

Andrea de Michaelis presents

JULY 2025

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Florida's Mind,
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Since 1992

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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**

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover
A.I. by Andrea

Contributing Writers:

Bernadette Carter King
Seth thru Jane Roberts
Michelle Whitedove
Mokshapriya Shakti
Cecelia Avitabile
Abraham-Hicks
Karen Williams
Debra Strasser
Sharron Britton
Mike Dooley
Mitch Ditkoff
Scott Grace
Tom Sannar
Jim Palmer
Jeff Brown

HORIZONS

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

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



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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JULY 2025 EDITION OF HORIZONS MAGAZINE, OUR 33RD YEAR! It was never my intention to become the publisher of **Florida's mind body spirit magazine** but the **Universe** guides in unexpected ways. I was just having fun helping out friends when opportunities began appearing everywhere.

MAKING A LIVING DOING WHAT YOU LOVE TO DO

A friend asked "I'd desperately love to make a living doing something besides working for others and I genuinely want to know if there are ways for me to do it besides to spam people. I'm curious about what it might be like if I were to try to do it."

I've learned as far as making a living with your art or whatever else it is you love to do, is to begin doing it and enjoying it and you will begin to get ideas on how to make a living doing it as you are in the middle of doing it.

Ideas will start flowing as you stop worrying that it's not possible to make money that way, as soon as you begin believing it's possible for it to happen to you too. It is truly a case of stepping out before you see the bridge and then the bridge appears beneath your feet, just like in Indiana Jones.

I LET BEING MARRIED STIFLE MY CREATIVITY

For the first of the magazine years I was married. Altho I married 5 times, I always found romantic relationships inconvenient, having to factor someone else in to my schedule and accommodate them. Don't get me wrong, I married some cool guys but I'd soon want to be alone again. Each time I married within a few months of knowing them, then when the infatuation faded I'd be done.

I know, not very mature. When I recognized I had that pattern, I stopped seeking romantic relationships. And I'm not a complete loser, 3 of them died and no, it wasn't the mushrooms.

BEING ALONE gave me the time and space to explore without interruption or explanation. I spent decades going to weekly spiritual discussion meetings, gathering intel, pondering it as it applies to my own life now.

VAN MORRISON BRINGS BACK MEMORIES

I look back with gratitude & satisfaction at my prior solitary life but don't regret having changed as I find increasing happiness in friendships. I'm recently being reminded of my "prior life" in this incarnation and am being rewarded with new revelations.

May 29 I posted on **Facebook** about how listening to **Van Morrison** back in the day was the first I'd heard the phrases "higher self" and "dweller on the threshold." Contemplating those phrases opened a new world to me. I was introduced to the **Alice A. Bailey** books. Early faves were **Discipleship In The New Age (II)** and **Letters on Occult Meditation**, a great intro to the deeper implications of meditation as service.

A NEW WORLD OPENED UP TO ME AS I STUDIED AND MEDITATED

As I began reading and studying her books -- this was before the internet -- I became aware of an entirely new world around me, a world which merged and interacted with the 3-D world as I know it. It was also a time I did NOT have an ongoing relationship, so there was plenty of ALONE time to think and do my daily spiritual practices, yoga, meditation, study with no outer distraction from my inner thoughts.

EVERYTHING CHANGED

BEING ALONE AGAIN WAS A POWERFUL PLACE TO BE and my world around me changed as my perceptions widened. My job -- indeed my 22 year career as a criminal defense paralegal -- changed, my set of friends and coworkers changed, I was offered many exciting and lucrative opportunities in fields I knew nothing about. I travelled every week, was exposed to many new things, learned a lot.

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ABRAHAM-HICKS



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

QUESTION: Abraham, How do you feel about New Year's Resolutions? And how would you approach a New Year's Resolution if you were in our physical shoes.

ABRAHAM: They are a wonderful idea. They fall into the same category as Segment Intending or Positive Expectations or Deliberate Creation. Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision. Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged. Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page:

MY DOMINANT INTENTIONS

Then write four sub-headings:

1. My Current Intentions Regarding My Body
2. My Relationships
3. My Home
4. My Work

Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this. Imagine your body looking just as you would like it to look. See it in your mind's eye. Try to imagine how that beautiful body would feel. Move it, in your imagination. Take it for a walk, dress it in something that pleases you.

Appreciate its stamina and flexibility and clarity. Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you. Feel appreciation for that person. Mentally speak your appreciation. Imagine that person loving you back. Praising you, and complimenting you. Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home. Make mental pictures of your home as you want it to be. See it orderly, if you desire that, and beautifully furnished, if you desire that. In an easy and carefree manner, imagine it however you would like it to be. Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something. Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

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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>

Back in the day, I started my pastoral career by serving at the largest church in North America. Following this I was the founder and many years the Senior Pastor of a successful non-denominational church. I spoke at TBN, Crystal Cathedral, church growth conferences, and enjoyed the Christian celebrity status that comes with making a name for yourself in ministry.

Despite all this, something was not right. I felt it lurking in the shadows of people's lives. No person taught evangelical theology with the devotion and passion that I did, but one day I realized this did not produce true and lasting change in others lives or my own. Eventually, this led to my walking away from Christianity and ministerial career.

Below are 15 things that the misguided religious establishment doesn't want you to know.

Speaking for myself and my personal experience, I was not able to see or admit these things to myself. I truly got into ministry initially because I wanted to make a difference and help people, and I relied upon the belief-system I learned as the proper framework to achieve this. It took a lot of post-religion reflection to see the ways this belief-system was hurting people.

I offer the below list in hopes that you might disentangle yourself from harmful beliefs and attitudes impacting your life. What follows are 15 things the misguided religious establishment doesn't want you to know:

1. Toxic religion is rooted in fear, especially fear about the afterlife. It leverages the false doctrine of hell to win converts and demand holiness. The fear of **God's** disapproval, rejection, abandonment and punishment is hallmark of toxic religion.

2. Clergy have no innate authority. Holding a church leadership position or having a theological degree does not imbue a person with special divine authority or superiority. The terms "anointed", "called", or "chosen" or titles such as "pastor", "priest", "bishop", "elder", "evangelist" or "apostle" do not confer any innate authority on an individual or group.

3. We hold sacred what we are taught to hold sacred, which is why what is sacred to one community is not sacred to another.

4. The stories in our sacred books aren't history, nor were they meant to be. The authors of these books weren't historians but writers of historical fiction: they used history (or pseudo history) as a context or pretext for their own ideas. Reading sacred texts as history may yield some nuggets of the past, but the real gold is in seeing these stories as myth and parable, and trying to unpack the possible meanings these parables and myths may hold.

5. Prayer doesn't work the way you think it does. You can't bribe **God**, or change **God's** mind through obedience, devotion, or groveling. The underlying theistic premises of prayer are untenable.

6. Anything you claim to know about God, even the notion that there is a God, is a projection of your psyche. What you say about **God**—who **God** is, what **God** cares about, who **God** rewards, and who **God** punishes—says nothing about **God** and everything about you. If you believe in an unconditionally loving **God**, you probably value unconditional love. If you believe in a **God** who divides people into chosen and not chosen, believers and infidels, saved and damned, high cast or low caste, etc. you are likely someone who divides people into in-groups and out-groups with you and your group as the quintessential in-group. **God** may or may not exist, but your idea of **God** mirrors yourself and your values.

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SOUL SONGS • ABRAHAM FUN

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

EASY SILENCE

For several minutes today, I relinquish efforts to accomplish, maintain a schedule, or tackle a to-do list. Instead, I sit in silence, feeling leisurely, relaxed, still.

I allow my breathing to slow and my mind to shift into neutral. I give myself permission to do nothing at all.

When I'm calm, quiet, and utterly passive, I am, ironically, doing more for myself than I could possibly bring about through arduous action.

I stir up healing and rejuvenation in every cell of my body.

I summon the answers and solutions I've been seeking.

I allow my finances to begin to improve.

I allow relationships to start to transform.

I allow clarity and insights to float gently to the surface of my experience.

It can all start in silence. With anticipation, I go there regularly. Emerging from silence, I know I've set in motion great things.

AD RATES ON PAGE 4

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GETTING THE GOODIES

As I think back to receiving presents on a special occasion, I realize I didn't need to do anything - only receive. And I recall the anticipation and appreciation I felt.

The Universe knows every detail of my current wish list and yearns to delight me by providing each of my heart's desires, tangible and intangible. All I must do is become receptive by:

1) Anticipating good things. I practice living in a state of hope and wonder.

2) Appreciating. I practice loving where I am right now and noticing the happy aspects of my experience. I discipline myself to give minimal attention to the things I dislike and don't want.

3) Relaxing. When I relax and simply enjoy life, I am utterly receptive to my good. I hereby give myself permission to kick-back, chill-out, have fun. When I'm in this mode, I am pulling in the deepest desires that I hold for myself and for the planet.

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written by Cecelia Avitabile

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

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

HERB CORNER

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

BUG BITE PREVENTION

I always enjoy this time of year; working out in the gardens, family barbecues, trips to the beach. What I don't like are the countless bug bites.

Now I could use a commercial repellent but I have looked up some of those ingredients and they can be toxic. Thankfully there are many herbs (AKA weeds) on our lawns, in our parks or alongside the road that have insect repelling volatile oils.

When you crush or rub the leaves of these plants they release their oil. For example research done on **citrus leaves** found that there are compounds equally as effective as **DEET** for repelling mosquitos.

It was also found that the chemicals released from the leaves of **Peppermint, Spearmint, Lemon Balm and Pennyroyal** can also help to repel mosquitos when rubbed on the skin or clothes.

DO NOT USE Pennyroyal if you are pregnant or planning to become pregnant.

When I am planning an outside adventure, I take a strong **Garlic** capsule; one that has an odor because as you sweat out the garlic it repels biting creatures of all kinds.

RECIPE:

You can make a spray by mixing **1part of Garlic juice** with **5parts of water** in a spray bottle, then when you are ready to go outside you can spray it on yourself.

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CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

HIMALAYAN ICE QUARTZ

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](#)

The heat is on! Summer is here and we are all feeling the full intensity of the sun. Whenever I go outside to tend my garden I need to pace myself and come rest inside before venturing out again.

The cool waters of the ocean and **Florida** springs are beckoning as we are invited to come refresh ourselves body and soul so we can carry on. During hot times like these when tempers can flare and sparks can easily explode into conflagrations I also dream of the high mountains where we can still find a cooler place to mitigate the excessive heat before it becomes intolerable.

In the craggy peaks of the **Himalayan** mountains, snow and ice still rules the land even in the heart of summer.

Glaciers still inch over ancient rock, moving ever so slowly back and forth as they follow the deep rhythms of the earth. These rivers of ice are responsible for vast geological changes as their movement shapes the outlines of our planet.

This is a time when the earth's great glaciers are receding due to the effects of global warming. In the **Kullu Pass, gateway to the Himalayas**, the glaciers have left a gift for us. The crystal for the month of **July is Himalayan Ice Quartz, also called Nirvana Quartz.**

These crystals were first discovered in 2006 and made a huge splash in the metaphysical community. They are an unusual form of grow interference quartz.

You will only rarely find terminated crystals because while the crystals were growing they adhered to other minerals, most often **calcite** or **selenite** that later dissolved away, creating grooves, indentations and shapes along the faces of the crystal.



**Himalayan Ice Quartz, aka
Nirvana Quartz, Kullu Pass, India**

Growth interruption quartz is considered to be a very powerful tool for understanding and removing the mental, spiritual and emotional blockages that impede our progress and Keep us from the clarity we need to be in harmony with the universe.

Some of these crystals are very clear and some are a lovely pale pink. Many practitioners have used them in pairs to provide balance in the etheric realms during sessions with the pink representing the heart and the clear representing the higher mind.

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PSYCHIC MICHELLE WHITEDOVE

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

DEAR WHITEDOVE,

Dear Whitedove, A friend told me that I should wear a necklace made of rose quartz because it would help me. Do you believe that stones can have a real effect on the physical body? **Thinking Pink, Georgia**

DEAR PINK, Today modern science knows that quartz crystals generate an electrical charge when mechanical pressure is applied to them and they also vibrate. Quartz is used in radios, computers, and watches. Gemstones have been used throughout history for their beauty and their power. The Talmud and the Bible both speak of specific gemstones used for protection that cover the breast plate of the high priest. Kings and Queens used them in their crowns and stones were set in their swords and aligned specifically to enhance fighting abilities and to protect the user. So your friend has suggested pink quartz because it emanates qualities of unconditional love for the world, and self love. We can all use more love right now. Wear the pink quartz on a necklace with a long chain. For maximum benefit wear it over the heart chakra. And know that stones are most effective when resting against the skin.

DEAR WHITEDOVE, My father died about ten years ago and our family really misses him. But I'm troubled that my sister always prays to him. How do you feel about praying to loved ones? **Daddy's Girl in Missouri**

DEAR DADDY'S GIRL, From the other side, our loved ones do check in on us from time to time. But they are limited in their abilities to actually assist us because they are still learning and evolving in the spirit realm. Even though we have an unseen support team of Angels and Guides, I always advise people to take your prayers and requests to the top. **God** is the all knowing **Universal Consciousness** that has the solutions to our Earthly problems.

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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

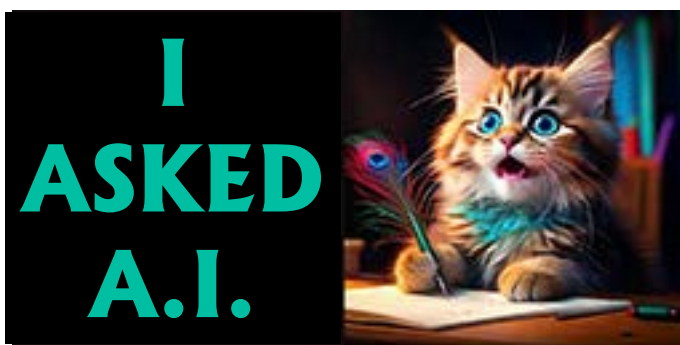
Fri 9:30am Chair Yoga with Audrey da Costa \$8

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

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

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

HAVE FUN BUT CHECK FOR ACCURACY. -- Publisher

I ASKED AI:

When asking questions in a group psychic reading, is the answer limited to the knowledge, understanding and belief of the combined attendees?

CHATGPT SAID:

That's a deep and insightful question—and it touches on the complex nature of group psychic readings. Here's a nuanced breakdown:

1. FROM THE PERSPECTIVE OF A PSYCHIC OR MEDIUM (ESPECIALLY IN A GROUP SETTING):

Many psychics or mediums claim they are channeling messages from spirit guides, deceased loved ones, or a higher source—not simply reading the minds or energies of the attendees. However, in practice: the energy of the group matters.

Many psychics say that the overall energy, openness, and emotional state of the group can influence what comes through. Some even claim that certain spirits or messages "won't come through" if the group is closed off or too skeptical. Messages may be filtered through what's familiar.

Even if the source is spiritual, the interpretation can be shaped by the psychic's own understanding and the shared belief systems or experiences of the group.

2. IF YOU BELIEVE IT'S INTUITIVE OR SUB-CONSCIOUS RATHER THAN SUPERNATURAL:

From this angle, you could argue that the psychic is picking up on emotional cues, language patterns, or subtle group dynamics—consciously or subconsciously. In this case:

The reading could absolutely be limited to the combined beliefs, fears, desires, or knowledge of the group.

The psychic might interpret group "energy" based on what's collectively present—so answers would naturally reflect that pool of experience.

3. THE SKEPTICAL VIEWPOINT:

Skeptics would say that the psychic isn't accessing any external or divine source at all. Instead:

The "answers" come from reading the room—group psychology, social cues, confirmation bias, or general statements that feel personal.

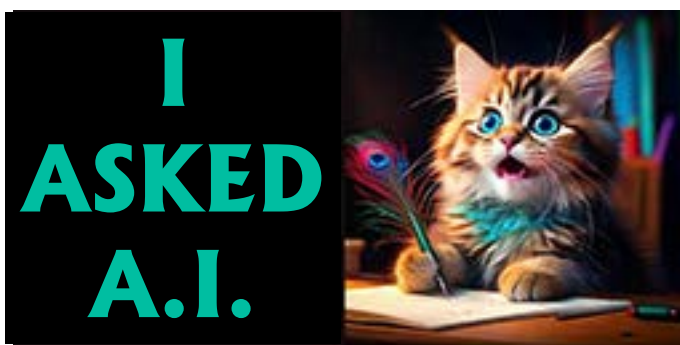
Therefore, the content of a reading may be unintentionally limited by what the group already knows or believes.

SUMMARY ANSWER:

Yes, to some extent. In a group psychic reading, even if the psychic claims to access an external or spiritual source, the interpretation and flow of information are often influenced by the combined energy, beliefs, and understanding of the attendees. This influence can shape what messages are received, how they are interpreted, and what resonates with the group.

If you're exploring this experientially, it can be helpful to go in with an open but discerning mind-set—acknowledging both the possibility of genuine insight and the influence of group dynamics.

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I ASKED A.I.: How can 2 people sharing the same living space live in two completely separate realities?

CHATGPT SAID:

Two people sharing the same living space can live in two completely separate realities through a combination of personal boundaries, differing perspectives, and varying habits. Here's how that might play out:

DIFFERENT LIFESTYLES OR ROUTINES:

Each person could have their own schedule, habits, and ways of interacting with the space. For example, one person might work from home while the other spends time out in the world. This can create different "realities" based on how they use the same physical space.

EMOTIONAL AND PSYCHOLOGICAL BOUNDARIES:

If the two individuals have significantly different emotional or mental states, they may interact with the space in ways that reflect their personal experiences. One person could be more introverted and use the space to recharge, while the other might be more extroverted and turn the shared space into a social hub. The way they experience the space could feel entirely different based on their needs and inner worlds.

COMMUNICATION (OR LACK OF IT):

If communication is minimal or strained, both people could end up having separate realities based on their limited interactions. One person might view the space as a sanctuary of solitude, while the other sees it as a shared home with more communal responsibilities. Misunderstandings or unspoken expectations could create these distinct experiences.



PHYSICAL SEPARATION:

Even though they live in the same physical space, each person could carve out "zones" for themselves. One might claim a particular room or area as their own, decorating it in a way that aligns with their personal reality, while the other does the same with their designated space. Physically, they may occupy the same area, but psychologically and emotionally, they inhabit different worlds.

DIFFERENT PERCEPTIONS OF THE SPACE:

People often interpret and experience the same environment in distinct ways. For example, one person might find the living room a place of relaxation, while the other sees it as a work area. Their perceptions of the space can make it feel like two different realities, even if they are physically occupying the same room.

ESCAPE INTO DIGITAL OR OTHER REALITIES:

One person might spend a lot of time immersed in a virtual world, playing video games, social media, or pursuing online communities, while the other may focus on physical-world activities. The contrast between these two worlds can make it seem as though they're living in separate realities, even though they're sharing a physical space.

In short, while they're in the same physical location, each person's mental, emotional, and behavioral experiences of that space can diverge enough to create completely separate realities for them. This can happen through personal boundaries, emotional states, communication styles, or even differing ways of relating to the shared space.



Scott Grace

A 12 STEP RECOVERY PROGRAM FOR THESE CRAZY TIMES

Step 2: Whatever You Think Our Leaders Lack, Be That More Often Yourself

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

As many of you know, I am writing a book that contains a **12 Step Recovery Program** for these crazy times.

If our leaders seem to be in short supply of qualities like kindness, humility, or basic listening skills, let's not just vote harder—let's lead by example.

Or as I imagine **St. Francis** might pray today:

Where there is hatred, let me sow love.
Where there is sadness, joy.
Where there is a great national divide, let me sow awkward hugs and curiosity-laced eye contact.

Yes, that last line was mine. **St. Francis** and I are still negotiating over it.

A) Perceive a Lack of Kindness?

If it seems like kindness has been furloughed from the government payroll, bring it back in your own neighborhood.

When Trump was first elected, a friend of mine hosted what I can only describe as an emergency meeting for the next night - a love-bombing playshop. She handed out paper and markers and asked us to write anonymous affirmations—things like:

“You are loved.”

“If I were there, I'd give you a hug.”

“No one can take away your ability to choose love.”



We left those notes on windshields all over the neighborhood.

Were we trying to overthrow the system?

No.

But we were reminding ourselves that we are still in charge of our own hearts.

B) Frustrated by Their Need to Always Be Right?

If your leaders act like they graduated top of their class at the Righteous & Indignant Institute, try a bold experiment:

LET GO OF BEING RIGHT.

Yes—even about how wrong they are.
Instead of arguing harder, laugh at your own inner pundit.

The one who secretly believes world peace would happen if everyone just saw things your way. Give that part of you a warm bath and a journal.

C) Notice a Disrespect for Opposing Views?

If your leaders dismiss everyone who disagrees with them, don't follow their lead.

Instead, listen deeply to someone on the "other side." Not to convert them. Not to win a debate. But to see the human behind the headline.

Chances are, you'll discover they have the same basic needs you do—just different strategies for meeting them.

You may not agree on policy, but you might both love dogs. Or pie. Or grandkids.

And in that moment, you'll remember:

This is how we bridge divides and heal a polarized nation.

One humble, curious, non-righteous human at a time.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JULY 2025

Welcome to July and the Dog Days of Summer! The Dog Days of Summer describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs?

One reason is because the hottest days of summer are associated with the star **Sirius**. **Sirius** was known as the “**Dog Star**” because it was the brightest star in the

constellation **Canis Major**. For up to 35 days before and 35 days after our sun conjuncts the star **Sirius**, close to July 4th, it is hidden by the sun’s glare.

The ancient **Egyptians** refused to bury their dead during the 70 days **Sirius** was hidden from view because it was believed **Sirius** was the doorway to the afterlife, and the doorway was thought to be closed during this yearly period.

The ancient **Egyptians** also noticed that the rising of the star **Sirius** would occur a short time before the annual flooding of the Nile. The rising of **Sirius** therefore kicked off the farming season in ancient **Egypt**.

We’re only a few weeks past the Summer Solstice now, and the days will begin to grow shorter. As some parts of the U.S. and world are experiencing record setting heat, the shortening length of daylight will be far from our minds.

July 4: Independence Day, United States

July 9: Martyrdom of the Bab - commemorates the execution of the co-founder of the Baha’i faith, the Bab

July 10: Full Buck Moon in Capricorn

Why do our full moons have a name and why are there so many names in the same month? The Farmer’s Almanac will generally list moon names based on Native American sources. Other cultures that are known for naming moons include China, Northern Europe, New Guinea, South Africa and Neo Pagan Traditions. Some of the many names for the full moon in July include The Mead Moon, The Hungry Ghost Moon, The Summer Moon and The Thunder Moon. The moon names reflect the changing of the seasons.

July 22: Sun enters Leo

July 23: Birthday of Haile Selassie, Rastafarian

July 24: New Moon in Leo

HAPPY JULY AND BLESSED BE!



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SETH SPEAKS

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

SETH ON THE LAW OF ATTRACTION:

Here's a compilation of pertinent sessions from Seth sessions on attracting events and experiences.

"First of all, all negative attitudes must be removed from your consciousness. You are attracting further financial problems in your desperation. You are focusing upon poverty rather than wealth.

It may seem to you highly impractical, unrealistic and downright foolish to ignore the physical circumstances of debts and expenses. To focus upon them, I tell you, is to bring more upon yourself. The rule of expectation applies." **Session 404**, to Robert Butts. Later in that session, Seth also says:

"Thoughts of plenty will automatically begin to attract plenty." *'The Early Sessions', Book 8, Session 404. p245*

In session 337, Seth describes how attraction works about love and fear:

"That which is feared is feared so strongly and concentrated upon so intensely that it is attracted rather than repelled. The approach should not be fear of war but love of peace; not fear of poor health but concentration upon the enjoyment of good health; not fear of poverty, but concentration upon the unlimited supplies available on your earth.

Desire attracts but fear also attracts. Severe fear is highly dangerous in this respect and in this context." *'The Early Sessions', Book 8, Session 337. p17*

"The coincidences that seem to happen, the chance encounters, the unexpected events - all of these come into your experience because in one way or another you have attracted them, even though their occurrences might seem to have insurmountable odds against them." *'The Individual And The Nature Of Mass Events', Chapter 4, Session 825.*

"If you believe in the sinfulness of the world, for instance, then you will search out from normal sense data those facts that confirm your belief. But beyond that, at other levels you also organize your mental world in such a way that attracts to yourself events that - again - will confirm your beliefs." *'The Individual And The Nature Of Mass Events', Session 833.*

SETH ON LEARNING FROM ALTERNATE EVENTS AND REALITIES:

"(Humorously again.) You do not consider a dream as a success or a failure. If the dream ends in a moment of destruction you do not consider the dream a failure.

In overall terms then, when I told you that the planet was dispensable, I meant it somewhat in those terms, for while in your reality you are vulnerable, and agony is real, still it is not the whole reality, and success and failure have no meaning in THOSE (underlined) terms.

Even the physical planet, having vanished, basically would continue to exist. Those responsible for such a destruction would have destroyed only reality as they knew it, in the probable system. Other probable earths and other probable races of mankind coexist, and you are a part of these also. You would be dispensing with an experiment you were not able to handle.

At the same time, again, the experiences would be used. **FROM A LARGER VIEWPOINT YOU WOULD KNOW THAT NOTHING HAD BEEN DESTROYED.** Now you should underline that last sentence. Think about it, and then I will answer questions that I believe you will have.

We have been speaking of projections and experiments in them, and if you want to, know what other experiments are being conducted by yourself and others this is one way you can at least briefly glimpse them.

Any event you would consider disastrous to your race, brought about by the race itself, would be used in another probable system to avoid the same sort of error.

There are disasters and dead end roads that your race has avoided completely, because in other systems of reality the lessons were learned and learned well.

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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>

**Be at peace, rest easy,
relax, coast, and luxuriate
to any degree that you can
allow yourself, for the day
will inevitably dawn when
you'll understand all the
"reasons" that now elude
you, bless the darkness that
now seems to separate you,
and celebrate the ancient
choices that once made you.**

Just as we do.

Trust me,

The Universe

**No more "supposed-tos,"
OK?**

**You're not supposed to work
harder, look better, be quiet,
talk more, run faster, be hap-
pier, stay longer, leave earlier,
negotiate, settle, start, stop,
move, try, win, shake, rattle,
or roll.**

**Other people made all that
up.**

I love you the way you are,

The Universe

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IPHONE, THEREFORE I AM?

Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily. (mitchditkoff.medium.com) and mitch@thegiftofpoetry.com See also <http://www.ideachampions.com/heart/>

One of the curious things about the so-called 'spiritual life' is the palpable gap between theory and practice.

On one hand, practitioners, in their effort to keep themselves in a positive state of mind, usually maintain an image of themselves as devoted, conscious, centered, and peaceful people.

On the other hand (the one with the hangnail), those same people realize that, above and beyond their well crafted personas, they are much closer to being a fool than a sage. Or maybe it's only me I'm talking about.

Here's what I mean: At one of **Prem Rawat's** five-day retreats, in **Australia**, a few years ago, I was having a leisurely lunch with a friend, neither of us with a care in the world. If this was **Monopoly**, we had both just landed on Free Parking.

When it was time for **Mark** to return to the **Gift Store** where he was helping out, I decided to linger a few minutes before trekking back to my tent, not wanting to rush things.

Three minutes into my walk, I noticed I didn't have my **iPhone**, so I turned around and made my way back to the lunch table, expecting to see it just where I most likely left it. It wasn't there.

This did not feel good. So I began searching the many zippered pockets of my backpack -- **Sherlock Holmes** in heat. Hmmm... my **iPhone** was nowhere in sight.

Then I looked under the table. Nothing.

Then I checked the four pockets of my pants -- two in the front and two in the back. Zippo. Nada. Zilch.

Then I dumped all the contents of my backpack onto the table just in case I missed something. Notebook? Check! Granola bar? Check! Seating pass? Check! iPhone? No check.

Surrounded by blissed-out people everywhere, my exponentially increasing sense of agitation began to feel very out of place.

Having no clue where my cell phone was, I started sneaking furtive glances at the chatty people sitting at the next table -- people with accents I couldn't quite place.

Then the guy cleaning the tables walked by, looking very suspicious -- his ear-to-ear smile obviously a ruse.

I think of approaching the foreigners at the next table, but what am I going to say? "Did you steal my phone?" "Would you be so kind, my brothers and sisters, to empty your pockets?"

I am not feeling good. My stress level is rising.

"Hey," I think to myself, "maybe **Mark** accidentally put my **iPhone** in HIS pocket when he left. Certainly possible, no? So I walked over to the **Gift Store** and asked him, but **Mark** tells me, big smile on his face, that he doesn't have it.

Now, I've got major butterflies in my stomach -- not the kind you see on greeting cards. No. These are evil butterflies, flying in formation, spitting at each other, while I start making a mental list of all the repercussions that comes with losing a cell phone:

The cost of replacing it.
The contact list that would need to be rebuilt.
My personal information soon to be sold on the dark web.

This was not the experience I wanted to be having today. No way. Not here! Not now. Not at **Amaroo**, the "Beautiful Place."

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OUR MIND



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com
Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

YOGA SUTRAS OF PATANJALI Techniques of Meditation

This is a systematic series of the study of the Our Mind. We will be giving you the most important Yoga Sutras of Sage Patanjali each month. The Sutras reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.

OUR MIND #12 KRIYA

Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

WHAT IS KRIYA YOGA

So far in the first chapter we have learned that the most important part of our life is to have perfect control over the mind. Our mind is constantly running in all directions especially when we are not engaging it in a specific task.

Everyone has the ability and it is even their destiny to reach the highest state of consciousness. To reach that state we need to remove all the impressions that we have stored in our conscious and unconscious and subconscious mind.

At the same time we need to have our mind under control in order to not bring in more impressions that we eventually need to clear. It would be good for the reader to review the previous articles.

In the second chapter **Patanjali** outlines the practices that are essential to obtain control over the mind. When we combine discipline, spiritual study, and devotion to **God** it is called **kriya yoga or tapas**. **Tapas** literally means to burn or to create heat whatever burned is purified. Usually translated as **austerity or penance** but it is the effort or discipline to purify the mind.

To take control of the mind we need to practice discipline. Think that the organs of our senses are the horses, the mind is the reins, the intellect is the charioteer, the soul is the rider and the body is the chariot.

If the horses are very strong and do not obey the reins, and if the charioteer has no discipline, then the rider is disturbed and eventually it leads to sorrows.

But when the horses and organs are controlled by the reins, the mind, and the charioteer has discrimination then the rider or soul reaches its destination. **Tapas** means that we have control over the senses and do not allow the body to do whatever it likes. Discipline at all times. We see in life that if we eat too much or drink too much we do not feel so good. Whereas when enjoying moderation we feel satisfied.

Discipline is needed in all parts of our life and amazingly we feel better when we use it. We make a decision to take care of our body and decide to exercise daily. When we do, we feel better, but lack of discipline does not allow us to continue. At that point we feel defeated. Every time we feel defeated because of lack of discipline we disempower ourselves and discipline becomes harder and harder.

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SPIRITUAL GRAFFITI

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

‘HABITUAL RANGE OF E-MOTION’ EXERCISE

Our habitual range of e-motion is another way that we can limit our access to a more enre-aled and inclusive consciousness. Our habitual range of e-motion can be defined as our emotional comfort zone. It is that place between vulnerability and armor that we return to time and again.

Our habitual range of emotion represents the ingrained grooves of how we hold ourselves back, finding comfort in a range that was conditioned, and/or that developed in an effort to repress and bypass painful emotions.

Most of us go back to the range that kept us safe during challenging or traumatic life experiences, often without recognizing that it has outlived its usefulness. Examples of the latter can include abandoning a love relationship before we get too close, or sabotaging a great achievement just before it is complete, or eating a large amount of unhealthy, numbing food after a vulnerable opening.

Anything that pushes us outside of our comfort zone, anything that may bring us into closer contact with our unresolved wounds, is bypassed or pushed away, in order to bring us back into range. This makes complete sense since our range has been prescribed by our trauma history and conditioning. Most of us enter this world deeply vulnerable and open, and life experiences compel a tightening of the range.

So, the first thing to do is to acknowledge your range. Spend some time this week focusing on how far you go in the direction of feeling fully alive, and how comfortable you are with being shut down. Pay careful attention to where you open, and where you close.

Perhaps you contract when you feel a painful feeling or memory emerge. Perhaps you contract when a friend or partner makes a demand of you.

Take careful note of the various situations that you are in throughout your day—and how you either open up within them, or subtly close or contract. This includes time with a lover, with your family, with your co-workers. Notice the moments you draw back, rather than step forward and fully meet the world.

As you become aware of any ways that you close, seek to identify the WHY. Ask yourself honestly: Why do I inhabit this range? What feelings, fears, and judgments am I seeking to avoid, by coming back into range? What purpose is this serving? What will come up to be seen and felt, if I forge onward and hold to a vaster new range? And... TO WHAT EXTENT is my habitual range of emotion—the degree to which I am comfortable with feeling—forged in the fires of unresolved trauma?

Do I play it safe (a tight range), or play it risky (a loose range), because I am seeking to avoid unresolved memories and feelings? Have my unresolved wounds and traumas limited my range of feeling? Has my conditioning played a role? Make a note of anything you come to realize...

And, if you are feeling brave, step out and explore a vaster range of e-motion. For example, allow yourself to remain relationally vulnerable just a little longer than usual. Or, stay away from the comfort food that brings you back into range. Or, go out into the world and do something that usually frightens you. Adventure into a new range of experience and see how that feels.

And then pay close attention to see if you do something else to tighten your range. In other words, look closely to see if your response to expanding your range of feeling in one way, is to narrow it in another way. To truly expand our habitual range of e-motion, we have to be sure not to counter-balance acts of expansion with acts of constriction. We have to reach a place where we can integrate a vaster range of feeling as a way of being. One small step at a time...



Jim Palmer

NON - RELIGIOUS SPIRITUALITY

continued from page 8 ...

7. Nobody is born into the world with a religious belief system imprinted on their soul. People are born human and are slowly conditioned by narratives of culture, race, religion, gender, nationality, which often divide us from one another and masks what makes us one.

8. Theology isn't the free search for truth, but rather a defense of an already held position. Theology is really apologetics, explaining why a belief is true rather than seeking out the truth in and of itself. All theological reasoning is circular, inevitably "proving" the truth of its own presupposition.

9. Becoming more religious cannot save us. Religion is a human invention reflecting the best and worst of humanity; becoming more religious will simply allow us to perpetuate compassion and cruelty in the name of religion. Because religion always carries the danger of fanaticism, becoming more religious may only heighten the risk of us becoming more fanatical.

10. Becoming less religious cannot save us. In fact, being against religion can become its own fanaticism. Becoming less religious will simply force us to perpetuate compassion and cruelty in the name of something else. Secular societies that actively suppress religion have proven no more just or compassionate than religious societies that suppress secularism or free thought. This is because neither religion nor the lack of religion solely nullifies our human potential to act out of ego, greed, fear, hostility, and hatred.

11. A healthy religion is one that helps us own and integrate the shadow side of human nature for the good of person and planet, something few clergy are trained to do. Clergy are trained to promote the religion they represent. They are apologists not liberators. If you want to be more just, compassionate, and loving, you must do the personal work within yourself, and free yourself from the conditions that lock you into injustice, cruelty, and hate, and this means you have to free yourself from all your narratives, including those you call "religious."

12. Religious leaders claims that their particular understanding and interpretation of their sacred books should be universally accepted. Religious leaders often say, "My authority is the Bible." It would be more accurate for them to say, "My authority is what they taught me at seminary the Bible means." People start with flawed or false presuppositions about what the Bible is, such as: the Bible was meant to present a coherent theology about **God** or is a piece of doctrinal exposition; the Bible is the inerrant, infallible and sole message/"Word" of **God** to the world; the Bible is a blueprint for daily living. Too often religious leaders make **God** about having "correct theology." There are a lot of unhappy, broken, hurting, suffering, depressed, lonely people in church with church-approved theology.

13. If your livelihood depends on the success of your church as an organization, it doesn't take a rocket scientist to see that you will mostly define and reward Christianity as participation in church structures and programs. Christian living is mostly a decentralized reality or way of life, not a centralized or program-dependent phenomenon. Church attendance, tithing, membership, service, and devoted participation, become the hallmarks of Christian maturity.

14. Misguided religion teaches that you lack what you need to effectively manage your life morally, meaningfully and fulfillingly. The truth is that you are capable of guiding your own spiritual path from the inside out and don't need to be told what to do. You naturally have the ability, capacity, tools and skills to guide and direct your life meaningfully, ethically and effectively. Through the use of your fundamental human faculties such as critical thinking, empathy, reason, conscience and intuition, you can capably lead your life. You have the choice to cultivate a spirituality that doesn't require you to be inadequate, powerless, weak, and lacking, but one that empowers you toward strength, vitality, wholeness, and the fulfillment of your highest potentialities and possibilities.

15. Misguided religious leaders believe and teach that things are best off run by men. Patriarchal religious systems are characterized by misogyny, and rooted in an inadequate and flawed biblical hermeneutic. These attitudes, beliefs and actions have deeply damaged women, and catastrophically the health and vitality of the church.



WHAT IS MY SPIRIT ANIMAL

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BLACK PANTHER SYMBOLISM & MEANING

Black Panther speaks to our soul with the shimmering energy of the Moon; this big cat is the ultimate shapeshifter and the master of disguise. **Panther's** sleek black coat cloaks its true identity in the shadows. It isn't until you are close to a **Panther** that their illusion falls away and who they really becomes visible.

But, good luck getting close to this elusive animal and any human for which **Black Panther** is their Totem Animal.

The **Black Panther** is actually a Leopard or Jaguar (usually, though it can be any big cat) with a genetic difference that gives them a black coat. It isn't until you get very close that you can see slight color variations - mostly spots.

So, while the old saying of "A leopard can't change its spots" might be true, they can hide them. In this ability to masque its authentic nature is where we find the **Black Panther's** deepest symbolism and meanings.

Egyptian priests wore a **Panther** tail to give them strength and safety during sacred rituals. It was also a **Panther** who diligently protected IO, Zeus's beloved heifer.

In nature, **Black Panthers** can move over short distances very quickly, leading to the symbolic meaning of swift, graceful action. When you find yourself seeking out **Panther** Medicine, you may find yourself likewise having to make fast choices. After making that move, however, don't maintain that pace as **Panther** cannot go the distance for very long.

Black Panther is a loner. This Spirit is one of solitary study who often walks alone; this is not a lonely life, rather one of choice that develops **Panther's** senses especially to psychic abilities and magic.

They hunt silently, seeming to appear and disappear in the blink of an eye; this means that **Black Panther** people can be very elusive. You may have to wait for them to find you.

Because **Panther** has lunar ties, they hold the power of mysticism and the safety of darkness. Her wisdom and knowledge are as deep as the night itself. She is sensitive to vibrations that others cannot process, and very in touch with her sensual, sexual self. When **Black Panther** walks with you, your love life is about to take on whole new intensity.

A **Black Panther's** stare is intense. You cannot avoid its piercing awareness. This Spirit Animal strips away all facades and understands others down to a cellular level. It is a very powerful guide, and one worthy of deep respect.



WHAT IS MY SPIRIT ANIMAL

... from page 23

BLACK PANTHER SPIRIT ANIMAL

Black Panther as a Spirit Animal often comes those who need protection. **Panthers**, generally speaking, is smaller than lions or tigers - yet far more fierce. This Sacred Mother watches over those She chooses with great courage, often chasing away our own fears of those things we don't understand with her proactive bravery.

See, the **Panther** Spirit Animal helps us navigate darkness within and without. As we follow Her lead, we transform doubts into strengths so that we may inevitably be birthed into a new level of awareness. Women who need help leaving toxic relationships or working environment often find **Black Panther** appearing as their Spirit Animal. For more on this, see the **Panther** Power Animal below.

BLACK PANTHER TOTEM ANIMAL

Those born with a **Black Panther** Totem Animal have a natural understanding of life's cycles. They are graceful individuals who move in and out of our lives, often with little notice. **Panther** People typically seek out other solitary souls who value a brief connection.

Panther is cautiously curious. She has deep-running passions that beg for expression. If your Totem Animal is a **Black Panther**, this is part of your power. You need that release, but frequently without commitment.

It's said that the most powerful form of communication available to humans is complete silence. Those with **Panther** as a Totem Animal know when to be silent and have the strength to do so. Additionally, **Panther** people rarely reveal too much about themselves.

BLACK PANTHER POWER ANIMAL

Invoke **Black Panther** when you need to see beyond superficial reality. **Panther** is also an excellent partner in psychic work, for connecting with Moon energies, developing sensitivity, and for discovering your personal truth. Divination systems with a tactile element pair very effectively with **Panther** medicine.



For mothers who need aid with gathering the courage to leave toxic marriages, **Black Panther** energy can support them during this time. **Black Panther** mommas raise their children as single parents (usually). They establish dominance shortly after mating and push the male away.

NATIVE AMERICAN BLACK PANTHER SYMBOLIC MEANINGS

Native American symbols and meanings for the **Black Panther** center on Jaguars, a word that roughly means "kills in one blow." This creature's original habitat was North American, but it slowly moved southward, which is why we find stories in Mexico and Peru. Both these regions uplifted Jaguar as a God (often associated with the Underworld), and this divine cat played an integral role in coronation rites.

Generally speaking, Native American tradition associates **Black Panther** with successful hunts, leadership, strength, honor, aggression, fearlessness, clear sight, instinct, and calculated movement.

BLACK PANTHER AS A CELTIC ANIMAL SYMBOL

Celtic lore speaks very little about **Black Panther**, but we do know that Freya, the Goddess of fertility, fate, and love in Norse tradition, had a chariot manned by two huge black cats.

BLACK PANTHER DREAMS

Black Panther dreams can have a wide variety of meanings and symbolism depending on the way in which She appears. Generally, dreams about **Panthers** represents personal power and shrewdness. For example, a wounded **Panther** represents a meeting with an adversary that you will overcome, and petting a **Panther** portends good luck.

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ABRAHAM HICKS

... from page 7...

Esther Hicks

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.

QUESTION: What is the role of thought in traumatic injuries? Abraham, are traumatic injuries created in the same way that diseases are created? And can they be resolved through thought? In other words, like a breakage of something that happened in a momentary incident as opposed to a long series of thoughts leading up to it.

ABRAHAM: Whether the trauma to your body seemed to come suddenly as a result of an accident or whether it came from a disease such as cancer, you've created the situation through your thought and the healing will come through your thought as well.

Chronic thoughts of ease promote wellness while chronic stressful or resentful or hateful or fearful thoughts promote disease. But whether the result shows up suddenly as in falling and breaking your bones, or more slowly as in cancer, whatever you are living always matches the balance of your thoughts.

Once you've experienced the diminishment of well being, whether it has come from broken bones or internal diseases, it is not likely that you will suddenly find good feeling thoughts that match those of your Inner Being.

In other words, if before your accident or disease you were not choosing thoughts that aligned with well being, it's not likely that now that you are faced with discomfort or pain or a frightening diagnosis, you will suddenly find that alignment.

It is much easier to achieve great health from moderate health than to achieve great health from poor health.

However you can get to wherever you want to be from wherever you are, if you are able to distract your attention from the unwanted aspects of your life and focus on the aspects that are more pleasing. It really is only a matter of focus.

Sometimes a frightening diagnosis or a traumatic injury is a powerful catalyst in getting you to focus your attention more deliberately on things that do feel good. In fact, some of our best students of **Deliberate Creation** are those who have been given a frightening diagnosis where doctors have told them that there is nothing more that can be done for them, who now, since they have no other options, deliberately begin to focus their thoughts.

It is interesting that so many people will not do what really works until all other options have been exhausted, but we do understand that you've acclimated to your action-oriented world and so action does seem to most of you to be the best first option. We're not guiding you away from action, but instead, encouraging you to find better feeling thoughts first and then follow with the action that you feel inspired to.

QUESTION: My next question is about the price of gas in the United States. It's at its highest point historically, and I'm wondering what those of us who are Conscious Deliberate Creators and are on the Leading Edge can do to find the positive aspects in that, to feel good about that, to begin to change the vibration around that.

ABRAHAM: Well, here's what we would like: We would like it to cost ten times what it does, and you not care... because as long as you care what something costs, you've got a limitation set on how much money you think will come into you.

So you go to the pump, and the cost of gas is high, all that does is cause you to launch a rocket that says, **"I'd like more money to pay for this higher price of gas." And Source says, "Alrighty, then." And then all you've got to do is bring yourself into alignment with that, you see?**

Our favorite story about that was a woman who was talking about her now-husband who was a former husband of someone else to whom he was paying alimony. And his former wife kept taking him back to Court and demanding more money.

...continued on page 41...



Mokshapriya
Shakti

OUR MIND

... from page 21

We learn discipline when we attend school. If we study hard and keep our mind and effort disciplined we are able to get the degree or profession we wanted. We are disciplined in going to work, because the consequences are not having a job. So why is it so hard to keep discipline for our own well being?

Psychologists state that we are wired for instant gratification which makes it difficult to resist temptations and delay gratification for long term goals.

They also state that discipline might require us to do things that are uncomfortable (like exercise) and we prefer to avoid the discomfort. This makes it difficult to stick to a task even though we know it is good in the long run.

And lastly they say that we are creatures of habits and likes and it takes effort for us to resist those. Also when we exert self-control on one task, our ability to maintain discipline on others is diminished, our willpower is depleted.

The yogi looks through a different lens. Ego, our identity that we have created through desires, memories and interactions with the world. wishes to maintain its identity. We are really pure consciousness and that is what we all seek to return to, and which brings the ego under our total control.

That means we need to release the sense of “I am the doer” and give credit to the divinity within us. When we are overly attached to our identity or I-ness we are unwilling to release control or ego. Ego starts sabotaging our efforts, and by doing so it also disempowers us. The ego creates an illusion of separation which leads us to sorrows. In our study we call this world a world of sorrows.

Spiritual studies are very important. It connects us to higher states of consciousness. It awakens dormant knowledge about our true self. It also fulfills the innate desire that we have to connect with our divine self. Without it we will not be motivated to find deeper meaning of life. It expands our world view and eventually leads us to devotion to the Divine.

The word is **Ishwara pranidhan** which literally means to give our **prana** or **surrender** to **God** or our **higher self**. It means giving up our personal will and dedicating all actions, thoughts and intentions to something greater than ourselves.

Control of the mind results in strong willpower. It results in being able to achieve that which we set out to do. It is something we all wish we had more of. We set out each New Year with goals and wishes and by the end of January they begin to fade. **Let us look to embrace kriya yoga as a tool for our self-actualization** rather than that it is something to be shunned.

Through the practice of **kriya yoga** we can reach the highest state in meditation which will destroy all our sorrows and all our ignorance. Meditation is the only way to destroy sorrows in life. In meditation our mind is under control and therefore not influenced by previous impressions or **samskaras** and we begin to understand or see the truth. When the mind is quiet it does not make more impressions that need to be cleared.

Yogashakti Ashram
Founder:
Maha Mandaleshwar Ma Yoga Shakti

- Arti (daily 6:30 am & pm)
- Puja (Holidays & Full Moon)
- Satsang (Lectures)
- Meditation
- Yoga (9 classes per week)
- Sunshine Lectures
- Retreat (45 acres in Catskills)
- Teachers Training (Meditation)
- Publications:

Ma Yoga Shakti International Mission
114-41 Lefferts Blvd. S. Ozone Park, NY 11420
718.641.0402 www.yogashakti.org
yogashaktiny@gmail.com

HERB CORNER

... from page 11...

Citronella is another plant that I use; the essential oil has a lemony-scent that deters many backyard insects it's not very strong so it needs to be used often.

RECIPE:

I make a mixture using:

4 oz. of **Jojoba oil**
30 drops of **Citronella**
30 drops of **Pennyroyal**
30 drops of **Eucalyptus**
20 drops of **Lemongrass**
20 drops of **Lavender**
10 drops of **Clove**

Pour these essential oils in a glass spray bottle. Just be careful the first time you use essential oils on your skin they can be very strong.

BESIDES HERBS, CHOOSE CLOTHING WISELY

Besides herbs, choose your clothing wisely. Mosquitos are attracted to water and dark clothing resembles standing water. Floral prints or bright-colored fabrics can fool even the smartest bee, especially if you are also wearing perfume.

You want to remove as much standing water from around your yard by drilling holes in the bottom of garbage cans, flowerpots or anything else that holds water.

If you have a pond or birdbaths try adding some **corn-starch** to the water, it messes with mosquito larvae but it won't hurt other creatures and its biodegradable.

**NOW
AVAILABLE:**

**Reclaiming
Your Roots, a
Comprehensive
Guide to Herbal
Health**

written by Cecelia Avitabile



PSYCHIC MICHELLE WHITEDOVE

... from page 13...

DEAR WHITEDOVE, In difficult times it's hard to stay on the right path without getting all freaked out! The world seems so out of balance with war, economic challenges, crimes, and crazy weather too. Do you have any advice for the light workers? **-Bright Light in S.C.**

MY DEAR, It's all too easy to become distracted with the negativity but freaking out with stress and worry won't help. These days that we are living in will be a time of great change and upheaval. Change makes us uncomfortable, but getting out of our comfort zone is just what we need to do. The negative aspects of our world need to be wiped away to make room for the rebirth of higher spirituality in 2012. In times of turmoil, focus your time and attention on helping those in need. Offer your prayers, give your love freely, be of service, and stay connected to the Divine Intelligence for guidance. Material goods will come and go, but your actions, thoughts, and deeds stay with you for eternity.

DEAR MICHELLE, As a child my teacher always called me a daydreamer and I didn't do very well with traditional education. Today I consider my imagination to be my best asset. What do you think about someone who has made a living from their visions? **Envision That in Evergreen, CO**

DEAR ENVISION, Imagination is so much more important than education: it is inspired communication through visions. And visualization is the first step of creation which has led to every invention. Education is learned information. Imagination helps to bring the unseen to fruition. In the past 125 years inventors have envisioned electricity to illuminate the Earth, Gas powered engines transformed our method travel, computers and satellites altered communication and created information systems on a grand scale. Imagination and inspiration in action are keys for pioneers, inventors and artists. You can turn dreams into reality!



SETH SPEAKS

from page 18...

Your own instinct for survival, so-called, is the result, so to speak, of experience in other systems.

The original problem was far different. A way was needed to teach these personalities to focus LONG ENOUGH, in your terms, intensely enough, within any given reality.

When the lessons are learned, there is no reason for physical reality. The survival instinct, strongly connected with the physical self, keeps it anchored in focus within your system. Without it consciousness would tend to float free. It is your anchor."

~ Seth (Jane Roberts) 'The Early Sessions', Book 9, Session 499, pages 373-375.

SETH ON USING THE POWER OF SUGGESTION:

"Now. A few remarks having to do with the main reason that your suggestions were not as effective as you would have liked.

"You did not rise above the fear that the symptom itself, apart from everything else, gave you. You were in a panic, thinking of the importance of your hand to your work.

You feared so strongly that the symptom could stop you, even from painting, that the fear itself became a detriment for positive suggestion. When your imagination operated freely and not directed concerning the symptom, then it ran in those directions. The very charge behind the fear propelled it.

"You did not give the suggestions from a standpoint of assurance. They were like thumbs in your estimation, subconsciously, to hold back the dam of feared eventuality. You gave the suggestion out of fear then, not from a strong framework of assurance. You over aggravated the symptoms, overexaggerating their importance because of this fear.

"Now **Ruburt** did the same thing on occasion in the past. ("Do I still do it?")

"Give me a moment here. Give yourself suggestions only when you recognize that you have achieved a certain sense of peace within you, even if it is only momentary, the feeling that you have stilled your fears for the time being.

"You recognize that feeling. You must not be propelled to give your suggestions by fear of what will happen, or might happen, or could happen otherwise. In your suggestions tell yourself in whatever way you choose that your hand can be steady under any and all conditions."

Seth (Jane Roberts), 'The Personal Sessions', Book 1, pages 182/3.

SETH ON TRUSTING WHO YOU ARE:

"The body is equipped, IDEALLY again now, to rid itself of any diseases, and to maintain its stability into what you would call advanced old age, with only a gradual overall change. ...

"Many people, without knowing it, have developed cancer and rid themselves of it. Appendixes removed by operations have grown back.

"These powers of the body are biologically quite achievable in practical terms, but only by a complete change of focus and belief. Your insistence upon separating yourselves FROM nature automatically prevented you from trusting the biological aspects of the body, and your religious concepts further alienated you from the body's spirituality."

Seth (Jane Roberts), 'The "Unknown" Reality', Vol. 2, Session 708.



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

HIMALAYAN ICE QUARTZ

...continued from page 12...

They carry a very high vibrational signature that can be very useful in releasing negativity and the sense of hopelessness we can feel when old patterns are holding us back so we can reclaim our visions through reconnecting to our higher selves. It is reassuring to be able to tap into the source to find our balance. Sensing and understanding the cold can help us alleviate the overwhelming heat we are feeling this summer.

Himalayan Ice Quartz was very expensive when it first emerged on the market, but it can now be found at very reasonable prices in most crystal shops and on line. When I owned my rock shop in **High Springs**, I was lucky enough to obtain a very large lot of it, so if you are ever in **High Springs, FL** you can stop by the **High Springs Emporium Rock Shop** and pick one out for yourself. You can also check out their website: www.hserockshop.com - they will ship to you.

As a final note, I want to let you know that I will be traveling to **New England** this summer and will be presenting workshops, my **Fabulous Crystal Trunk Show** and an online sale of special crystals from my personal collection August 13-15. You can find more information at <https://www.circlesofwisdom.com/>

Many blessings to you all. Keep cool.
Sharron



**Himalayan Ice Quartz, aka
Nirvana Quartz, Kullu Pass, India**



Sharron's Fabulous Crystal Trunk Show

Sharron Britton is back with her **Fabulous Crystal Trunk Show**.

Her selections will include original Lemurian Seed crystals from the Serra Do Cabrol mine, old stock ocean jasper, rare spheres from around the world, herderite, red beryl, atacamite, sugilite, alienite, saffordite, moldavite, shattuckite and so much more. You won't want to miss this!

If you don't live locally but want to shop some of Sharron's treasures, be sure to check out [Crystal Shopping with Sharron on Facebook Live on Wednesday 8/13 @ 6:30pm.](#)

HOROSCOPES JULY 2025



ARIES – (March 19 – April 18)

Family or real estate matters will take more space, energies in Cancer: the sun until the 22nd and Jupiter all month, invite you to focus on your home and perhaps to handle some shake-ups with your loved ones. Mercury in Leo and in a good aspect to your sign facilitates your communication but remain cautious after the 18th. Mars, your planet, in Virgo, instills you with meticulous dynamism, capable of sustained efforts and very focused on daily affairs. Saturn and Neptune in your sign boost your ability to structure your life as well as to welcome your emotions, this combo should push you to start a new chapter in your life! From the 22nd, energies in Leo light up your emotional or creative sector. Friendships will be intense or not at all!

LOVE IN GENERAL

Venus, starting on the 4th, brings you light-hearted and carefree feelings, while your desires may be a bit tame, but not without passion as long as you can hide them from others! The emotional sphere looks promising, especially at the end of the month.

IN A RELATIONSHIP

In a long-standing duo, you sail on a calm sea that allows you some moments of simple and joyful camaraderie. Freshly together, you savor a sensual daily life and very romantic conversations. For all, avoid touchy subjects after the 18th.

SINGLE

Spend time with your friends regularly, as a meeting could be facilitated by them. Starting on the 22nd, things become clearer in your favor; converse tactfully and don't try to dazzle the other person, but rather enchant them. A thunderbolt is possible for the 1st decan.

CAREER / FINANCE

Your source of income is stable, you work with method and endurance, nothing unpleasant is to be feared, on the contrary. You might feel like selling your home to fill your coffers, if that's the case, read between the lines carefully!

ADVICE

A lovely summer month that you could live as you wish, either carefreely, except for the first ten days, or on the contrary in a quest for the absolute, you will be like a butterfly drawn to the light!

TAURUS – (April 19 – May 19)

Until the 22nd, the energy from Cancer - the sun and Jupiter - are urging you to communicate more, to cherish being surrounded by others. Mercury in Leo going retrograde (on the 18th) could complicate your family relationships; you may find yourself more comfortable with friends or acquaintances rather than with your loved ones. Love, starting on the 4th, will infuse your feelings with light and playful scents, yet you will have the desire to know everything about the other person while Mars in Virgo, in a favorable aspect to your sign, allows you a conquering spirit; you will be ready for all wonders! On the 22nd, the sun in Leo joins Mercury, so calm things down at home, don't get too carried away intellectually over trivial matters. For everyone, Uranus leaves you on the 7th, what awakening do you keep from it?

LOVE IN GENERAL

Your feelings could mix with financial considerations as early as the 7th, while your desires, particularly sensitive and persistent under the influence of Mars in Virgo, invite you to a truly warm sensuality. Pay attention to your way of communicating, especially after the 18th, as it is the key to a serene emotional life.

IN A RELATIONSHIP

The month looks to be a bit of a mixed bag if you don't work within your relationship to take care of each other without suffocating or denying each other's needs. Mars grants you a beautiful sensuality, so make the most of it and don't forget to nurture your conversations.

SINGLE

With a little creativity starting on the 4th, you could meet a very free-spirited, whimsical person, dare to approach them! Spend time in cultural or sports circles, your chances are concentrated in these environments. Be open, charming, nothing is less attractive than a know-it-all!

CAREER / FINANCE

Pluto is hitting your professional sector head-on and demanding its share of change, even transformation. 1st decan, make sure to guide this process. Uranus might facilitate financial movements, still 1st decan,

HOROSCOPES JULY 2025



an unexpected piece of good news? Your assets will follow the course of your professional evolution, stay vigilant.

ADVICE

Some challenges await you this summer, but you are tough and tenacious! The end of the month may be a bit more tricky, forewarned is forearmed, right?

GEMINI – (May 20 – June 19)

Ant or grasshopper? This summer, with the planets in Cancer: sun until the 22nd and Jupiter the whole month, they invite you to focus on your financial affairs, with an excellent surprise seeming to be on the way. Especially since Venus arrives on the 4th and enhances this type of event. Mercury in Leo boosts your morale, you'll have the right words, less so after the 18th. Your energy is ensured by Mars in Virgo, but squaring your sign may cause tensions within your household, so stay calm. Your plans are on the rise, with Saturn and Neptune watching over them, 1st decan. You can count on your friends, often many, to help you, with an ideal on the rise and in full transformation, thank you, Pluto! On the 22nd, the sun moves into Leo, charisma guaranteed.

LOVE IN GENERAL

Thanks to Venus in your sign from the 4th, your aura and sensuality will be at their peak! As a result, your love life looks promising, especially if you manage a meticulous physical energy that may hinder your natural spontaneity. Communication will be valuable and encouraged, but after the 18th, avoid being overly sensitive.

IN A RELATIONSHIP

You could be tempted to belong to your friends, especially as Venus in your sign encourages emotional scattering. Be mindful of your partner's reactions, as they may not appreciate it. Mars enhances both your sensuality and your nervousness, so communicate openly.

SINGLE

Go out, all lights are green for you to have a nice spontaneous and joyful encounter as you like them, especially from the 4th. You will have many offers, you will have to choose wisely, with your heart would be best!

CAREER / FINANCE

The sun and Jupiter in a good aspect until the 22nd could bring about great financial opportunities or a lucrative job contract, increasing your assets, particularly for those born in the 2nd decan. Jupiter will protect your financial sphere throughout the month and beyond, so no worries in that department! You are working enthusiastically and supporting others.

ADVICE

Surrounded and optimistic, you will experience this summer month with a good amount of optimism, especially if you are able to shake off some nervousness related to your family affairs. Cool attitude!

CANCER – (June 20 – July 21)

Whether you're on vacation or not, the energies are boosting your ambition and desire to expand your resources! Until the 22nd, the sun in your sign, accompanied by Jupiter, highlights you in a great way, you will be optimistic and cheerful. Mercury in Leo gives you plenty of ideas to earn more or broaden your personal skills? What do you really want to convey? From the 4th, your feelings turn inward, you'll feel like helping those in need, unless an old love comes knocking at your door? Mars boosts your morale while Pluto stirs up some fantasies. Your professional sphere receives Saturn and Neptune, balancing absolute integrity and supportive empathy, find the right approach, 1st decan. After the 22nd, financial matters occupy your thoughts.

LOVE IN GENERAL

A healthy inner harmony helps you radiate a lot of kindness, tenderness, and empathy in your emotional relationships. As a result, even if Venus, after the 4th, is evasive and doesn't facilitate your emotional expression, your aura will be enough to smooth out many potential difficulties.

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IN A RELATIONSHIP

The subject of contention may be money and could lead to some disagreements after the 18th. Your feelings are a bit shy, but your sexual appetite is very real and strong. Reassure your partner and everything will be fine.

SINGLE

Mars enhances your dynamism, you will be juggling many things to meet your soulmate. Before the 7th, an unexpected encounter is possible through friendship, keep your eyes open and get out there. A confident and charismatic person could catch your interest.

CAREER / FINANCE

Good news regarding your finances is possible all month, as Pluto makes it easier for a significant amount of money to come in from non-professional ventures. Do you have any lucrative stocks or investments? A stroke of luck could help you boost your funds, so stay optimistic but not overly so!

ADVICE

A few moments of doubt are possible but you are a very sensitive sign and your moods are often fluctuating, nothing to worry those around you. Stay focused on your work, the stakes are high.

LEO – (July 22 – August 21)

This summer, you may come face to face with some people from the past under the influence of the energies in Cancer: sun until the 21st and Jupiter all month. Mars in Virgo encourages you to hoard or show a more possessive side of your personality than usual. In front of you, Pluto recommends that you remain calm in your intimate or contractual relationships, intensity in this context is not recommended, it's more about moderation! Then the sun slides into your sign on the 22nd and joins Mercury, your intellectual vitality will be at its peak, as well as your visibility. With positive aspects to Saturn and Neptune, you are considering concrete and lasting changes, your whole ideal of life is at stake, especially for the 1st decan. From the 4th, love and friendship blend.

LOVE IN GENERAL

Starting from the 4th, Venus in a beautiful aspect to your sign invites you to mix the right amount of love and friendship that your emotional relationships need, you will be the best friend of your better half! Your sensuality should take a nice upward curve, Mars invites you to some feats under the covers.

IN A RELATIONSHIP

Take care of your communication or it could sting! Mercury goes retrograde starting from the 18th, so do not let misunderstandings settle. Venus and Mars in a beautiful aspect from the 4th promote the expression of your emotions, your partner should be fulfilled in your arms.

SINGLE

Active and sensuous, you will spare no effort to win over the heart of the person you are after. Will you succeed? Especially since your words could be clumsy from the 18th, so be diplomatic and patient. Love might blossom after a friendly period.

CAREER / FINANCE

A contract could be revised under the powerful influence of Pluto, which triggers a revamp in your contractual sector, especially for the 1st decan. The career sector is receiving Saturn and Neptune, so you shouldn't be short on work, but beware of others' or your own indiscretions! Your assets are performing well, thanks to Mars!

ADVICE

A little challenge and a touch of rationality should spice up this summer month. Enjoy your inner strength but don't get carried away by others, especially if they try to resist you.

VIRGO – (Aug 22 – Sept 21)

This month is off to a strong start! Indeed, Mars in your sign strengthens your self-confidence, and your dynamism will meet your expectations. The energies in Cancer: sun until the 22nd and Jupiter all month, encourage you to see your friends, to make plans. Then on the 22nd, the sun moves into Leo and makes you want to take a break. Mercury in Leo and retrograde on the 18th in a secret sector for your sign doesn't lend itself

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well to confidences and chit-chat, on the contrary, you will do a lot of reflection and express yourself less! Saturn and Neptune arrive in a sector related to changes, these energies will help you to make important changes that may have been blocking your progress until now, 1st decan. The work sector is set to be reformative!

LOVE IN GENERAL

Your sensuality could take you out of your comfort zone, will you be able to convey your excitement to your partner? Your alternating feelings of idealism and secrecy do not facilitate your emotional expression, consider showing your vulnerability rather than forcing yourself into an image that is not truly you.

IN A RELATIONSHIP

You may have some difficulty communicating with your partner as you would like, accept this divine annoyance. Your desires will be strong, surround your partner with your arms and your feelings will be more noticeable to your partner.

SINGLE

Active and on the ball, your proactive behavior should pay off. Until the 22nd, the circle of friends or associations could meet your expectations, be present at all meetings, at all events. A destiny encounter awaits you there after the 4th, keep an eye out!

CAREER / FINANCE

Under the influence of Saturn and Neptune, especially for the first decan, do not rely too much on external financial help, but rather on your own strength. Being proactive during the month, you should accomplish many tasks and at least stabilize your financial situation. Venus, from the 4th to the 31st, can promote a salary increase.

ADVICE

You might confuse those around you with your dynamic behavior that doesn't match your usual nature. So dare to put in place things that are important to you and that could finally come to fruition!

LIBRA – (Sept 22 – Oct 21)

This month looks to be focused on others, be it your intimate partner or associates; you won't be able to act without taking others' opinions into account. Saturn and Neptune facing you demand genuine relationships. The energies in Cancer reinforce your ambition, but don't rush things! With Mars in Virgo, you're allowed to help others more than act just for the sake of it, there will be something heroic in your demeanor! From the 7th, Venus, your planet, joins Uranus and instills in you the call of the open sea, you should feel an emotional ideal that you've been yearning for. After the 22nd, the Sun and Mercury in Leo highlight your friendships and projects, while Pluto begins its sentimental or creative transformation; 1st decan, what unique expression do you have to offer?

LOVE IN GENERAL

After the 4th, your feelings become light, cheerful, and warm, while your physical desires fluctuate between restraint and sacrifice - why not express your emotions with simplicity?. Communicating will be essential to maintain a pleasant atmosphere or an existing relationship, intimacy is key for you.

IN A RELATIONSHIP

Get rid of any potential work worries until the 22nd, before reuniting with your significant other, or risk spoiling your marital harmony. Your feelings will be strong, you will know how to show your love to them but maybe not your physical impulses, don't be shy!

SINGLE

Pluto can facilitate a meeting of unparalleled intensity, especially in the first decan, while Venus leads you to idealized emotional outbursts, don't get too carried away though. From the 7th, a lightning strike is possible, your chances of meeting someone are significant.

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CAREER / FINANCE

The contractual sphere welcomes Saturn and Neptune, a change might be on the horizon or a reorganization, read between the lines of the contract, your counterparts will be tough in negotiations but you will be seeking stability and so will your professional partners, setting the stage for a future collaboration. Your assets are expected to remain stable.

ADVICE

Your legendary diplomacy will help you engage in intelligent and fair dialogues. Expect some tough discussions after the 18th. Keep an eye on your ambition which could isolate you from others and dim your aura.

SCORPIO – (Oct 22 – Nov 20)

This summery month urges you to dream big and far! Indeed, the energies in Cancer, in a good aspect to your sign, whisper in your ear the wind of freedom, you aspire to expand your field of consciousness, that of your friends, your projects, that of your ideal life! Mars in Virgo boosts your energy reserve, you will be active, tenacious, and ready to help your loved ones. Your daily sphere imposes a certain austerity on you, see the glass as half full rather than half empty and you will be surprised by the result. From the 22nd, the sun in Leo joins Mercury, your professional destiny could challenge you, resist possible external attacks by remaining master of yourselves, not by fighting. Love, from the 4th, promises to be passionate and unexpected, hearts up high!

LOVE IN GENERAL

Your intimate relationships should satisfy both your heart's desires thanks to Venus in a favorable aspect to your sign from the 4th, and your physical desires under the effective impulse of a Mars in Virgo, shy but not timid. Watch out for your legendary jealousy and your words that could be a bit cutting.

IN A RELATIONSHIP

From the 4th onwards, you will show enthusiasm and be protective with your partner, but be careful not to smother them. Your intimate life looks promising, with Mars in Virgo in a favorable aspect, providing you with beautiful resources to share.

SINGLE

Having a conversation might be difficult, attracting a potential partner will not come through words, but rather through an appealing behavior. Mars fully supports you in this, you will be endearing and helpful, while Venus will give you a devastating charisma. The social sector looks promising.

CAREER / FINANCE

Venus and Uranus starting from the 7th could lead to a nice financial surprise, do you have any reason to hope for an inheritance or a bank balance in your favor? Your work will require your real commitment, especially after the 22nd, do not neglect your colleagues or superiors, or criticism could darken your relationships.

ADVICE

A lovely summer month overall, but steer clear of any authority to avoid brewing conflicts, whether subtle or more obvious! Stay away from overly ambitious individuals and everything will be better.

SAGITTARIUS – (Nov 21– Dec 20)

Extremely magnetic until the 22nd, the energies in Cancer are activating your potential for regeneration and evolution, making you want to understand more about what you are experiencing! Mars in Virgo strengthens your involvement in your daily life and work, making you meticulous and efficient without spreading yourself too thin. The overall relationship sphere looks very promising, as the energies in Aries (Saturn and Neptune), in a good aspect to your sign, could bring about an emotional or creative stability that you didn't really expect but that is coming towards you, while Neptune fosters an internal sense of peace and communion. Pluto is helping the 1st decan to maintain a resilient and visionary mindset. Starting on the 22nd, the Sun in Leo, supported by Mercury, will help you engage in deep and meaningful conversations with a human touch.

LOVE IN GENERAL

Venus facing you from the 4th lights up your marital life with many promises. Whether in love or not yet, your heart might go boom! Especially since you will

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flee unstable relationships, thanks to Saturn and Neptune; you aim for drama-free yet authentic feelings. Loyalty will be your quest!



IN A RELATIONSHIP

Starting from the 4th, your partner will be on your mind, your life as a couple will influence your behavior, giving you the joy of love! Your sensuality, under the influence of Mars in Virgo, will make you forget your shyness once complicity is established.

SINGLE

Pluto and Mercury in a favorable aspect enhance your chances of meeting someone, a magnetic individual who may not be available yet or attached to their freedom could cross your path. Play the card of gentleness and authenticity, that's how you could win them over.

CAREER / FINANCE

Jupiter in your finance sector is shaping up to be a heaven-sent gift! Indeed, from the 1st to the 22nd, your chance to fill up your wallet is outrageous; do you have any bank investments or a side business? Money could come to you effortlessly.

ADVICE

This summer month encourages you to slow down a bit, which may be a challenge for you, but you will be rewarded with an equally exciting intensity of life!

CAPRICORN – (Dec 21 – Jan 19)

Idealistic and very connected to your social sphere, you will experience this summer month with passion and sensitivity. Until the 22nd, the sun in Cancer lights up your intimate or contractual life, while Jupiter in Cancer throughout the month favors an evolution in these areas of your life. Mercury in Leo encourages a very beneficial introspection, as you reflect on how to progress or transform something; avoid rushing after the 18th. In a harmonious aspect to your sign, Mars in Virgo strengthens your ideals, and you may take action to start a promising education or journey for your future. The family sector is influenced by the energies of Saturn and Neptune, some obstacles may arise, as well as some secrets; communicate as much as possible to dispel any potentially unclear atmosphere. After the 22nd, you will feel the call of the senses!

LOVE IN GENERAL

Your daily life looks pleasant, joyful, and filled with love. You could spend more time with your loved ones, while your behavior will be guided by wise concepts. Despite your shyness, your sensuality should be intense. From the 1st to the 22nd, others will be your priority, forget about overly intense conversations.

IN A RELATIONSHIP

Sharing a lot of harmony with your partner should significantly enhance your complicity. Plan some discussions after the 18th about money or changes you are considering, explain yourselves, and everything will be fine. Your desires will be strong, with healthy sensuality in sight.

SINGLE

Keep an eye out in your daily life after the 4th, an interesting romance could change your emotional status. From the 1st to the 22nd, sensitivity will be your weapon of seduction but also a touch of vulnerability, forewarned is forearmed, isn't it?

CAREER / FINANCE

A significant change in your source of income could occur, especially for the first decan. Your professional sphere appears stable, even calm, with a little help not ruled out, your charm could play a role in an intellectual negotiation. Before the 18th, Mercury could bring about a lucrative new financial opportunity!

ADVICE

Not really any major issues this month, great! Enjoy your summer with simplicity, and this joy of living could even help you with family or real estate troubles.

AQUARIUS – (Jan 20 – Feb 17)

Charismatic, strong in your beliefs, this summer month looks promising! Pluto in your first decan is beginning its irreversible influence, a transformation is underway. Energies from Cancer: the sun until the 22nd and Jupiter all month, strengthen your professional sector, your daily life, you will be efficient, effective, and supported in your desire for progress. After the 22nd,

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under the influence of planets in Leo, others take on added importance, you will need to collaborate, or risk going in vain! Your dynamism will be powerful, Mars injects a spark into your actions, you decide to make necessary changes. Saturn and Neptune give you a great morale boost, a desire to move forward deeply ingrained within you, the magic of life guides you. Love could unexpectedly come your way!

LOVE IN GENERAL

With increased sensuality and powerful protective feelings, July could be hot with emotional highs and a quest for romance. You crave both excitement and genuine love, passing flings won't hold your interest for long. The demand will be your calling card.

IN A RELATIONSHIP

A certain level of healthy strictness could either drive you apart from or bring you closer to your sweetheart. How do you plan to go about re-seducing your better half? Make use of your physical power, your July asset!

SINGLE

Enterprising and sensuous to a tee, you won't shy away from putting in the effort to win over the heart of the person you desire. However, you will need mutual feelings to declare yourself, Mercury is very favorable to you from the 1st to the 17th.

CAREER / FINANCE

Mars helps you to deposit euros into your account, especially those coming from legal, lawful, testamentary transactions. After the 22nd, the evolution of a work contract is possible, an agreement could be reached. If you are looking for a job, the end of the month looks promising!

ADVICE

You feel that you are getting stronger under the influences of Pluto in your sign. This is a rare occurrence, so understand that you are being asked to go along with this long process, not to resist it.

PISCES – (Feb 18 – March 18)

Some challenges may arise! Until the 22nd, the influences from Cancer lead you towards a sense of well-being, if you are a parent, complicity is certain. As an artist or creator, the winds of change could take you far. Then the sun moves into Leo on the 22nd and joins Mercury, your everyday life will come first: whether on vacation or at work, you will be hyper efficient. Mars behind the scenes, all month facing your sign, could generate discord with your loved ones or colleagues, listen to them, calm things down. Venus and Uranus in Gemini from the 7th encourage you to take care of your family matters, surprises are possible, rather pleasant but a bit destabilizing at first, stay confident.

LOVE IN GENERAL

A twist of fate could occur starting from the 7th, potentially bringing clarity to your romantic relationships or causing an unexpected storm. Your emotional expression will flow more easily within the comfort of your home, as you seek inner peace while Mars encourages you to assert yourself with others, so be careful.

IN A RELATIONSHIP

Financial considerations could tarnish your marital bond, open up the dialogue, especially before the 17th because mutual understanding will be less easy afterwards. Your feelings will be gentle but sometimes clumsy, nevertheless you will need your other half, find the right balance.

SINGLE

An unexpected encounter could completely disrupt your daily life starting from the 7th, within your own family. Communication will be easy before the 17th, humor and kindness will be your weapons of seduction. Your sensuality could be aggressive, stay cool!

CAREER / FINANCE

Saturn and Neptune are starting their teachings, 1st decan, your way of making money could change, as well as how you save. Divine providence is at play but Saturn always demands a clear plan without any shadow of doubt, so stay proactive and open to unexpected events that may surprise you.

ADVICE

Don't panic if the atmosphere gets a bit tense or if others ask more of you, you have the inner resources for it, don't doubt yourself!



ABRAHAM HICKS

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Esther Hicks

And they wanted to know what they could do, how they could shut her down. She was taking too much of the money that they wanted to spend on their now-life that they were living together.

And we said, "we wish your now-husband had ten ex-wives and we wish that they were all going to court and asking for more money ... because the most they are going to get is 50% usually. And so, if he's got that many people calling that much money through him, his income is increasing dramatically if he'll let it and they're only getting half. [Audience laughter.]

ABRAHAM: Anything that causes you to want more, when you come into alignment with it, it's a done deal. So the price of anything doesn't matter because if you want it, Source is arranging a way, right now, for you to have it - you've just got to stop complaining about the price of gas.

So, here's how it happens. You go to the gas pump - this is exactly how it happens: **Jerry** and **Esther** filled up the other day and it was \$725, and they were going to drive that gas out, that day. So, as you go to the gas pump and you fill up and you feel that discord of the price of this fuel. In that moment, you launch a rocket of desire that says, "More money for fuel," and **Source Energy** says, "Done. Done."

Then you say, "This costs too much." So, the money is sitting there, but you don't have access to it.

You say, "It's terrible what they are doing." You don't have access to it.

You say, "It's highway robbery." You don't have access to it.

You say, "The current Administration and their oil cronies are doing this deliberately just to put more money in their pocket." You don't have access to it. (You REALLY don't have access to it.)

BUT THEN YOU SAY, "It's nice that this gas is available to me." You start moving in the direction of the improvement in your money for gas.

You say, "What I need always come to me." You start moving toward it.

You say, "I have enough flexibility in my budget that I can, for now, put a little more of it here." You start moving toward it.

You say, "I've never paid too much attention to what things cost, and I'm not going to make this be an exception." You start moving toward it.

You say, "What I need always flows." You start moving toward it.

And with enough deliberate training, you move yourself into alignment with this BIG pile of money that's waiting for you in vibrational escrow for gas or for anything you've launched it over there for. And then, you come and you say, "I'm making \$20,000 more than I was last time I talked to you." And we say, "Good, spend some of it on gas." [Audience laughter and applause.]

ABRAHAM: Whatever you want. Whatever you want is there for you. Whatever you want.

So **Esther** has no concern about dollars and gas. Sometimes, she goes into pay and comes back and **Jerry** says, "How much was it?" and **Esther** said, "I don't know. I didn't notice." She signed the ticket because it doesn't matter. Whatever it costs is what it costs and she was going to get it anyway so what possible difference does it matter? So her answer is usually, "Well, it costs what it costs and it's there on the ticket if you want to see it." In other words, it's irrelevant what it costs, it costs what it costs.

And then they were at a gas station in **San Diego** last week and they filled up their tank on their **Yukon**, or they wanted to, but the pump cut them off at \$50 and only gave them half a tank. And Esther said, "Well, we could either go again or we could just leave it at that," and **Jerry** said, "Let's just leave it at that. We can fill up again later." And when **Esther** went in to get her receipt she heard the woman who had come in behind her say, "I would like \$2 worth on pump 3, please."

And **Esther** felt that pang because **Esther** saw that \$50 did not give her half a tank and she figures that \$2 won't even show on that woman's meter. And so, **Esther** started moving in the wrong direction on this subject of gas, not on her behalf, but on somebody else's. Esther is not worried about gas prices for herself, but she could listen to enough people that she begins worrying about them and then she's not contributing to the improvement either, you see.

And so, we want you to understand because we can feel it rippling even in this room that sometimes people feel as they listen to us, "Well, **Abraham**, you're just teaching people to be selfish and to not care or worry about what's happening to anyone else." And we say, "We want you to care, but we don't want you to worry." When you care, you launch into Vibrational Escrow on their behalf. When you worry, you do not help them get to what you've launched over there on their behalf.

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Esther Hicks

ABRAHAM HICKS

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So, it's possible...this ties in with your question about 'who am I' and 'why am I here' and 'who are the people gathering here in this **Abraham** energy'... And we say, You care about other people and you will launch rockets of desires on their behalf, but you can't suffer for them and be catalysts to help them receive improved conditions.

In other words, you've got to follow the dream of the improved life for them. As Uplifters, you've got to learn to walk your way up the **Emotional Scale** on behalf of those that you care about because you can't see them as victims and do them any good. And when you see anybody as a victim, you shoot yourself in the foot.

It's really interesting how powerful you are and how you're all tied in with one another. The thoughts you think about other people not only affect you, but they affect the part of their life experience that rendezvous with you.

ABRAHAM: LIVING WITH NEGATIVE PEOPLE WHO WANT DIFFERENT THINGS

GUEST: I was also wondering, if what I want and what you want are in conflict, what's going on? If I want rain and you just cut your alfalfa, how does that work?

ABRAHAM: Well, how it works is if either one of us don't get too involved in the details of how we think we want what we want to play out then both of us can be satisfied. If you will focus on the essence of what you want, which is a magnificent crop, and the other will focus on the essence of what they want, which is a lovely picnic today or whatever, the **Universe** can give them both, or all, what they want, but it's when you start bickering over the same prize, or over the same specific moment in time... the **Universe** has the facility to orchestrate circumstances and events to accommodate everyone: there could be two of you wanting seemingly different things, or five billion of you seemingly wanting different things.... and any of you that are not using what the other one wants that you don't want as your excuse to push against and then disallow yourself from getting what you want, then you could all get what you want.

If you push against the other because you are worried they'll get it and you won't, now your out of sync with what you want and you won't get it no matter what happens to them and usually you blame them, becuz you think it's them wanting what they wanted and getting it that kept you from getting what you want, but it's never that way.

GUEST: It's the same when you live with a person who is really negative, and you're trying to stay positive, but they're like a relative that you have to deal with every day...

ABRAHAM: We know, because it feels like if they would change you would feel better because you remember being around more pleasant people and feeling more pleasant and so it seems logical that if they would be more pleasant... but feel the trap in that, the trap in that says now my happiness depends on your behavior, and I can't control your behavior, you're just one person, I've spent 30 years trying to control your behavior and I'm still not getting there. I'm powerless, I guess, I'm powerless to be happy because my happiness depends on your behavior, and you're stubborn, and you won't change, so I have no power.

But when you discover that you have the power to ignore them, you have the power to find the positive aspects in them, you have the power to focus upon the parts of them that you adore, you have the power to focus on other things... Do you know the majority of people that we hear struggling over something like living with someone who is negative... the majority of their conflict and discord happens when they're not even with that person?

They're just remembering what happened yesterday, and what happened the day before, and they're worried what's going to happen when they get home. They have ample opportunity to focus on other things, but they don't do it because they've trained themselves into their vibrational habits by being sloppy in their thinking and just vibrating in response to what they're observing.

So, the way you train yourself back into alignment - did you hear us when we said that your singular work is to bring you into alignment with You? It's not to bring you into alignment with the ornery bugger you're living with. It's not to bring you into alignment with the **Republicans** that you disagree with or the **Democrats** that you disagree with. In other words, if you think that you've got to get alignment like that, can you imagine how long you're going to have to wait? Do you see how unlikely that is, you see?

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ABRAHAM HICKS

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Esther Hicks

But when you really get it that your happiness depends only on your alignment, and so you just play with different subjects, and you play with different sentences, and you play with different thoughts and you feel yourself into alignment which means you feel for the soothing relief of releasing resistance... Now you discover that you could live anywhere, with anyone and you could find vibrational alignment with Well Being and in the moment that you do that, the Universe has to give you still better circumstances.

What goes wrong with so many is that they say, I demand better circumstances so I can feel better, and we say the **Universe** does not hear your demand, the **Universe** only hears your vibration.

So you say, "what does that mean?" We say it means you've got to achieve a vibration that aligns with better circumstances before they can be received by you. Oh, that's different, isn't it? I have to feel good about what I haven't got, before I get it? Yeah. I have to feel prosperous before prosperity can come to me? I have to feel healthy before health can be mine? I have to feel loved before someone can love me?

You mean, I can't be paranoid and people flock to me and say, "Oh, you poor, paranoid thing. Let me just shower you with my love until you get over your paranoia." (Audience laughter.) You ever had a paranoid friend? They're hard to love, aren't they? They offer a vibration that defies your love. You can't do enough. Their vibration is so far in a different place, you cannot do enough to make them feel it. It's an inside job every single time, you see.

So that's why, as we come back around to your first and very powerful question, some of those people that you long to help, are not help-able from where you stand. And if you believe that you are the savior that came to help them all, then that means you've got to be able to adjust your vibration right up to the edge of where they are in order to lead them to the next place. And we don't know very many who can effectively adjust their vibration without becoming part of the vibration they have adjusted to.

And yet, if you're up here enjoying happiness and health and well-being and they're down there in despair and poverty and destructive pattern, there's a big vibrational range, and there have been so many who have wanted so much to help them that couldn't figure out how to bridge that gap, and it's because you are asking the impossible: you ask yourself to quantum leap to where they are, which you can't do.

A lot of you do it over a period of time though - started out in a very joyful place and through the years, you adjusted yourself to be as miserable with the most miserable of them. And then you join together in groups, and you say, with great piety and great virtue, "We are the chosen ones. We have suffered ourselves into the place **God** wants us to be."

And we say if that were true, you'd be feeling pretty good right now. When you're in alignment with that which is **Source**, you feel the radiance of that which is **Source** flowing through you.

Guest: I think I heard you say one time that one of the ways that Jesus healed was by not joining in the vibration of the illness.

ABRAHAM: It wouldn't have been possible for him to heal if he joined in the vibration of sickness. He maintained his knowledge of Well-Being, you see. And with practice, you all can, too. With practice, in the time that you're not with the cantankerous one, as you practice the memory of what felt good or as you look for the positive aspects, and you activate within yourself, again and again and again and again, good feeling things about anyone or anything...

Now, that **Universe** or that person has to show you (It is law.) has to show you more of what you've activated within you. So if somebody is showing you their ornery side on a pretty regular basis, you got their ornery side activated in you. And you say, "Well sure I do, they show me their ornery side all the time. How could it not be activated within me?"

And we say: Oh you poor, powerless being. Are you saying to us that you only have the ability to observe What Is? Are you not a Deliberate Creator? Can you not adjust your own vibration? When you turn on the radio in a hotel room, do you just leave it on that station, whoever was there last set the station? You say, "It's been chosen. It's just the way that it is." Or do you take your life in your own hands and adjust the vibrational frequency until it pleases you? This is the same thing, you see.



Mitch Ditkoff

IPHONE, THEREFORE I AM?

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Ahh... but then I remember there is a **LOST AND FOUND** close by. Of course! Maybe someone had found my **iPhone** and brought it there. Isn't that what **Lost and Found**s are for? So I get myself over to the **Lost and Found**, envisioning on the way, that my phone is there and I have learned my lesson of the day.

It wasn't there. And to make things worse, the way too smiley lady behind the counter suggests I fill out a form and check back later. Great! A form! Just what I want to be doing. Filling out a form. What is this, the **DMV**?

Where is my freaking **iPhone**, huh? WHERE IS IT?

Everyone around me is blissed out or, at the very least, mellow and here I am darting around the place like some kind of freak show, doing my **Virgo** best to mask the sorry state of my mind so I won't have to answer anyone's questions and lose whatever time I still had left to find my phone before it ended up on **eBay**.

Now I am at **Defcon 1**, my **amygdala** kicking in on overdrive.

Returning to "the scene of the crime", I look under the table. My phone is not there. Then, for the 10th time, I look in my backpack, unzipping all the pockets. My phone is still not there. Never was. And apparently, never will be. I slap my pants pockets. Nothing. Just my wallet and a few **Australian** coins.

Out of options, I decide to check in with **Mark** once again -- just to make doubly sure he doesn't have it. He is sitting in the supply tent behind the **Gift Store**, very relaxed and talking to the extremely mellow, **Javier**.

"Hey **Mark**," I blurt, trying not to seem too concerned. "Are you **SURE** you don't have my **iPhone**?"

"Bro, I am totally sure," he replies, "I've already looked."

Then, to prove to me he's already been through this drill, he reaches behind him and puts his hand in his back pocket.

A brief pause... and... then... lo and behold, he pulls out **TWO iPhones** -- his and mine.

Apparently, **Mark**, when he picked up his phone from the lunch table an hour ago, also picked up mine.

My **iPhone** is back from the dead! All was right with the world! There is a **God**!

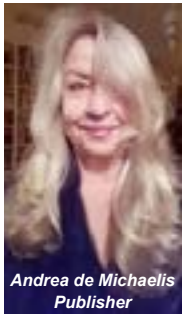
Yes, I am relieved, but more than that, humbled at how little it takes to knock me off my center -- even at such an extraordinary love-fest like Amaroo. How can this be? I've been "on the path" for almost 50 years and this is the best I can do? Really?

*Methinks I am not alone in this phenomenon. No matter how much any of us experience joy, gratitude, fulfillment, peace, love, and freedom in our lives, we are all still human beings -- subject to change without notice -- fragile, vulnerable creatures who toggle back and forth between the highest states of **WOW** and the goofiest states of dread when things don't go exactly according to plan.*

The good news? Every time I return from **the land of crazy**, I remember, once again, there is another place to dwell. It ain't down at the end of **lonely street**.

It ain't in **Heartbreak Hotel**.

It's nestled inside my breath and the experience that comes from returning to my true home once again -- no one I need to call except myself.



THIS MONTH'S THOUGHTS ABOUT THINGS

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

Astrologically I knew I was in a dark night of the soul phase. One crippling aspect of the dark night is feeling you HAVE NO ONE to speak to about what you're going thru. For me, it deepened my meditation as I was forced WITHIN and I found it liberating. It's a pretty magical place to be in, one of complete trust that you're being guided with precision into satisfying times.

Then that phase passed and the world changed again as I became more social and ended up becoming housemates with my best bud. It's an easy fit and we have a blast but gone are having days & weeks of not having to speak or listen, to keep silence and stay within my own mind with my own thoughts and whatever I'm studying or doing. It's one reason I'm a day sleeper: to have my overnights alone & solitary.

WE ALWAYS HAVE THE CHOICE OF HOW TO LOOK AT OUR LIFE

I can look at my life in a way that makes me hopeful about the future. Tough times come to pass, they don't come to stay. Even when tough times are passing thru, it doesn't have to be a bumpy ride for long. It takes practice to be able to expect and believe that something better is on the way. Here's 2 ways I can look at my life:

1. I for whatever reason find myself in a pickle or 3, things not going my way, not enough \$\$ and I can see no way out. I can see that as a hopeless situation with no resolution OR I CAN LOOK AT IT ANOTHER WAY. A WAY THAT HELPS ME ATTRACT A BETTER RESULT. One other way I can look at the same situation is this:

2. I've let myself get into a slump, some bad patterns but I can work my way out of it, little by little. I know every day there will be opportunities for me. They may not be easy to recognize at first, but I will open every door. I will take one day at a time and know that good and opportunity will find me EVERY day. In small ways at first, I may not notice right away. But I will begin to take everything I see and hear as a sign.

I may find myself moving away from familiar people and places but I will find my place among them. I may find

myself moving out of my familiar career path, but I will find a new niche nonetheless. Slowly I will begin to satisfy and free myself from prior responsibilities. It may happen slowly but it's happening. That also helps free me from the karmic momentum of the past. I'll begin to see more and more good in each day.

And when I practice these thoughts enough to tip the balance, I'll wake up expecting and believing good will come to me this day and each day and that my life will continue to get better as I continue with this line of thought. As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Practicing reading scripts like this helps me.

NOT ALWAYS EASY PRACTICING HOPEFUL THOUGHTS IN THE MIDST OF ACES AND PAINS

It's really interesting to observe aches and emotions on their journey as they pass thru my body. Nothing major, yard work mishaps: dinged my left knee, over-used my arms, the usual. Then I hafta work at keeping myself in motion mostly doing yoga and stretching out. It's too tempting to just hang in the recliner, napping off and on, telling myself I'm recuperating, resting my knee and arms.

THEN THE GUILT TRIP PHASE

Then there's the phase where I momentarily feel guilty or berate myself for being such a slacker. Waves of emotions and thoughts can take on a life of their own if I let them.

THANKFULLY I CATCH MYSELF DOING IT BEFORE IT ALL GOES KABLOOEY

Thankfully, due I'm sure to a daily meditation practice, I catch myself pretty quickly and guide my attention back to my breath or the cats or some fun project and the ewwws and blues slip away. But boy when you're IN them they can be powerful and overwhelming if I choose to stay in it.

Remembering it's only ever my thoughts that I'm dealing with is the biggest help, because I AM the one who controls what I choose to think about.

Sure, I can't control what thoughts pop up but I can definitely control how much time I choose to linger on or wallow in a thought. You, too.

Enjoy our offering this month.
Hari Om.



Andrea

HORIZONS MAGAZINE

MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



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