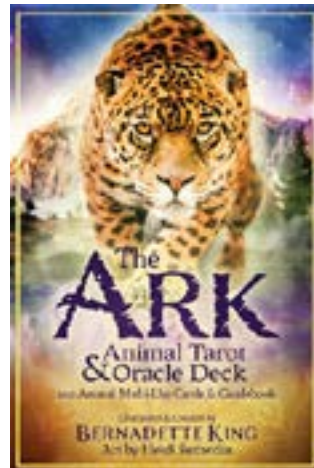
This report is an excellent gift for friends on the spiritual path

Thank you, Andrea



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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



ARMADILLO SYMBOLISM & MEANING

Need to shield yourself from the external world? Want to learn how to believe in your inner voice? Armadillo, as a Spirit, Totem, and Power Animal, can help!

Armadillo teaches you how to protect and trust yourself! Delve deeply into **Armadillo** symbolism and meaning to find out how this Animal Spirit Guide can shield, enlighten, and support you!

The unusual **Armadillo** has a variety of symbolism and meaning attached to it. There is no question it has an incredibly unique appearance thanks to an armored shell befitting a knight. The bone and cartilage of the **Armadillo** act like an effective shield. As a result, it is no wonder this creature has strong ties to magic for protection and safety. There are times in everyone's life when they need greater security - a place to

retreat from danger or chaos. **Armadillo**, as a spiritual energy, offers that lesson.

The **Armadillo's** armor has a secondary meaning, that of creating boundaries for yourself. You know that guest that never leaves? **Armadillo** says, "Put your foot down and claim your territory." While this is a simple example, knowing the limits you set for yourself and others is a very important spiritual awakening. It says YOU MATTER. Your feelings, your morals, your truth - they all matter and are worthy of respect.

Boundaries include the ability to say no; this is exceedingly difficult for a lot of people. You know them. They should wear a button that says, "Stop me before I volunteer again." **Armadillo Medicine** teaches us that saying "No" often means saying "Yes" to our sacred self. Don't let people misuse your kindness.

There are times when we all let our guard down. **Armadillo** does too when He feels safe. Here you must trust your inner voice. Move cautiously until you feel that wonderful, warm sense of haven. Likewise, be ready to put energetic shields firmly in place as needed.

Armadillo symbolism is wrapped up with other key vibrations, including those for peace, symmetry, kindness, hope, fairness, and empathy. **Armadillo Medicine** teaches us how to figuratively walk a mile in another's shoes, so we better understand the reason for their actions/inactions and attitudes. This builds compassionate living.

In nature, the **Armadillo** is a digger. They burrow in the dirt, digging up roots; this speaks of a curious **Spirit** and the ability to search out information to help clarify situations and opportunities. Note that while the **Armadillo's** exploration is external, human seekers can also use this lesson to look within. No matter your age, there are always new and interesting things to discover in yourself and in the world. Don't settle for superficiality. Get out your proverbial shovel and excavate!



WHAT IS MY SPIRIT ANIMAL

... from page 26

An interesting note on **Armadillo's** talents is that its nose is sensitive enough to find life below the surface of the land; this **Medicine** is particularly important to those who feel they've lost their energy and joy in life - those who feel invisible and stymied. Breathe deeply. Reclaim the ember in your soul. Give it air and watch the flicker grow. Combine this activity with meditation and visualization, and the results improve greatly.

When **Armadillo Spirit** is done with his work for the day, it's time to rest. And when we say rest, we mean napping for upward of 18 hours! While a bit extreme, this behavior reminds us to, likewise, take time out for refilling our inner wells. If we don't take care of ourselves, everything else we care about suffers. Take opportunities to find silent spaces where you can relax and be wholly yourself. Too much noise rattles our auras in negative ways, as sure as bad vibrations.

ARMADILLO SPIRIT ANIMAL

When **Armadillo** rolls into your life, it comes with a variety of messages. The name **Armadillo** means "armored one," so the symbolism of self-defense and protection presides. Have you been put in an awkward or overly-exposed situation? **Armadillo** says, "Curl up under your psychic shell until the weather blows over." Be ready to defend those things you hold sacred as well as your emotions.

While some people may think you're distant, you can explain that you need this time. Those who love you will understand the **Armadillo's** counsel, and may even apply it for themselves. The time for retreat is only temporary until peace returns.

Another lesson from the **Armadillo Spirit Animal** is that of getting to the root of matters. Something is happening just below the surface of your situation. It is vital to become a spiritual Sherlock Holmes and figure out the hidden matters as they will affect you directly and distinctly. On a mundane level, **Armadillo** is the "finder" of things. Perhaps you misplaced something, or have been looking forever for an item important to you. Meditate with **Armadillo**, see where he takes you.

For those who have over-extended themselves, this **Spirit Animal** hopes to stop you - right here, right now, and get you to slow down. Recovery requires relaxation. Don't feel obligated to attend 101 events, reply to volunteer requests, etc. in abundance. Rather pick a few, focused ones and give your energy to them in a metered way.

Armadillo integrates **the Element of Water** into your life, which speaks of emotions. Have you been holding back? Swallowing your feelings? It's time to let those feelings come to the surface for release. Follow where tears take you, riding gently on them. Reclaim joy.

ARMADILLO TOTEM ANIMAL

Those born with an **Armadillo Totem** are incredibly good at protecting themselves. You have keen insight and can sniff out your environment for both the good and bad. Don't just shake off your perceptions. They are central to personal survival and growth.

With your keen acuity, you can find things that elude others; this includes lost items, job opportunities, historical facts and oddities, and shopping deals, just to name a few. **Armadillo** people have great contentment and a sense of pride in having such unique gifts. Others will be naturally drawn to you because you seem noticeably confident and secure.

An **Armadillo Totem** means that you know how to ground yourself naturally; this brings calm to your environment as well. On the other hand, you can be somewhat territorial. You don't like strangers in places deemed "yours."

ARMADILLO POWER ANIMAL

There are a variety of reasons to call upon **Armadillo** Animal guide as a **Power Animal**. Let's start with your boundaries. If you're letting people walk all over you, it's time to call on **Armadillo** and his armor. Once the threat is past, **Armadillo** indicates that all is clear, and you can unroll those tight defenses.

If you are uncertain about the areas in your life where you are most vulnerable, this is also a situation in which **Armadillo** helps greatly. Reach out to him and begin ferreting out where you are weak or exposed. This process can be quite enlightening and sometimes uncomfortable, but when you know your failings, your strengths become even more apparent.

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Esther Hicks

ABRAHAM
HICKS

... from page 7...

any of those questions does anything other than intro-
duce extreme resistance into her equation.

So she thinks "**I have only two choices - leave them
up or take them down.**" **And we say no, there's
another one - don't think about it.** "**Oh, that's so
hard! It seems like I should think about it, it seems
like I'm responsible. It seems like I should think
about it.**" **And we say that's because you're not
factoring in the fact that we're all thinking about
it.** You don't feel supported and guided, you don't
trust that the Universe is dealing with this. You haven't
seen - you're not looking right now at the sequence of
events that's even brought this to your attention. In
other words, you're forgetting the wellbeing of your life
experience and you're choosing to be responsible and
do the right thing, so choose this bad thought or this
bad thought.

There's no good scenario here - in either case they have
to make a big hole in the roof, in either case they have
to bring a crane, in either case great big beams have
to be put into that roof-line. In other words, it doesn't
feel like there are any good choices from **Esther's** fear-
ful place. But from our vantage point, they're all good
places: Men get to bring those cranes up there. They
get to do things that they're good at doing; they get
to figure stuff out. They get to work on this awesome
house. They get to make a lot of money doing it. They
get to please **Esther**. Do you see what we're getting at?

You have to decide that you want to feel good and
then find the thoughts that do feel good. And how do
you know what thoughts feel good if there aren't any
thoughts that don't feel good? Without resistance, how
would you know? If your **Inner Being** weren't think-
ing a thought that is different than the thought that
you're thinking, you couldn't even have negative emo-
tion. Stay with that for a moment. If your **Inner Being**
weren't knowing your success on whatever it is, then
you couldn't even have negative thought. **Are you still
there?**

So doesn't that mean that your negative thought is
proof that there is positive thought? Doesn't the very
fear itself mean that there's big guns on the job? That

the Energy that creates worlds is really focused on
this? Because if it weren't, you couldn't feel that fear.
Do you see what we're getting at? Do you? If somebody
you didn't know called you on the telephone and said
"**Hello, you don't know me, I'm just calling to tell
you that I'm never going to call you again,**" would
you have strong emotion about that? "Who was that?"
"Nobody." **But if someone important to you said that
to you, you'd feel something very different, yes?**

So we want you to feel that it's only when you oppose
what your **Inner Being** knows about the specific sub-
ject that's active within you that you ever would feel
positive or negative emotions. When you feel positive
emotion, it means your **Inner Being** is all over this
thought just like you are. When you feel negative emo-
tion it means your **Inner Being** is all over this thought
that has a very different vantage point than yours.
**Don't you like knowing that? And don't you want to
guide yourself?**

So here are more questions for you. Do you believe
that in struggle or suffering or sacrifice that anyone is
benefiting?

QUESTION: Uh, yes, because it creates contrast.

ABRAHAM: Beyond that? In the moment? In other
words, in the moment of the struggle and the suffering?

QUESTION: No.

ABRAHAM: So it brings awareness, and it could help
you to guide your thought, but there's no practical
value in pinching yourself off from the Energy that cre-
ates worlds that is already all over your project. Yes?

QUESTION: Yes.

ABRAHAM: That would be like...and you've lived this,
so picture this: The men have arrived - they brought
their crane and it's enormous; it's high in the sky. There
are men sitting in the cabin of the crane, there are
men on the roof receiving the big chain that's coming
down - everyone's in place and they are so good at this.
And then **Esther's** standing there yelling "**Watch out!
Be careful! Don't hook it up like that! Don't fall off
the roof!**" They'd kind of like her to go away, wouldn't
they? Is she hindering the cause? Is she helping the
cause? And so, you sort of get the point.

So, why would someone like **Esther** do that? Why would
she do that? Only if she thinks she knows better - she
doesn't trust the men on the roof - or if she doesn't
trust the crane. But you can trust the men on the

...continued on page 36...

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Mokshapriya Shakti

OUR MIND

... from page 21

Sanyam is reached when we have released our consciousness from the three worlds: mind, emotion, and physical existence. When we can hold the mind steady indefinitely under all situations if we choose. When we acknowledge that we are separate from

the mind, which constantly attracts our lower nature, we can distinguish between the ego and soul. Then we will be able to understand that the mind, emotions, and physical state are only instruments of the lower planes. Whereas in **samyam**, we are able to receive knowledge of the self.

Once it is mastered, **samyam**, one enters into **pradya lok**, a world of light, where intuitive knowledge of super-fine intelligence dawns. This is an internal practice. We can apply the technique of **samyam** in both daily life and meditation. Deep concentration on an object of study will reveal the subtle meanings of that object. The light means that the mind can comprehend what the soul knows. Once we have that light, we are to become teachers of the world.

All that we have studied before (yam, niyam, aasana, praanaayaama, and pratyahaar) are not as subtle or secret as these last three (dhaaranaa, dhyaan, and samaadhi).

Although they are subtle, they are not the fulfillment of self-realization. The rising turbulent waves of the mind should be controlled by planting the impressions of **nirodh parinaa** or the transformation of the mind.

Samskaaras or impressions in the subconscious or unconscious mind of the world are replaced by peaceful impressions. The mind creates waves even when it does not think. The mind flows like a river; it is never empty. **Nirodh parinaa** are impressions of extreme peacefulness. These impressions flow automatically and will replace other impressions.

The mind cannot stay still without energy. The rising and falling of the mind will become one peaceful flow, due to the perfection of **samaadhi**. Only when all waves are peaceful and the mind becomes still, then one-pointedness of the **chitta** (mind) dawns. This can only be achieved by constant repetition of **samyam**.

Everything is **dharma lakshana**; everything is created by nature. Everything that takes shape here is not per-

manent. Waves of the mind are created, and then they disintegrate. Everything in this world comes from the elements, including our senses. **They result in three qualities:**

dharma - true nature;
lakshana - symptoms;
avasthaa - state of beingness.

Underneath everything is only one thing: the soul, the supreme elements, and nothing else. Once we have reached this stage of development, we will know our soul and the soul in every form of divine life.

The rest of the chapter explains the various psychic powers we develop once we can relate to these three principles. Through various types of concentrations and meditations, we may develop knowledge of past and future, understand the languages of all beings, know past lives, etc., but that is not the goal of **samyam**.

The goal is self-realization. People think that developing psychic powers is the highest development. But it is not at all. Living our life in balance and understanding that all souls are one is the highest attainment.

There is a wonderful story that I have heard. In a small town, there were 2 brothers. The younger wanted to pursue a spiritual life and went away into the forest. The older brother took care of the parents. He also had his own family, business and looked out for the community. 20 years passed and the younger brother came back. The older brother was so happy to see him. He asked what he had accomplished within those 20 years. The younger brother said I will show you. So he took him to the river and started to walk on the water. The older brother was not impressed and said, "You took 20 years to walk across the river; all I need is five pence to ask the boatman to take me across." Who had more perseverance and acceptance? It is difficult to live in society with virtue and responsibilities. One should not try to have psychic powers.

Psychic powers can be obtained by birth, through medicine or herbs, through the practice of mantras, the practice of penance, or through the practice of **samyam**.

When we are in the service of the **Divine**, powers come automatically when needed. We need to rise above differences of race, culture, and land and acquire equal vision. Then we will get knowledge of everything one wishes without the lengthy process of discernment. Then we are a pure being, seated in complete purity; it is in a state of liberation known as **kaivalya**.

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



MICHELLE WHITEDOVE

... from page 13...

Through the years, I've seen and experienced many deathbed scenarios. Even though most doctors and family believe that it's the drugs, a hallucination or lack of oxygen; because they can't see or take part in the conversation.

Just know that when life comes to a close it's between you, **God** and what your soul needs to make the transition and birth your soul back into the Heavens. It's too bad that more people can't witness this beautiful supernatural process.

DEAR WHITEDOVE,

I was brought up with a very traditional religious background. We were taught that souls go to a place called **Purgatory** to cleanse themselves of sin before entering **Heaven**. Many of my childhood beliefs I can no longer justify. But since you can see the other side, I'd like to know, does this place really exist?

DEAR ONE,

As multidimensional beings and co-creators our reality, at the time of death, our soul continues on our eternal journey. Even as we pass from this life, our free-will allows us to go where we feel compelled to go. Our individual belief system is powerful; because of our religious beliefs we may see **Jesus, Buddha, Mohamad, Mother Mary** or a beloved family member. At time of death, **God** still honors our Free-Will.

We may even turn away from the light of heaven and want to stay for a while with our relatives who are grieving. Or you may experience the undeniable sensation of unconditional love that washes over you and you jettison towards the higher vibration of **Heaven**.

Yes I have seen this place called **Purgatory** where many souls are waiting because they believe that they need this experience and so they pause and wait for a period. It is a "waiting room" that has been created by the mass consciousness of souls on an astral realm.

Eventually the soul will move on to **Heaven**.

Just know that as your spiritual beliefs evolve and your soul develops, you will put aside beliefs that no longer serve your spiritual path.

Our route to **Heaven** will be unique to our needs and beliefs - but eventually every soul returns home.

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Thurs 7 pm Sensei Marguerite Intermediate Yoga
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ABRAHAM HICKS

... from page 31...

Esther Hicks

roof, you can trust the **Nonphysical** in the sky. You can trust your **Nonphysical** counterparts. You can trust the worthiness of your being, you can trust the blessedness of your being, you can trust that things are working out for you. You can just decide whether you want to help or hinder.

And we just want you to go in the house, or better still, leave town for a while. We just want you to get out of the way of the wellbeing that's happening on your behalf. We want you to be less involved in fixing things and more involved in trusting that wellbeing is happening. Yes?

MANAGING VARIOUS DESIRES

QUESTION: What I'm hoping for more clarity from you on is I feel that when I get focused on one desire, let's say modeling or acting, or wanting to just be a light to people in a big way, I feel that being a performer will help me to do that for lots of people in a way that feels good to me.

ABRAHAM: The thing about that is - this is a really good conversation because the thing about that is you want to be an uplifter and you've chosen an avenue which puts you in the public eye, which is just wonderful, but in doing so, now you are aware of their response to you, which is where it goes wonky.

You have to leave their response to you out of it and only do it for your response to your own desire. So you have to continue to activate and keep active your knowing that you are an uplifter, and you have to give no attention to whether you are uplifting anyone or not because that's on them.

Do you know there are those who will not be uplifted? If you have your eye on whether they're being uplifted or not, then you lose your connection and then you feel bad. So this has to be a singular intent only: "I do it why? Why do I do it?"

QUESTION: To be in alignment, to feel good, to feel great, to feel joy, to be.

ABRAHAM: And is there another ulterior motive?

QUESTION: There shouldn't be, no.

ABRAHAM: But is there? "I want to feel good and I want to be in alignment so that I can uplift them." (**Abraham** making a buzzer sound.)

QUESTION: Yeah. It's good when that makes me feel good. Yeah.

ABRAHAM: Because now their response to you is part of the equation, and that's where it always gets muddled. It was muddled just now - you were after us and we were after you, but there was a whole lot of other stuff going on around it. And it's sort of like that.

QUESTION: And I draw people like that to me, I feel like, because I do want to help everyone, I do bring people into my life that are suckers of Energy, I guess, like drainers of Energy. And I care so much and I want to help everybody that I give them my attention.

ABRAHAM: So, stop for just a moment. Imagine your **Inner Being** or imagine a **cluster of Inner Beings** which you want to call **Source** - try to get a visual on **Source** aware of all of you - and do you think **Source** is ever saying look at all those suckers of Energy?

QUESTION: No, absolutely not. No.

ABRAHAM: And do you know why **Source** would never feel that way or think that way? Because **Source** remains in the **Replenishing Mode**, and so there's never any drag, there's never any drain. And it's not so with you, either. So that wasn't our intent to point out to you that there is a drain, we just want you to feel the never ending replenishment that is always yours.

QUESTION: I can always tell when I'm out of alignment because I feel exhausted, when I've given too much out.

ABRAHAM: Exhausted is the opposite of replenishment, isn't it?

QUESTION: Yes. Yes. And so I think more specifically my question to you is when I focus too specifically on a desire, I get all in my head about planning it out.

ABRAHAM: Wait just a bit because we really want you to hear this: You cannot focus too specifically when you are tuned-in, tapped-in, turned-on, but you can focus too specifically when you're not.

...continued on page 37...



Esther Hicks

ABRAHAM - HICKS

... from page 36...

QUESTION: And that's what I'm trying to do - I believe I'm trying to focus too specifically to get me to realize what I want more where to go.

ABRAHAM: How can you tell? So you're tuned in, ideas start to come, you're flowing with them, and it's good until it isn't. So when it stops feeling good, does that mean that the work that you did before is irrelevant, or does it just mean leave it there for now? That's what we call don't try so hard, don't try to make it happen, don't try to push the noodle. So?

QUESTION: So I guess...because there are moments when I feel I'm so flying high and it's amazing, and I might not even be focusing specifically on anything - playing with my daughter or my dog, you know, that is so adorable.

ABRAHAM: Usually not focused specifically because with everything you focus on you're working hard.

QUESTION: Yeah, and I think that's what I want clarity on, is like when I get too wound up and I'm too focused, like it's too in my face, and that's when I lose...

ABRAHAM: And what does that feel like? Give us emotional words that describe that.

QUESTION: Anxious all over the place.

ABRAHAM: Yeah. Here's the thing: If you've let it get to anxiety, then there's nothing for you to do in the moment because everything you try to do to get rid of anxiety will cause more anxiety. That's why we say let's get out ahead of it - don't fall in the hole and then try to climb out, stay away from the hole. That's what we mean by getting out ahead of it - be nicer to yourself, give yourself more time, do the things that soothe you most.

Don't get depleted and then try to fix it, do the things that encourage the opposite of depletion, which is renewal and replenishment. **Find a time to meditate and do more basking, and get off to yourself and let yourself daydream. Segment intend - segment intending is getting out ahead of it: "I just got in my vehicle, it's a new segment - what do I intend for this segment? I intend to have a wonderful transfer from one place to another."** Because if you're out of ahead of it, more momentum can happen, but if you caught yourself in resistance and you try to fix it, the momentum follows the resistance rather than the allowing. Does that make sense to you? Whatever is most active within you, that's the direction that it's going to go.

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ARIES – (March 19 – April 18)

The numerous planets in Aquarius help you to carry your projects far, even if it may disrupt your life (especially for the 1st decan) or expand your circle of friends through beautiful encounters. Keep an eye on the family sphere: Jupiter squaring your sign signals some disagreements (especially for the 2nd decan). On the 14th, Saturn arrives in your sign and joins Neptune: under these energies, your untamed nature calms down, settles, and is illuminated with a serious and forward-thinking intuition! The Sun enters Pisces on the 18th, along with Mercury on the 6th and Venus on the 10th: from this date, you will have less leeway to communicate or express your feelings, so act beforehand. The end of the month is more about introspection and planning. Analyze your ideas before putting them into practice.

LOVE IN GENERAL

The emotional sector appears to be very focused on friendship until the 10th. To inspire you with love, you will need to be in tune with yourself. Then, Venus moves into Pisces, making it difficult for you to express what you feel. Especially from the 14th, you will feel a growing desire for stability but also for idealizing a partner: demanding!

IN A RELATIONSHIP

A happy and light complicity allows you some lovely moments together, especially until the 10th. Mars strengthens your desires throughout the month, and Venus, from the 10th, gives your affectionate expression a very endearing shyness. Nice!

SINGLE

Clearly focus on your circle of friends or a protest to meet someone: fate could strike! Cheerful, open, you will be very warm until the 10th and then a bit secretive for the rest of the month. Your enigmatic behavior could be appealing!

CAREER / FINANCE

Uranus in Taurus goes direct on the 4th, impacting your sector of income from work. Surprises are possible,

perhaps you had been thinking about a raise? Or maybe you will seize an opportunity for a change? Anything is possible, for better or for worse, so stay alert!

ADVICE

Sometimes communicative and sometimes secretive, this month may give you the pleasant opportunity to show others two very distinct facets of your rich personality.

TAURUS – (April 19 – May 19)

Professional challenges will need to be met! Under the influence of planets in Aquarius: the sun until the 18th, Mercury in the first week, Venus until the 10th, Mars and Pluto all month, you will have your work cut out for you! Uranus in your sign goes direct on the 4th, don't let it agitate you with lightning speed, it would be counterproductive, remain in control of yourself. Your close relationships help you maintain good morale, especially the second decan, while Saturn, from the 1st to the 12th, supports your projects, providing you with the necessary qualities at the right time. Saturn and Neptune in tandem from the 14th favor your inner life, take a step back if you feel the need. After the 18th, energies in Pisces strengthen your social life, you can relax!

LOVE IN GENERAL

From the 1st to the 10th, you will have strong desires to love and conquer, but the electric atmosphere may not really favor your desires. Unless a meeting in a professional setting steals your heart? After the 10th, Venus and Mercury could facilitate a first romantic approach.

IN A RELATIONSHIP

More or less hidden conflicts will disrupt the harmony with your partner and weaken your bond, especially after the 4th: you won't mince your words (last decan). An improvement will occur after the 18th: be more tender.

SINGLE

The timing does not seem right to change your relationship status! A meeting could take place, but it may be a complicated and painful one. Don't get ahead of yourself without any guarantees, and wait until the end of the month to see things more clearly.

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CAREER / FINANCE

The professional sector looks turbulent! With Mars in Aquarius all month, your actions may be disorganized and your behavior defensive, so relax! Power struggles are likely, especially for the first decan; the atmosphere favors collaboration over competition, so you won't come out on top. Wait for your time to shine!

ADVICE

This month will not be a walk in the park. Roll up your sleeves, understand that this is temporary: don't make decisions in the heat of a negative emotion! The end of the month is more pleasant.

GEMINI – (May 20 – June 19)

An idealistic month ahead! You will feel driven towards self-improvement thanks to the planets in Aquarius forming positive aspects to your sign. The first week is especially promising for launching projects, so go for it! Then, Mercury enters Pisces on the 6th and Venus on the 10th, shining a light on your professional sphere. Dare to speak up, but do so tactfully! Mars and Pluto in Aquarius throughout the month will bolster your hopes and energy, making decision-making easier, especially when they're bold. Jupiter will help boost your finances, potentially leading to increased income, while Saturn (from the 14th) and Neptune in Aries bring constructive opportunities to your social sector, particularly for the first decan.

LOVE IN GENERAL

Passion could take you far with someone unique, original, and very free-spirited, especially between the 1st and the 10th. You long for intense emotions, but after the 10th, your certainties will shatter: the other person might be elusive! Your desires will be strong all month, so adjust them accordingly.

IN A RELATIONSHIP

From the 1st to the 10th, your bond is strong, you're not afraid. Then the atmosphere sours, Venus and Mercury move into Pisces: feel like your partner is slipping away? Mars and Pluto working together give your libido something to keep your significant other close: phew!

SINGLE

Under the influence of Mars and Pluto in Aquarius all month, you will be conquering, passionate, and ready to make many efforts to seduce the person you like. Your chances of meeting someone are high until the 10th: keep an eye out at work.

CAREER / FINANCE

Your main income is secure, no worries. Saturn leaves your professional sector on the 14th, significantly lightening the atmosphere. You must have surely set up important things beforehand, now is the time to reap the rewards. Mars and Pluto support your growth: a new training? New studies?

ADVICE

Lots of passion, full of new things, you approach this month with great enthusiasm ready to help you! At the end of the month, the professional sphere will require your rigor, so rise to the occasion.

CANCER – (June 20 – July 21)

This month heralds a strong desire to change your life and a particular focus on your professional life! Throughout the first week, the energies in Aquarius favor your savings, your sensual life, and opportunities to seize to give your existence the flavor you seek. Jupiter in your sign supports your personal growth, you will be lucky (especially for the second decan). Mars and Pluto in Aquarius enhance your instincts, you will have very strong feelings and a great transformative dynamic. Venus and Mercury duo in Pisces from the 10th make it easier for your emotional impulses and your deepest conversations, a bit of philosophy? Saturn joins Neptune in Aries on the 14th, your professional sector requires your impeccable commitment. After the 18th, the open sea beckons you!

LOVE IN GENERAL

Between passion and fervor, your love life seems to be off to a great start! After the 18th, the energies in Pisces (sun, Venus, and Mercury) favor a beautiful encounter or the continuation of a very intense relationship, your charisma makes it easier for you to approach others. Throughout the month, your sensuality will be at its peak, so remember to take a break from time to time!

...continued on page 40

HOROSCOPES FEB 2026



IN A RELATIONSHIP

Your complicity should be strengthened under the effects of a harmonious Mercury from the 6th, as well as a sweet and sensitive emotional expression from the 10th. Your sensuality will have nothing platonic, your partner will have to keep up, or risk frustrations!

SINGLE

Fully dedicated to your quest for love, you will multiply the seductive approaches and sweet words! The friendly sector could favor a romance but focus your efforts on a mysterious and very charismatic person, you will be on track.

CAREER / FINANCE

Other people's money, funds from a bank, inheritance, or pension may come flowing in abundance! Mars and Pluto boost your energy to materialize the financial changes you aspire to. Keep an eye on the professional sphere, as your superiors may become more demanding of your performance or seemingly understanding - stay alert.

ADVICE

This winter month promises to be rewarding and as hot as a coal. Do not put off your professional responsibilities until tomorrow and you will avoid a lot of trouble.

LEO – (July 22 – August 21)

You will be completely focused on your intimate partner or associate! This month requires that you take into consideration the expectations and projects of others. The sun, until the 18th, accompanied by Mars and Pluto, helps you build strong bonds, your behavior will be very important, the mirror effect will be evident. With these energies, do not provoke others, as they will be highly reactive. Mercury and Venus, together until the 6th, facilitate conversations and then, financial repercussions could follow. Saturn bursts into Aries on the 14th and joins Neptune in a nice aspect: you will have powerful desires for spiritual, intellectual, or cultural evolution. Uranus in Taurus, squaring (last decan) your sign, puts pressure on your resistance from the 4th, surprising professional events could occur. After the 18th, your inner life wakes up as much as your desires.

LOVE IN GENERAL

Complicity and otherness sign this month! You'll have to deal with the other, finding a delicate balance between your freedom and theirs will be necessary at least until the 10th. Be mindful of mood swings, there is some relational electricity in the air. After the 18th, you are charismatic: what will you do with it?

IN A RELATIONSHIP

Your couple takes up all its space at least until the 10th. Communicate, listen to your partner with love and patience, they will return it to you a hundredfold. Don't plan to let go, your other half will know what they want. After the 18th: your physical life is at its peak!

SINGLE

You clearly aspire to meet your soulmate! Don't be too eager when trying to charm them, as you might scare away someone you like. Opportunities will arise on your path, especially early in the month: stay calm and gentle.

CAREER / FINANCE

Mars and Pluto support your fighting spirit, as well as the resistance of others. Dialogue will be essential to maintain your goals and those of your professional associates or partners. Some realities might hit you in the face after the 18th: accept the necessary changes and differing viewpoints.

ADVICE

Roar with pleasure, this month helps you shine for and with others! There will be some challenges to face, but your natural passion loves that! Keep the aggression from the Mars and Pluto duo in check and experience the events with your powerful heart in full.

VIRGO – (Aug 22 – Sept 21)

From the 1st to the 18th, you are diligent, focused on your professional and daily affairs, then a focus on your personal or social life is looming! The planets in Aquarius (sun, Mercury, Venus, Mars, and Pluto) emphasize your involvement in your work: you know your stuff! Mercury, your planet, moves into Pisces on the 6th and goes retrograde on the 26th: your marital or contractual relationships will be significant, wait until next month for any major decision. Jupiter (especially second decan) supports your projects, your friendships with kindness. Uranus in Taurus encourages your expansion:

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sion: believe in yourself! Saturn and Neptune, together from the 14th, bring some adjustments to your financial life. From the 18th onwards: others take center stage, don't let them take over!

LOVE IN GENERAL

A planetary cluster in Aquarius during the first week will favor your emotional life with a certain degree of freedom on both sides. You will be ready to make concessions, but in moderation. Then the atmosphere changes: you will want commitment and lastingness, but what does the other person think?

IN A RELATIONSHIP

With an open mind and a certain detachment, you approach your couple life peacefully until the 18th. Your communication seems calm then sensitive after the 6th. Your feelings, starting from the 10th, strengthen your partnership while Mars enhances your sensuality: cool!

SINGLE

Chances of meeting someone are likely at your workplace or in your living environment, be receptive and open to the surrounding opportunities. After the 18th, you aspire to a solid relationship and you put your whole heart into it: don't get carried away though.

CAREER / FINANCE

Saturn and Neptune, teaming up starting the 14th, bring to your financial life the means to strengthen your savings or consider a significant monetary transaction. But don't expect a financial windfall, you will need to double your efforts and prove your worth. After the 6th, a contract could be signed or revised: be vigilant!

ADVICE

A month during which others will have a great impact on you and your life: so remember to use diplomacy while also keeping in mind your personal interests. After the 26th, be patient if things slow down!

LIBRA – (Sept 22 – Oct 21)

In this winter month, race ahead in your love life or your creations! Until the 18th, the planets in Aquarius will carry your hopes far, your energy will be at its peak, then the sun slides into Pisces on the 18th and joins Venus and Mercury: your work will occupy your vitality and your thoughts. The sphere of destiny receives

Jupiter, a few challenges will need to be overcome, take your time, be introspective, understand that time eases all tension. The celestial blessing is at work under the influence of Uranus in Taurus, starting on the 4th financial events could manifest. After the 18th, the influences in Pisces support your daily life and professional life, while Saturn and Neptune could modify a work or marital contract: state your conditions with firmness but kindness.

LOVE IN GENERAL

This sector is clearly very important this month, you will be called upon, very receptive to any emotional proposal. Mars and Pluto in Aquarius energize your emotional impulses, your desires take up space and make you want to move forward. Beware, passion could take you far!

IN A RELATIONSHIP

The complicity will be real and your sensuality at its peak intensity, your couple could go through a very pleasant month and bring you closer together and smooth out any past disagreements. With Saturn and Neptune as a duo starting on the 14th, a commitment could even be signed, make your proposal!

SINGLE

Your chances of meeting someone are outrageous! The sectors of arts, culture, or sports are favored, so it's time to join a club. After the 18th, keep an eye out in your everyday life too: love may be hiding there.

CAREER / FINANCE

Hang on, Jupiter is adding some tension with your colleagues or superiors, resist the urge to always be right. Your main income is not directly affected by any planets, so it should remain stable. However, Uranus is shaking up the money tree for others: a sudden money influx?

...continued on page 42...

HOROSCOPES FEB 2026



ADVICE

A beautiful month for love or for living in harmony with your principles! Rejoice, your dynamism will be strong and able to support you when necessary.

SCORPIO – (Oct 22 – Nov 20)

A month of challenges ahead! Until the 18th: with the planets in Aquarius squaring your sign, you are compelled to review your behavior, collaborate, and be patient to avoid potential conflicts that could be intense. The sector of the home is particularly affected, so stay calm. Jupiter in a favorable aspect supports your life's ideals, you are nurturing dreams that take shape under this influence, believe in yourself! Uranus, still in Taurus (last decan), forces surprising conjugal or contractual exchanges upon you, expect the unexpected! Saturn and Neptune enter Aries by the 14th, enhancing your professional assertiveness and desire to assert yourself as a leader. After the 18th, the many influences in Pisces inject a lot of passion, hope, and tenderness into your emotional life.

LOVE IN GENERAL

A few bumps are likely in your love life at least until the 10th. You will be impatient, irritable, and not inclined to soothing words, be careful! Then the planets shift into Pisces and you will be all sweetness and light, showing your best side and your beautiful qualities of heart.

IN A RELATIONSHIP

Starting on the 4th, your partner will have clear and assertive demands: collaborate! Communication until the 10th is expected to be delicate, as well as the expression of your respective feelings. Wait until the 11th to see the atmosphere calm down.

SINGLE

After the 6th, Mercury helps you to communicate with gentleness and sensitivity. After the 10th, Venus supports your sentimental quest in its purest form. Meetings could result, frequent cultural places or sports halls.

CAREER / FINANCE

The financial sector remains stable, while the work sector receives from the 14th Saturn and Neptune together: you could structure your job or develop it with skill and innovation. Starting from the 4th, a contract may be on the horizon or an amendment you were anticipating? Read carefully between the lines.

ADVICE

When the wind blows in a storm, the reed bends, but does not break, unlike the oak tree which gets uprooted. Meditate on this metaphor and understand that flexibility is not a weakness but a strength!

SAGITTARIUS – (Nov 21– Dec 20)

Between updated relationships and a few family matters, you've got your work cut out for you! Until the 18th, the planets in Aquarius (Sun, Mercury, Venus, Mars, and Pluto) invite you to get out of the house, meet people, engage in dialogue to the fullest, and initiate changes in your relational or fraternal life. Surprises could arise as soon as the 4th under the influence of Uranus, which might impact your professional life. Jupiter is protecting your savings, while Saturn and Neptune in Aries reinforce your desire to commit emotionally with a strong sense of confidence. Then on the 18th, the Sun moves into Pisces and joins Mercury and Venus: a rather hazy aura could develop around your family life, with disagreements or unspoken issues creating tension. Patience!

LOVE IN GENERAL

From the 1st to the 10th, Venus, Mars, and Pluto come together to greatly support your morale, allowing you to act with promptness, tact, and an elegance that can enhance any new or existing relationship. Then the energies in Pisces disturb you more than is reasonable, making love seem strange or complicated to you.

IN A RELATIONSHIP

A very protected start to the month gives you the wings of complicit love, you laugh together like two children, and your intimacy is bright. Some communication hiccups are possible after the 6th but you will quickly make up on the pillow.

HOROSCOPES FEB 2026



SINGLE

Mars and Pluto infuse your behavior with so much emotional intelligence that those around you will only be receptive. You will act with originality and intensity, so that a free-spirited and nonconformist person may cross your path. After the 14th, you will be aiming for seriousness!

CAREER / FINANCE

Your savings appear to be protected, and even likely to increase thanks to Jupiter (especially second decan), but as the planet is retrograde, some adjustments may be necessary. Your professional sphere deserves your attention from the 4th, unexpected events could work out in your favor? After the 14th: try a lottery ticket!

ADVICE

The end of the month will require your composure and legendary optimism, you've got this! Take advantage of your unbreakable energy and high spirits to establish things built to last.

CAPRICORN – (Dec 21 – Jan 19)

You will have the art and the way to increase your assets! Until the 18th, the energies in Aquarius favor the increase of your main income or the emergence of an as yet untapped talent. Mars and Pluto in Aquarius all month carry your determination to overcome all obstacles to your financial success. Jupiter in opposition legalizes a contract or professional partnership (especially second decan) while Uranus in a harmonious aspect harmonizes your emotional or parental life, you will be creative and ready for all the novelties. Your morale remains good until the 12th, then from the 14th, Saturn and Neptune could cause some beneficial but perhaps delicate readjustments within your home (first decan). From the 18th, the sun moves into Pisces and joins Mercury and Venus: your relational life takes center stage!

LOVE IN GENERAL

Between commitment and innovative desires, your love life looks pleasantly evolving! From the 1st to the 10th, the trio of the sun, Venus, and Mars heightens your sensuality with a hint of nonconformity: you won't be shy! Then the atmosphere becomes more ethereal, allowing your romanticism to shine.

IN A RELATIONSHIP

Important questions, particularly financial ones, could be on the table with the guidance of Jupiter: your partner is yearning for stability in all things. Your sensuality will be very strong, and if your partner isn't as passionate as you, it could be a bit frustrating!

SINGLE

Your powerful dynamism helps you to eagerly charm! You will be aware of your charms and ready to use them. Mars and Venus, as of the 10th, facilitate your way of communicating as well as your most intimate relationships: keep your eyes open!

CAREER / FINANCE

With the cluster of planets in Aquarius, you should not lack energy, ideas, or determination to manage your financial sector effectively. You may even receive a nice raise thanks to your tenacity. A contract is worth monitoring: good things are on the horizon!

ADVICE

A very beautiful and powerful month! Take advantage of these influences meant to change your life for the better, especially financially. Bring your wisdom into your home!

AQUARIUS – (Jan 20 – Feb 17)

A great month ahead! Your inner strength will have every opportunity to shine! The various energies present (sun from the 1st to the 18th, Mercury until the 6th, Venus from the 1st to the 10th, Mars and Pluto throughout the month) animate the best in you, giving you the drive, intellectual strength, and conviction to assert yourself and succeed. Jupiter protects your daily or professional life (second decan), so move forward with confidence. Starting from the 4th, Uranus, in a square aspect to your sign, may bring some family or property hiccups (third decan). Stay alert, and all will turn out fine. Financial matters lighten up from the 14th, while

...continued on page 44...

HOROSCOPES FEB 2026



your mood and relationships grow stronger. Saturn and Neptune working together facilitate any intellectual pursuits, paving the way for clear thinking. After the 18th, the focus shifts to your financial life.

LOVE IN GENERAL

Under the influence of Mars and Pluto in your sign, you embody a highly exceptional sensual power, you will have strong and uncompromising desires! The Sun, Mercury, and Venus in a trio from the 1st to the 6th enhance your charisma and romantic prospects, then the planets move into Pisces: watch out for jealousy.

IN A RELATIONSHIP

In love with freedom and originality until the 10th, you may feel confined within your relationship, especially if your partner is afraid of losing you. Otherwise, your bond will be very strong! Mars and Pluto inject an incredible vigor into your behavior: what a stroke of luck!

SINGLE

You'll feel like a conqueror and your daily life could lead to some nice encounters. Magnetic and charismatic, your somewhat direct seduction should open doors for you. After the 12th, you'll have the words to convince and the behavior to win over anyone: go for it!

CAREER / FINANCE

This month, with Mars and Pluto in your sign, you'll be on the lookout to protect your financial life and increase your assets. Updates may also bring a smile to your face throughout the month. The professional sphere looks calm and even promising: stay positive!

ADVICE

A powerful month! You will have a lot of cards in your hands to deal out the game that suits you. Take on the hassles at home and spread your wings: the sky is inviting you to do so!

PISCES – (Feb 18 – March 18)

A great introspection is about to start for your sign, take advantage of it to prepare what you want to experience in the future! Jupiter happily shakes up your love or creative sphere, while Uranus boosts your morale: you will be optimistic and open to all possibilities. Saturn completes the structuring of your assets until the 11th, then, from the 12th onwards, in partnership with Neptune, these energies require your financial involvement: what do you need to change to improve your assets? Mars and Pluto in Aquarius all month help you take care of others if you are a caregiver or think about very profound changes to come. After the 18th, the sun rushes into your sign and illuminates your personality, your way of loving, thanks to Venus from the 10th and your intuition from the 6th. A bright end of the month!

LOVE IN GENERAL

Jupiter brings a wonderful evolution to your emotional life, no matter what you experience, you should feel the call of the senses and a legal and enduring commitment. Your desires will be secret or directed towards someone who is not free, so be cautious. Venus gives your impulses a sincere and sensitive emotional expression and then, as of the 10th: declare yourself!

IN A RELATIONSHIP

If you have children, the sensitive atmosphere brightens your relationship. At the beginning of the month, your desires will be timid but Venus, as of the 10th, enters your sign and boosts your self-confidence. Mercury, from the 6th, resolves any misunderstanding.

SINGLE

The leisure or culture sector should encourage connections designed to last. Caution: don't spoil your chances by being too shy, your crush might get scared by a behavior that's too mysterious.

CAREER / FINANCE

Starting on the 14th, Saturn and Neptune shake up your sector related to your main income: mix a pinch of seriousness and a spoonful of intuition in order to maintain the capital you need to meet your obligations and manage your monthly needs. The time calls for analysis.

ADVICE

Reflect, wait, plan, anticipate, this winter month invites you to be patient before acting. Your nature, full of intuition and feelings, will need to further develop these perceptions. Action will come later.



SETH SPEAKS

...continued from page 18...

from past lives. Human beings learn mainly through experience. And, the experience is derived from past experience in other existences.

The human organism does not spring full blown, erupt into existence at birth. And, laboriously then begin its first attempt to gain experience. If this were the case you would still be back in the stone ages.

Now, there are, indeed, waves of energy. And, waves of reincarnational patterns, for there have been many stone ages on your planet where new identities began their first experience with physical existence. And changed the face of the earth as they progressed.

They changed it in their own individual ways and not in your ways. But, this will be discussed at a much later time.

Yet, all of this occurs, basically, within the blinking of an eyelid, so to speak, yet all with purpose and with meaning. And, based upon achievement and responsibility.

Each portion of the self, while independent to some considerable degree, is, nevertheless, responsible to every other portion of the self. And, each whole self, or individuality, is responsible to all others while it is still largely independent as to activity and decision.

For as many layers of the self compose the whole self, so many selves form a gestalt of which you know relatively little. And, of which I am not yet prepared to tell you.

The Early Sessions Book 5 Sess. 233 (ES5)



Photo by Karin Wolf

CRYSTALS, ROCKS

...continued from page 12...



Nothing human is alien to us. None of us are perfect. Everyday we have the opportunity to choose our actions for better or for worse. I was fortunate here in **Tucson** to find a stone that is a wonderful guide through the fire. It is a rare and unusual mineral called **ludlamite**. **Ludlamite** is a phosphate that occurs in hydrothermal veins in the earth, often along with vivianite and apatites. It is a

lovely green that forms prismatic crystals, sometimes in a starburst formation.

Within the metaphysical community, **ludlamite** is considered to be among the best sources for spiritual growth and development. It can help provide a sense of calm strength while opening the way to higher consciousness. This can help us access the compassion we need to feel the possibility of true human connection. It opens up the **Heart Chakra** which allows the healing of emotional wounds that can keep us from fully embracing our connection to the divine light within us all.

If **ludlamite** is calling to you it may not be easy to source as it is not common. I was lucky to find some here in **Tucson** so it may soon be available if you have a good rock shop near you. It is also available on line. **I will be here in Tucson until 2/12 so you can send me a dm on my Facebook page, SharronRocks** and I will try to get some for you. I'll be posting pictures of the show on that page so come check out some of the mineral wonders Tucson has to offer.

Much love and many blessings to you all.

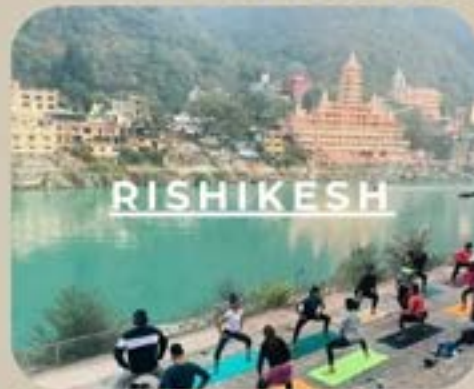
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DATES

→ SATURDAY, FEBRUARY 21, 2026 -

→ SUNDAY, MARCH 8, 2026

DEPOSIT \$750

ACTIVITIES

→ DAILY MEDITATION, SATSANG & YOGA

→ HIKING/RAFTING/SIGHTSEEING

→ HOLI CELEBRATION/FESTIVAL

FLIGHT INFO

SAT 2/21 EMIRATES: JFK (10:40 AM) - DXB - DEL (2/22 2:40 PM)

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

MUST BE ON SAME FLIGHT

PRICING

→ \$5600 PER PERSON (DOUBLE OCCUPANCY)

→ \$6700 PER PERSON (SINGLE OCCUPANCY)

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February 21 - March 8, 2026**

We are going back to India in three months!! This time we are going north to Rishikesh - the yoga capital of the world!! We will have yoga with Raj and satsang with Ma Mokshapriya every day. We will do a couple of day trips as well as some hiking and river rafting on the Ganges! The second week will be spent sightseeing in Delhi, Agra and Jaipur, and we will end with a Holi (festival of colors) celebration!

Maximum 20 passengers - a deposit of \$750 is required to reserve your spot, the balance is due by the end of this year (cash/check payable to MYSIM/Zelle or PayPal* to yogashaktiNY@gmail.com).

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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.

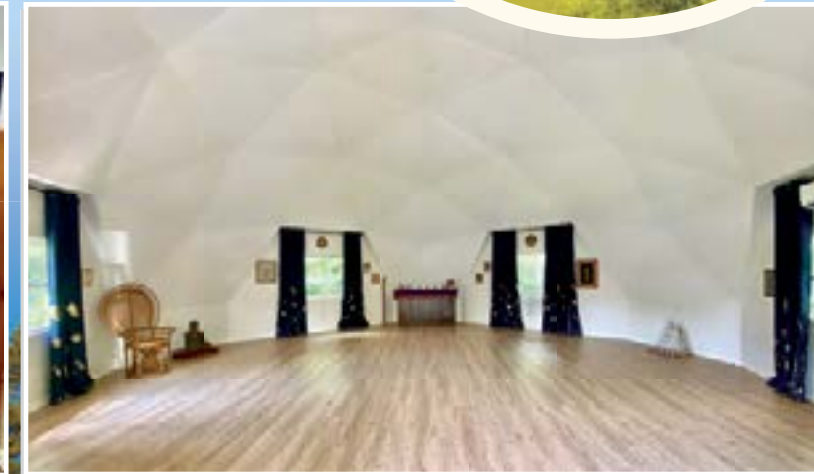


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AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING



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



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



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



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