

Andrea de Michaelis presents

AUGUST 2025

HORIZONS

Florida's Mind,
Body, Spirit Mag
Since 1992

The August mag is now online www.horizonsmagazine.com
Horoscopes on page 34 and horizonsmagazine.com/blog/



✨ Ravens Corner art ✨



"Where
Heaven and Earth
Unite!"



✨ In-House Readers ✨

STORE HOURS

WED/THURS: 1-5 PM SUN: 11-4 PM

FRI/SAT: 12-6 PM

Home of
Morgana Starr
The Angel Communicator



Psychic Medium
Spiritual Mentor/Counselor
Author
Reiki Master/Teacher
Creator of On Demand **Soul
Empowerment Program**

Home of
Oracle Hekataios
High Priest



Medium & Seer
Spiritual Mentor/Counselor
Teacher/Author
Ancestor work
Curandero
Public Speaker

✨ Book a reading in-store or online at ravensoasis.com ✨

ALEXANDRA



Alexandra is a spiritual counselor who uses ancient shamanic practices ranging from Peruvian, Munay-Ki, Nusta Karpay Rites & more.

JENNIE



Jennie is a Psychic Medium, Reiki Practitioner & Mystic. Her gift is in tarot divination.

STEFANO



With 20+ years experience, Stefano offers guidance using a combination of tarot, oracle, and claircognizance to help clients live their best lives.

Ravens Oasis

(321) 506-1143

402 BREVARD AVENUE

SUITE G (DOWN THE HALL TO THE RIGHT)

COCOA VILLAGE, FL. 32922

RAVENSOASIS.COM

Online Mini Classes Available For Only \$10

RavensOasis.com

✨ Clearing Your Space ✨ Working with Crystals ✨

✨ Discovering Your Past Lives ✨

✨ Pendulum Work ✨ Spiritual Protection ✨



Cassadaga
Spiritualist Camp

Summer Gala

**Saturday
Aug 2nd, 2025**

10am-4pm

**1112 Stevens St.
Cassadaga, FL 32706**

Vendors:

**Jewelry, Crystals, Food,
Crafts, and More!**

Mini Readings

Mini Seminars

50/50 Raffle

Meditation Zone

Treasure Chest Raffle



To purchase tickets for
the Mini Seminars,
scan the QR code.

*Experience this peaceful community
where Certified Mediums and Healers
are available daily.*

For more information

Website www.cassadaga.org

Bookstore (386) 228-2880

Office (386) 228-3171

Social Media   

DISPLAY ADVERTISING RATES

NO CONTRACTS

DISPLAY AD SIZES

Full page ad \$200 7.25" wide by 9.5" tall

1/2 page ad \$140

4.25" tall by 7.25" wide or 9" tall, 3.5" wide

1/3 page ad \$80

2.8" tall by 7.25" wide or 9" tall, 2.3" wide

1/4 page ad \$70

4.25" tall by 3.5" wide or 2" tall, 7.25 wide

Business card ad \$40 is 2" by 3.5"

Small strip ad \$30 is 1" x 3.5"

SPECIAL NOW ~ ANY SIZE AD

Prepay 6 months and receive 1 month free.
Prepay 12 months, receive 3 months free.

*For good advertising results, studies show
it takes a reader 3-4 times seeing a new ad
before it is noticed and acted on.*

PAYMENT IS DUE WITH AD by the 20th of the month before

We accept all credit cards

Paypal horizonsmagazine@gmail.com

Zelle to horizonsmagazine@gmail.com

Venmo @Andrea-de-Michaelis

Text 321-750-3375

or email

HorizonsMagazine@gmail.com

We don't answer unknown
callers (too much spam.)
We do return voice mail & texts

**You are loved
and guided more
than you can
imagine**



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
Marilyn Muir
Scott Grace
Tom Sannar
Jim Palmer
Jeff Brown

HORIZONS

Our Advertising Rates • <i>Low because we're in it for the outcome, not the income ...</i>	4
12 Steps of Spiritual Freedom by Rev. Tom Sannar	4
This Month's Thoughts About Things with Andrea de Michaelis	6
The Teachings of Abraham-Hicks	7
Non Religious Spirituality with Jim Palmer	8
Soul Songs: Abraham Fun with Karen Williams	9
Herb Corner with Cecelia Avitabile	11
Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton	12
Ask Michelle Whitedove	13
I Asked Artificial Intelligence (and these are the answers I got)	14
Shamebusters with Scott Grace	16
Solar and Lunar Celebrations of the Ancestors with Debra Strasser	17
Seth through Jane Roberts	18
Notes From The Universe with Mike Dooley	19
Spiritual Graffiti with Jeff Brown	19
Metaphysics 101 with Marilyn Muir	20
The Secrets of Our Mind with Mokshapriya Shakti	21
What Is My Spirit Animal with Bernadette Carter King	24
Our Phone Directory	26
Monthly Horoscopes	34
Our Mission Statement	45

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.

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content.
Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

Text to 321.750-3375

Visit www.horizonsmagazine.com
Email HorizonsMagazine@gmail.com
Find us on Facebook, Tiktok, Insta, Bsky



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 August 2025 edition of Horizons Magazine. Following social media I see a lot of folks are feeling fragile and vulnerable, so I wanted to share a very powerful meditation exercise that will help you release resistance and leave you feeling empowered.

ENVISION YOURSELF 5 MINS AFTER YOU'VE DIED

Envision yourself 5 minutes after you've died? When you karate chop a board in half, you don't target the board, you target BEYOND the board. When we practice striking BEYOND the board, it trains us to see past the PERCEIVED physical limitation.

When we train ourselves to see BEYOND our physical death - even five minutes beyond -- it demystifies it and shows us it's nothing to fear.

Wait, how do you practice seeing yourself BEYOND the body?? We train ourselves to see beyond the physical body by doing exercises to envision yourself 5 minutes after you've died. I wrote about it here below and include relevant links -- no ads, no popups --> <https://horizonsmagazine.com/blog/the-importance-of-envisioning-yourself-5-minutes-after-youve-died>

EXERCISE ONE

Changing our self talk relative to death by repetition of thoughts to reprogram old beliefs into new possibilities. We no longer allow our thoughts to linger on fearful "what ifs?" We instead envision an instant closing of the eyes and awakening into consciousness, minus your physical body. Maybe you're watching over yourself at the time of passing. Watching from a peaceful place, realizing it's all part of the plan, part of the process. You feel a joy and understanding that allows you to watch with compassion and a sense of completion, without longing or heartache.

Changing your thoughts and self-talk to consider the following scenarios will help re-program your old belief:

As you've seen the caterpillar begin its next life as the butterfly, you know you're being lifted elsewhere. You'll be aware of your surroundings as you transition. Your mind and eyes - no, your awareness - will allow you to experience familiar settings, the same as walking into different rooms at home, interacting with passed loved ones, until you are ready to experience new settings.

New settings will simply be new locations, the same as a first vacation to the beach or the mountains, new trails to walk down, pleasing new sights to see.

Seeing what you consider beautiful and awe-inspiring in this lifetime will be stations you come across after you pass, so it will feel familiar and comforting to you. You will have a choice where to land and for how long.

For this exercise, it helps to have places in mind that you enjoy experiencing the beauty of. So find your happy place and at each doubtful thought of "death," review these happy places in your mind. As you do, you will be guided to new thoughts and ideas as to what comes next.

Our guidance system continues after "death." Yes, our guidance system continues whether we have a body or not. We continue to be guided via thought and images that come into our consciousness.

EXERCISE TWO

Practicing daily separation of consciousness from the body via meditation. A lot of people believe we have one physical life and this is it. A lot of people believe we die and are reborn over and over. Evidence proves the latter. When I learned we get one lifetime after another, I realized there's plenty of time later for me to pursue being the concert pianist or ballerina. It freed me to take more time in the Now moment to savor where I am and what I am doing. One thing that helps remind me is a daily meditation practice.

A MEDITATION TECHNIQUE

You can begin by simply sitting quietly twice a day for 10 minutes - heck, start with 2 minutes if it's all you can do -- following your breath as it flows in and out of your nostrils. Thoughts will arise, simply breathe them away on the exhale. [Click here for my own meditation technique and many links about meditation.](#)

...continued on page 22

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.

WHAT IS OUR GREATEST VALUE TO THOSE IN NEED?

QUESTION: If we see a friend in a negative situation, living something truly unwanted or without something the person very much does want, how can we help? How can we be of an advantage to others rather than a disadvantage?

ABRAHAM: Whether your friend is feeling negative emotion because of the situation he is in, or whether you are feeling negative emotion because of your awareness of the situation your friend is in, neither of you is aligned with your **Broader Perspective**. Your awareness of your friend's problem is a true disadvantage to him, because you are amplifying the **Vibration** of the problem and therefore adding to it.

Often your friend draws you into keener awareness of the problem by continually discussing specific aspects of it, but with every moment of attention that you give to your friend's problem, the further from really helping him you are.

In this contrasting world in which you are focused, any attention to your problems does cause you to **Vibrationally ask for solutions**, and those solutions do begin lining up for you.

And so, you could actually add to the power with which your friend is asking for solutions by discussing the specifics of the problem, but he does not need help in amplifying his problems in order to intensify his asking.

That is a natural process that the contrast of the **Universe** provides...There is no reason to deliberately stir up problems in order to stir up solutions.

You are of no discernible assistance to your troubled friend unless you are able to focus in the direction of the solution, in the direction of what he wants, or in the direction of what you desire for him. If you are determined to feel good and are able to focus in this direction of improvement for him despite his continual prodding at his problem, your power of influence toward improvement will be powerful.

NOW, when you focus in the direction of the solutions you join forces with your own **Inner Being**, with his **Inner Being**, and with all of the cooperative components that the **Law of Attraction** has already assembled. If you allow yourself to be the sounding board for your friend's problems, your power of influence will be paltry, and you will be of no value to your friend.

But something even more troubling is now occurring: Your friend's problem not only launched rockets of desire into his **Vibrational Reality**, but your association with him and your focus has caused you to launch rockets of desire about your friend into your Vibrational Reality.

...continued on page 29...

Spirit Messages - Healing Service • Guest Speakers

Private Readings available after Services

321-419-6262



Spiritualism + Mediumship Classes

3rd Thursdays

6:30-8:30 pm

Services are held inside. Masks, distancing please

**SPIRITUALIST CHAPEL
OF MELBOURNE**

1924 Melody Lane, Melbourne, FL 32901
(behind Melbourne Auditorium)

Visit: www.spiritualistchapel.org

Email: spiritualistchapel7@gmail.com

Facebook: Spiritualist Chapel of Melbourne

**We Welcome All To
Sunday 10 AM services**



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>

10 DETRIMENTAL CONCEPTIONS OF “GOD” AND AN ALTERNATIVE REPLACEMENT

GOD AS HUMAN - taking the anthropomorphic representation of “God” literally or too far is often a set-up-to-fail scenario because of the assumption that “relationship with God” should work just like an intimate human relationship. (God can be personal without being a person.)

GOD AS MAN - the patriarchal concept of God as male imbues maleness with ultimate superiority. (God is without gender, but what we are indicating by the concepts of masculine and feminine are equally significant for a whole understanding of God)

GOD AS SEPARATE - there’s a tragic downside to the conception of “God” as a separate Big Other from whom we are naturally separated and estranged. (Each of us is a manifestation of the one and only ultimate ground of all being.)

GOD AS PUNISHER - an enduring notion of “God” is that of a demanding and angry judge who looks upon humankind with contempt, unworthy of his holiness, and deserving punishment for failing his standard. (Every human being is unconditionally deserving of love, compassion and positive regard.)

GOD AS SANTA CLAUSE - it’s problematic to think of “God” as one who rewards and blesses people, based upon whether they are naughty or nice. (Our mindsets, choices, actions and behavior naturally have the greatest impact on the wellbeing of our lives, and have positive or negative consequences.)

GOD AS NEGOTIATOR - the idea that “God” is working behind the scenes on your behalf to negotiate your life circumstances for favorable outcomes is likely

to lead to disillusionment. (Critical thinking, vigorous self-reflection, educating oneself and seeking wise counsel, are universally accepted means for navigating one’s life.)

GOD AS VENDING MACHINE - there seems to be the common idea that people’s requests, pleas and prayers to “God” obligates a satisfactory answer or response. (There is no magic formula or scheme that will miraculously deliver the life you desire, but you naturally have the capacities, skills and tools to cultivate that life, day by day.)

GOD AS PROBLEM SOLVER - there is often the idea that we can depend upon “God” to step in and solve or fix problems through divine intervention. (The lived human experience is complex and volatile, and all people encounter hardships, obstacles, dilemmas and tragedies, and we can support and help one another in a network of mutual care, support and aid.)

GOD AS EXCLUSIONARY - this concept of “God” asserts that only those who swear allegiance to a particular religion, belief-system, or dogma are accepted, rewarded, saved and protected, and all others are rejected, condemned and left behind. (“God” has no religion.)

GOD AS SCOUT LEADER - many people see “God” as someone who monitors your daily performance, giving or withholding approval, affection, affirmation and merit badges, based on our achievements. (Any concept worthy to be called “God” understands it as a loving, empowering, liberating, universal and unconditional flow, presence or dynamic at the heart of life itself.)



SOUL SONGS • ABRAHAM FUN

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

WHAT ON EARTH DO I WANT?

Instead of plodding through my day, feeling somewhat awash in a sea of chance and random events, I make it a habit to focus on what I want.

What do I want as the outcome of an upcoming meeting with the boss, a job interview, or a doctor's appointment?

What do I want to result from a project at work or at home?

What am I seeking in a current or future relationship?

How do I want to look? How do I want to predominantly feel?

In what ways do I want to help others and contribute to the planet?

As I practice focusing on what I want, whether it's my ideal breakfast or my ideal home, I thus beckon what I want from an all-resourceful and loving Universe. And if things go wrong, I use each circumstance as a golden opportunity to think further about what I want to happen, not about what has currently gone haywire.

I begin to create my life deliberately, on purpose, instead of shuffling along in a default mode. And increasingly I'm feeling at home in my own skin. Home, sweet, sweet home.

AD RATES ON PAGE 4

Text 321-750-3375

or email HorizonsMagazine@gmail.com

We don't answer unknown callers
(too much spam.)

We DO return voice mail & texts.

IT'S NOT ULTIMATELY ABOUT IQ, GPA, OR HDL

Every moment, I am emitting an invisible energy vibration. And this vibration, composed of an accumulation of my thoughts, is by far the most important thing about me, for every aspect of my world is responding to it.

My car and house are responding to it. My family and friends are responding to it. My boss and even my pets are responding to it. Traffic is responding to it. My bank account and 401(k) are responding to it, as is every cell in my body.

And all is being choreographed with utter precision by the universal Law of Attraction – like attracts like.

Through upbeat thoughts about what I like and what I want, my vibration is able to magnetize the good I seek. Habitual thoughts of criticism, complaint, fear, and vulnerability, however, usher in exactly what I wish to avoid.

With this information, I hold the key to creating the life I want while impacting the planet for good.

Less hurry, worry, scurry. More happy thoughts. Magic!

Crow's Crossroads Shoppe AND METAPHYSICAL CENTER



Aurora Collins
Owner/Psychic Consultant

**OLD AND NEW AGE
HEALTH AND WELLNESS**

Readings, Classes, Meditations, Tarot,
Aura Readings, Crystals, Herbs, Jewelry

352-235-0558

Email Avalon.biz@gmail.com

3810 SE Lake Weir Ave
Ocala, FL 34480

THE HERB CORNER AND LEARNING CENTER
277 N. BABCOCK ST. MELBOURNE, FL 32935
321-757-7522

www.herbcorner.net

**Cecelia
 Avitabile,
 Master
 Herbalist**



**Take Control of Your Health With
 Herbs - Mankind's Oldest Medicine**

Herbs have been used as a standard practice of complementary health-care for thousands of years. History has accumulated a vast knowledge of healing with plants providing us with a huge variety of healing options.

There are over 750,000 plants on the planet Earth and they all contain chemical compounds that can be converted into hormones, vitamins and minerals that address the root cause of the condition, not just the symptoms. They work like precision instruments providing over-all support for the body. The Herb Corner carries all your herbal needs.

**Master Herbalist & Certified
 Nutritional Consultant on Staff**

Lip Balms, Headache Sticks, Bar & Liquid Soaps, Natural Organic Cosmetics, Selves, Essential Oils, Unique Tea Diffusers, Tea Pots & Oriental Mugs, Herbal Tumblers, Raw and Tumbled Gemstones, Gemstone Animals, Eggs & Spheres, Salt Lamps in various sizes and shapes, Sage, Candles, multi-colored LED lightboxes, Rings, Necklaces, Bracelets, Earrings, and much, much more!!!



Specializing In All Natural Products

**THE HERB CORNER
 AND LEARNING CENTER**

Wed: 10am-3pm
 Fri: 10am-3pm

Thurs: 10am-5pm
 Sat: 11am-3pm

**NOW
 AVAILABLE:**

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



written by Cecelia Avitabile

With a Master's degree in Herbalism, a Certified Nutritional Consulting degree and over 30 years' experience, I will help to start you "on the road" to herbalism.

**"RECLAIMING YOUR ROOTS" IS A
 COMPREHENSIVE GUIDE TO HERBAL HEALTH**

and provides you with the health-promoting herbal skills that have nearly been lost to our "modern" world. You will learn how to treat non-emergency health problems and gain an excellent grounding in comprehensive basics: teas, tinctures, salves, syrups, compresses.

Learn about herbs for the Digestive, Nervous, Circulatory, Urinary, Respiratory, Immune, Muscular & Skeletal systems, along with healthy choices for women, men, children and pets.

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

TIS THE SEASON OF SNEEZIN

Allergy triggers are all around us especially at this time of year. In just one day we are being bombarded by a menagerie of possible allergens like ragweed, grasses, tree pol-lens or molds basically if it blooms its a possible allergen. The result leaves us with watery itchy eyes, nasal congestion, a runny nose, postnasal drip, facial pain, headaches and fatigue.

When the immune system encounters an allergen it goes into over-drive thinking the allergen is an invader. This causes your white blood cells to produce **immunoglobulin E (IgE)**, which binds to specialized mast cells causing you to secrete histamines and other inflammatory chemicals; and then you sneeze.

Some people with seasonal allergies also have food allergies, if you know that you have food allergies this might be the time of year to avoid or cut back on these foods so you don't over burden your system with so many allergens.

One thing you can do to help yourself is desensitize yourself to allergens before the season begins with local bee pollen or honey. They contain the pollens that you may be allergic to.

With **bee pollen** begin about 6-8 weeks before the season begins taking 2-3 granules increasing 2-3 granules per day; this slowly immunizes you to the local allergens. (Go slowly some people with severe allergies can have a problem with this.)

If your allergies are really bothering you, stay indoors on windy days and use your air conditioner to filter out allergens, if you must go outside wait until after lunch; pollen counts tend to be higher from 5-10 am.

...continued on page 31...



THE HERB CORNER AND LEARNING CENTER

Hours: Wed-Fri. 10-5, Sat. 11-3
277 N. Babcock St., Melbourne * 321-757-7522

Ongoing Herb Classes! Call for Details!

HAVING TROUBLE WITH:

* Arthritis/Rheumatism	* Gout
* Asthma/Breathing Issues	* Headaches
* Calcium	* High/Low Blood Pressure
* Cancer	* IBS/Colitis
* Colds/Flu	* Insomnia
* Concentration/Memory	* Low Immune System
* Diabetes	* Nutrition Absorption
* Fibromyalgia	* Stress

We are a dedicated, caring shop helping you take control of your health with herbs!

Herbal Teas, Tinctures, Capsules, and Salves/Creams
Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets).



Cecelia Avitabile, Master Herbalist & Certified Nutritional Consultant



Florida native helps hormones & more!

Saw Palmetto:

(suggested health uses)

- * Digestive problems
- * Coughs
- * Benign prostatic hyperplasia (prostate health)
- * Boost poor immune system
- * Hair loss prevention

We Are More Than Just An Herb Shop!

Gifts, Jewelry, Gemstones, & More!





- * Candles * Unique Gifts * One of A Kind Jewelry
- * Crystals & Gemstones * Himalayan Salt Lamps
- * Organic Skin Care Soaps & Cosmetics
- * Glass & Plastic Bottles, Herbal Supplies
- * Organic Essential Oils & Diffusers
- * Detox Foot Bath Sessions



Gift Certificates Available for All Occasions!

Visit www.herbcorner.net
NOW IN STOCK: RECLAIMING YOUR ROOTS book by Cecelia Avitabile



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

QUARTZ CRYSTALS INFUSED WITH IRON

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](#)

August arrives bringing sweltering heat from a sun that seems too hot to bear. It is good to remember that this sun also brings the light of truth into the dark places in ways that cannot be ignored.

We seek respite in the waters and welcome the cool of evening as the stars emerge to remind us of the fire of our sun. During the powerful movement of energies here on earth during these times it can be very useful to have an ally of strength and protection to help us create a place where we can feel safe as we work to create our visions of a world where everyone can live the life they choose while respecting the choices of those who chose a different path.

Iron is a metallic element that has been used since ancient times for magical protection. In myth and legend it has been used to bind or banish demons and shield users from malevolent spiritual influences. It is sometimes called the **Metal of Mars** and it represents power, courage, fortitude and honor.

One of the most common elements on earth, **iron** was the first metal made into tools by humans as it is malleable and easily shaped. It is attracted to magnets and easily magnetized so it can represent the emergence of strong connections.

The core of the earth is **iron** and that **iron** core is responsible for creating the earth's magnetic field.

Iron is at the heart of the stars. It is a vital part of the blood that runs through our veins. When we use **iron** as a spiritual tool, we can consciously connect with the strength of the earth and the power of our own mind, soul and body.

Iron can take many forms in nature. One of the most common is **iron** oxide, also known as rust. **Iron** gives blood its red color and carries oxygen through our bloodstream to every part of our body to keep us alive.



Superpink Lemurian quartz
Serra do Cabrol, Brazil

Hematite and goethite are mineral forms of **iron** that occur in nature and can be spectacular minerals specimens highly prized by collectors. **Iron** of all kinds has been used by spiritual practitioners through the ages in rites, rituals and magic as **iron** cannot take on negative energy. It is the symbol of the spiritual warrior who uses strength to illuminate the truth path through compassion rather than conquering through fear and anger.

... continued to page 33...



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,

My father was my guiding light, he always gave me the best advice. I pray that he watches over me and that he will continue to show me the way. I ask for signs but I don't hear from him. Why won't my beloved father contact me from the other side? *Deaf ears in Evanston*

DEAR ONE,

Your Dad spent many years guiding you. Now that he's in heaven, he is very busy with his own process and he's no longer able to assist you on a moment to moment basis. Human souls are busy on the other side healing, learning and growing. Remember: **Earth** was created in the reflection of **Heaven** so there is much to do.

You need to take your prayers to the top: **God** the creator is all-knowing; there are also angel helpers and spirit guides for you to call upon.

We each have an unseen support team that knows our spiritual contract, our mission and purpose; we are their charges. It's their job to watch over you and assist in getting you through this journey as painlessly as possible.

Here's the catch, **God** honors your free-will. So it's important that you reach out and ask for their help because then they have your permission. Ask for their help and be specific.

Just don't tell them HOW TO fix your problems, because it's limiting when they have greater solutions than you can imagine.

... continued to page 31...

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

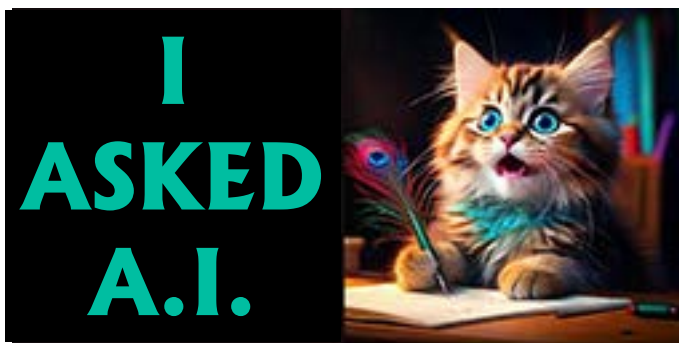
Fri 9:30am Chair Yoga with Audrey da Costa \$8

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 CHATGPT: Using forest animals as characters, write a short story in ironic comedic fashion about politicians arguing over who to keep out of their country club.

CHATGPT RESPONDED:

TITLE: "THE WOODLAND COUNTRY CLUB CRISIS"

Deep in the heart of **Pinecone Pines**, nestled between two arguing waterfalls and one extremely opinionated mountain, lay the **Woodland Country Club** — an exclusive, overly-groomed patch of forest where only the most distinguished animals could enter.

At least, that's what the sign said:

"Woodland Country Club: For Noble Beasts Only."

Inside the main hall — a hollowed-out redwood with mahogany acorn chandeliers — the weekly **Grand Assembly** was in full chaos.

The topic? *Who to keep out.*

ACT I: THE TRUMPETING OF AUTHORITY

At the center of the table sat Councilor **Elephantius**, the stately old elephant with a monocle perched on his leathery brow. His trunk curled dramatically every time he spoke, which was often and unnecessarily.

"I propose we ban the porcupines!" **Elephantius** boomed. "Too... prickly. One sat in the hot tub last week and now it's more hole than tub!"

From the other side of the room, **Senator Rikki the Raccoon** twirled a martini olive on a stolen swizzle stick and muttered, "At least porcupines don't raid the snack bar."

His words were ignored, probably because he spoke them from under the table.

Elephantius continued, "And don't get me started on the badgers. Have you seen what they do to the croquet lawn? Disgraceful. Simply burrowful."

He was very proud of that pun and paused for laughter. There was none. Only loud chest-thumping.

ACT II: BABOONS IN UPROAR

"WE NEED STRONGER BORDERS!" bellowed **Representative Bunga**, a baboon with a sash that read "MAKE THE FOREST SAFE AGAIN." He pounded his chest and waved a banana like a gavel. "Last week I saw two chipmunks pretending to be squirrels just to sneak in! Identity fraud!"

"They're literally cousins," someone muttered, but **Bunga** had already climbed onto the chandelier.

Just then, a group of monkeys swung in through the open rafters, each holding leaf-paper signs:

... continued to page 15...



... continued from page 14...

“EVERYONE DESERVES A SEAT ON THE LOG!”

“NO BEAST TOO SMALL!”

One particularly energetic gibbon shouted, “We should be welcoming everyone! The termites, the skunks, even the beavers! Community is strength!”

“Beavers?! BEAVERS?!” **Elephantius** snorted so hard he blew the tablecloth off. “Next you’ll say we should let in the squirrels who use espresso machines!”

“They built the espresso machine!” cried the gibbon. “Exactly my point!”

ACT III: THE REAL CULPRITS

Meanwhile, under the table, **Rikki the Raccoon** quietly scribbled in his little black notebook. While everyone argued, he’d quietly snuck several pastries, replaced the votes in the ballot box with acorn coupons, and appointed himself **Treasurer of Snacks**.

“Let them argue,” he whispered to his cousin **Remy**, who was currently wearing a squirrel suit. “While they ban each other, we take over the vending machine franchise.”

ACT IV: A DECISION IS MADE

After six hours of yelling, swinging, and a surprise interpretive dance by a peacock who thought this was a casting call, **Elephantius** finally declared:

“Very well. All in favor of banning whoever we’re mad at this week, say AYE!”



A chorus of “AYE!”s filled the hall — mostly from creatures who had no idea what they were voting on but liked yelling.

The resolution passed.

The only ones who didn’t vote? The termites — who by that time had eaten the chairs, the ballot box and the bylaws.

EPILOGUE: NEW MANAGEMENT

Weeks later, the Woodland Country Club had new management. Raccoons ran the accounting office (now missing,) monkeys handled marketing (flyers in every tree,) and the baboons were still yelling but had moved to a branch-based podcast.

Elephantius now held meetings in the sauna, where no one listened, but at least the porcupines weren’t poking holes anymore.

As for who really ran the club?

Let’s just say: check your wallet. If it’s missing, **Rikki** says it’s probably due to “administrative fees.”

MORAL: When everyone argues about who doesn’t belong, the sneaky ones rewrite the rules — and steal the snacks.



Scott Grace

SHAMEBUSTERS

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.

If there's shame and guilt in your neighborhood, who you gonna call? - Shamebusters!

Shame is behind the scenes of every human dysfunction and conflict.

Insisting you have to be right, having trouble letting in love, addictions, a sense of entitlement, feeling less than, feeling greater than, etc. etc. etc. - These are all symptoms of shame lurking behind closed doors.

TOOLS FOR BUSTING SHAME:

1. ADMIT YOU HAVE IT. This takes tremendous courage for most of us. Shame does not like coming out into the open. Shame is ashamed of itself, and will do anything to not be revealed. Shame, like anaerobic bacteria, cannot continue to exist when exposed to the oxygen of honesty.

2. TAP IT AWAY! This little video of mine will bust shame, especially shame about sexuality and body image. This is a segment of the work I did with a client who did a great deal of catharsis around shame - and then was kind enough to allow me to record the positive dessert part at the end of our session. My favorite line in the tapping sequence: God comes when I do! Join in on the emotional orgasm here: Sexual Shame Busting

3. THE SPIRITUAL DR. SEUSS LOVES TO EXPOSE SHAME WITH HUMOR AND RHYME. The following are potent interventions for shame busting, cleverly posing as entertainment:

[1. How the Guilt Stole Christmas](#)

[2. The Story of Struggle and the Garden of Ease](#)

4. Finally, [The Realm of Unity](#) my daughter's mother recently came out with a gorgeously written science fiction fantasy novel about a growing chunk of humanity slipping out of the third dimensional world of duality, scarcity and suffering, and finding themselves in a fish dimensional earth, a parallel universe where people are living without fear, lack, shame and unworthiness.

HERE IS A SHAMEBUSTING PARAGRAPH FROM THE BOOK. The context is the main character has recently arrived and is acclimating to this new world, called [The Realm of Unity](#). The people welcoming her have thrown a party in her honor. She is experiencing some resistance to being the recipient of such love and attention.

HER GUIDE EXPLAINS:

"You have been experiencing unworthiness. It is an energy from old Earth that is perpetuated to establish dominance by those-that-seek-to-control. They themselves carry so much fear that they believe their only option is to oppress others to elevate themselves. You have been subjected to thousands of years of programming and have been told that you are less.

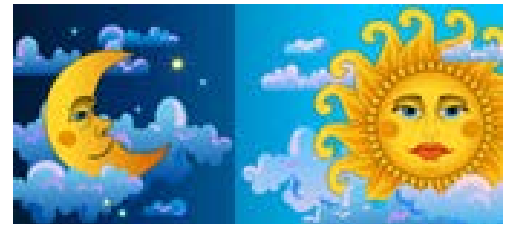
"Through movies, advertising, and even religion, you have been instilled with subtle messages telling you that you are bad, undeserving, and unlovable. This creates a necessary drama on old Earth that is vital for learning and growing.

However, now, here in Unity, it is no longer necessary. You are now free to claim your rightful place as equal to all other beings. Discovering this truth, you can begin to find your unique gifts that are so needed in this world.

...continued on page 23...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO AUGUST 2025

Welcome to August! We are now half way between the **Summer Solstice** and the **Fall Equinox**. It's still quite hot, but attention will turn this month to the first harvest festivals. One early harvest festival is written about in **The Anglo-Saxon Chronicle of 921 AD**, and it mentions **Lunasadh** as 'the feast of first fruits.'

This festival is also called **Lammas**, as in the **Old Lammas Fair at Ballycastle, Northern Ireland**. **Lammas** or **Lughnasadh** festivals are still held today with music, dancing, drumming and games of skill. At this time, many **Wiccans** and **neopagans** will honor the **Celtic God Lugh**.

Lugh was one of the most prominent **Celtic** deities, appearing in **Britain** and the **European** mainland as **Lugus**, or in **Wales** as **Llew Llaw Gyffes**. Though he was primarily associated with skill and rulership, he was in some cases connected with light or the sun as well. His title "**of the Long Arm**" often accompanied him in his various appearances. **Julius Caesar** identified **Lugus** as the **Roman god Mercury**, a trickster and messenger of the gods, similar to **Lugh's** role before he became **High King**.

With the spread of **Christianity** throughout **Europe**, it became customary to bring a loaf of bread from the first harvested grain to the church to be blessed.

August 1st: Lughnasadh, Pagan/Wiccan. Also known as **Lammas** or **First Harvest**.

August 2-3rd: Tisha B'Av, Judaism. The culmination of a three week period of mourning, that began with the fast of the 17th of **Tammuz**.

August 9th: Full Sturgeon Moon in Aquarius. This full moon is known as the **Sturgeon Moon** because August is the time of year when sturgeon fish are most readily caught

August 12th - 13th: Peak Perseid Meteor Shower

August 13-16th: Obon, Japan. Began as a **Buddhist** custom, a time for reuniting with family, visiting Ancestral sites and the graves of family.

August 15th: Feast of the Assumption, Catholic: recalls the spiritual and physical ascent of the Virgin Mary into Heaven.

August 16th: Janmashtami, Hindu celebration of the birth of Krishna.

August 23rd: New Moon in Virgo

The month of **August** is often referred to as the "**dog days of summer**" but not because of pet pooches. It has to do with the star **Sirius**, also known as the **dog star**, which rose at the same time as sunrise during the month of **August** in ancient **Roman** times.



florida HERBAL
COOPERATIVE

AGRICULTURAL MARKETING
COOPERATIVE

We promote Florida-grown medicinal herbs, connect herb farmers with herbalists, retailers, and other buyers, and facilitate education and sharing resources between Florida herb farmers.

Are you an herb grower, herbalist, or herb retailer? We need your input. Help guide the cooperative by filling out the online survey found on our website. Sign up for our newsletter or follow us on Facebook for upcoming online workshops!

FLORIDAGROWNHERBS.COM

AD RATES ON PAGE 4
Text 321-750-3375
or email
HorizonsMagazine@gmail.com

We don't answer unknown callers
(too much spam.)
We do return voice mail & texts

**HAPPY AUGUST AND
BLESSED BE!**



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 EXISTENCE OF OTHER (PROBABLE) SELVES:

What I am about to explain *is* difficult. Purposely, it is not as yet in any of the books, simply because certain beliefs must be dispensed with before these ideas can be at all accepted.

It is not that I am holding back so much as that, in your terms, what follows is dependent upon an understanding of certain concepts.

People who are still worrying about one soul, gods and devils, must be helped to relate to great realities from their own framework, and gently led away from it if possible.

Probabilities have been mentioned in such a way that alternate realities are presented, showing such people that choices are available.

The deeper explanations, however, demand a further expansion of ideas of consciousness, and a certain reorientation.

It is extremely important that you bear in mind the importance of free will, and the presence of your own identity as you think of it. With that preamble, let me continue then.

It is not so much a matter of **Rubert's** vocabulary, incidentally, since even a specialized scientific one would only present these ideas in its own distorted fashion.

It is more a problem of basic language itself, as you are acquainted with it. Words do not exist, for example, for some of the ideas I hope to convey. We will, at any rate, begin.

All probable worlds exist now. All probable variations on the most minute aspect in any reality exist now. You weave in and out of probabilities constantly picking and choosing as you go along. The cells within your body do the same thing.

I told you once that there were pulses of activity in which you blinked off and on - this applying even to atomic and subatomic particles.

"You" assign as real-present here and now-only that activity that is your signal.

"You" are not aware of the others.

When people think in terms of one self, they of course identify with one body. You know that the cellular structure of it changes constantly. The body is at any given moment, however, a mass conglomeration of energy formed from that rich bank of probable activity.

The body is not stable in the terms usually thought of.

On deeper biological levels the cells *straddle* probabilities, and trigger responses.

Consciousness rides upon and within the pulses mentioned earlier, and forms its own organizations of identity.

Each probability - probable only in relation to and from the standpoint of another probability - is inviolate, however, in that it is not destroyed. Once formed, the pattern will follow its own nature.

The organizations of consciousness "grow" even as cells grow into organs. Groups of probable selves, then, can and do form their own identity structure, which is quite aware of the probable selves involved.

In your reality, experience is dependent upon time, but all experience is not so structured. There are, for example, parallel events that are followed as easily as you follow consecutive events.

The structure of probabilities deals with parallel experience on all levels. Your consciousness picks and chooses to accept as real the results of, and ramifications of, only certain overall purposes, desires, or intents.

...continued on page 32...



SPIRITUAL GRAFFITI

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

It's everyday life that tells a tale of courage. It's about the one who held in there when the outcome was uncertain. It's about the person who finally found the right place within to offer themselves forgiveness. It tells how brave you were for getting honest about something that was really hard to come to terms with.

It talks about the one who spoke up when no one else would acknowledge the wrong-doing. It even mentions the part when you stepped inside your heart and said a real 'I'm sorry'. It's when we normalize our vulnerabilities instead of hiding ourselves in shame. Or when we let ourselves be human and not front some type of extra super-power.

It's when we realize it's not that we lack strength, it's that sometimes what we demand of ourselves is not possible. And there's nothing wrong with not always having to be strong.

WE ARE PIONEERS

We are pioneers, we are. We are some of the first people to explore a way of being that is not premised on survivalism as our operating principal. For generations, people have been choosing their career path, their life partners, their ways of being, based primarily on what put food on the table. It didn't matter how one felt about how one survived. All that mattered was staying alive.

Yet a new way of being is taking root, one that is premised on authenticity above all else. We are beginning to insist on living from our truth, choosing our path and our connections from the soul outward. This is why its so damn difficult. Torn between the mantras of 'Grin and Bear it' and 'Be who you really are', we have one foot in each world, not entirely rooted in either. No wonder so many path travelers are in a state of confusion. We are crafting a new, true way of being while carrying the conditioning of the old world. We are saying goodbye to unhealthy connections while still lodged in a duty-bound culture. We are laying down new tracks without a single footprint to follow.

This is a profound consciousness shift on this planet. We are pioneers, we are. Pioneers of truth. The next generations will be ever grateful for these giant steps. Kudos to all of us, who bravely seek an authentic, new world. Let's give ourselves a bow.



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>

A main "Criterion of Consciousness" within the human experience is never having all you want.

For as one dream comes true, another swiftly takes its place.

Not having all you want is one of life's constants.

And learning to be happy while not yet having what you presently want is the first "Criterion of Joy."

Nail it, and for the rest of your life people will be asking what it is about you.

Desire is a beautiful thing.

-- The Universe



METAPHYSICS 101

Asleep, Awakening, Awake – Where are You?

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

Humanity is largely asleep at the wheel, so bogged down in the physical and the doing of life that we rarely realize there is more to life than our perceived physical reality. Few achieve an awareness that there is more; even fewer reach out for more, much less discipline themselves to participate; even fewer achieve and rarely transcend. Why? Waking up from our long deep sleep in physical reality is hard to do.

Do you remember the old 99 and 44/100th percent pure **Ivory** soap commercial? Translate that number as the bulk of humanity, which seems to live in what I see as a walking dream state, caught in our agreed-upon physical reality, suffering from tunnel vision or myopia and astigmatism of the spirit. I need to break that sentence apart and examine it more thoroughly.

Science delights in showing us that what we perceive as reality is not necessarily true. For example, a solid table contains so much empty space that you wonder how it stands up, but we can and do use it as a table. Time is also a human construct, convenient, but our physicists perceive different possibilities of time than the common man.

When we as individuals enter the physical realm at birth, we enter a commonly held conceptual reality with seemingly infinite variety. We tend to get stuck right there, so busy concentrating on succeeding step-by-step that we literally develop tunnel vision as to other possibilities. We focus on the immediate, often losing sight of any possibility outside our collective reality, therefore are myopic (short-sighted) in our participation.

If you ask ten people to describe a person, an event, even a room, you will get ten descriptions based on each person's perspective and experience, our personal "astigmatism". There exists our perceived truth, individual and collective, which may be distorted, and there is "the truth" which is often skewed to our personal perception.

How do we wake up or even begin to wake up? Tiny awarenesses occur. The universe is giving us hints, little tugs, experiences, tiny flashes of insight. What happens when you prod a person in deep sleep? It takes some effort to just get through to their slumbering consciousness. Then they are so groggy or out of it that it takes real effort to bring them all the way out... and they may not be happy!

Not every one who gets these teasers from the universe wants to wake up. You do have a choice, you know. You can stay asleep through this lifetime. I don't think your soul or spirit will be happy with your personality, but you probably can put off awakening for another day (or lifetime). Just as we turn over and go back to sleep in our beds, we can do the same with our consciousness.

I've met only a few of these, but they do exist. They will just have to wait for another turn of the wheel of life.

As we get these little pushes, hints, tugs, teasers from the universe, slowly but surely, we begin to wake up. We go through all the stages I previously described and our awareness slowly increases. We are no longer asleep, but you can't really call what we are at that stage "awake", can you?

Remember we are dealing here with point 56% (about half a percent, and my numbers are personal estimates) of humanity who is in any one of the stages from not quite deeply asleep to fully realized (awake).

What can we do to help ourselves? Primarily we lack discipline, not opportunity. Just because waking up your spiritual self can lead to a better way of life does not make it easy. Working on your emerging awareness (awakening) is not a guarantee that you will succeed with every effort.

You must persevere. There are no free rides in the universe. If you want growth and progress for your consciousness, you must wake up because it is impossible to achieve awareness when you are "asleep at the wheel." Your awakening beckons you.



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 #13 KLESHAS

In this second chapter we discuss the practices. **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 ARE OUR SORROWS OR KLESHAS

Most people believe in a soul and understand that we can not exist without it. We know that at our death the soul leaves the body. In the east we see the soul as a spark of the divine that has taken on a form, the body, to experience itself and then return to the source.

If we believe this, the question arises “who is the real self?” Is this really me, the person that I am with all my likes and dislikes the “I AM”? If we reflect thus, we may come to the conclusion that this “I AM” is temporary. We all only have a limited time on this planet, but the soul continues after death. So, the real being is the soul, not me. This person I identify with is only here this one lifetime. Yoga philosophy believes that we incarnate many lifetimes until we finally realize who we really are and reach “Self-Realization.”

While we are in this incarnation or this personality we experience the world according to previous experiences, either from this lifetime or previous ones. We call a life on earth a life of sorrows. We are living in a world of duality, we have happiness and sorrow. When our desires are not fulfilled we feel sorrow. **Patanjali** defines five different sorrows or **kleshas**.

The root cause of sorrows in our life is **avidya** or lack of knowledge. We know that most of the diseases that we have are due to improper nourishment. Yet we eat and drink for the pleasure of the tongue rather than the need of the body. We know that if we exercise properly we will feel better, but we do not. We know to save part of our income, but momentary pleasure prevents it and causes suffering in the future.

Most importantly it is to understand that we are not this personality, we are part of the divine self. The body and person is here to find that beautiful soul within and explore its full potential. Once we find that beautiful soul within us, we will experience bliss or anand, eternal happiness. To take the soul or ourselves as mortal is the primary cause of ignorance and sorrow.

Another cause of sorrow is that we identify ourselves with the objects of the senses rather than understanding that it is the soul that uses the senses. Without the soul we can not see. If we are dead we do not see.

Sorrow is caused by us identifying with the ego or **asmitaa**. We invite sorrows because there is too much of “I.” All the time we are conscious of “me” and our desires. If we think of others, and how to do something good for others, our sorrows will be less.

...continued on page 30...



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6...

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

An important thing to know about meditation is that you're not just sitting there quietly with eyes closed, being bored. There's a whole lot going on. The practice of breathing deeply and calmly – on purpose – as a daily practice will begin modifying your neural pathways. This strengthens your reasoning center.

You will begin thinking more clearly and when you experience scary or upsetting sensations, you can more easily look at them rationally.

For example, when you experience pain, rather than becoming anxious and assuming it means something is wrong with you, you can watch the pain rise and fall without becoming ensnared in a story about what it might mean.

On the other hand, you might be guided to a particular word or phrase to research that may shed light on it.

At some point in your meditation, you will relax into it enough that your internal guidance system will kick in

and begin offering you blocks of thoughts to consider. At first you will think these are your own thoughts and you will release them on your breath. Don't worry, they will come back around. Your internal guidance system won't give up and go away. It will simply wait until you consider for a moment, "Hey, maybe this thought is from Guidance instead of from me." When you begin contemplating THAT thought, guidance will send you supporting information.

A FRIEND ASKS ABOUT SELF FULFILLING PROPHECIES

At a psychic fair in the 90's, I gave predictions to six women about moving to **Asheville, NC**. Two of the women were together, 4 did not know each other. Waiting in line, they overheard one woman say "**Asheville**" and they ended up speaking to each other and I'd been the reader for each of them. **SPOILER ALERT:** They became friends after this and all moved to Asheville years later and live there now. Here's the story:

***DID I PICK UP ON IT OR DID I GIVE THEM THE IDEA
AND THEY MADE IT A SELF FULFILLING PROPHECY?***

In the 90's some friends and I did psychic fairs around town, there'd be like 10 readers and maybe 20 vendors in a beach hotel conference room. They were 15 minute mini readings and most readers were booked all day, doing 20+ readings.

...continued on page 42...

WHOLISTIC THERAPEUTICS

(Complementary & Alternative Medicine)

John Estes LMT, CH
Licensed & Insured
MA6409 MM14273
Lic. Massage Therapist
Cert. Hypnotherapist

Swedish, deep tissue, reflexology,
sports massage, reiki, polarity,
hot stone, shiatsu, acupressure,
neuromuscular therapy and more...

PSYCHIC CONSULTANT
Yoga • Tai Chi • Qigong
Meditation Instructor
Housecall or Office visit
321-489-1880

HYPNOTHERAPY
Psychic & Tarot Card readings
Past Life Regression
Shamanic Journeys

Spiritual healing by donation



SHAMEBUSTERS

continued from page 16 ...

Scott Grace

I am proud to recommend this novel to anyone and everyone, as it is both fabulous escapist entertainment and a book with an urgent, timely, empowering, message of hope and vision for humanity. You can get it here: [The Realm of Unity](#)

And finally, we would not be in integrity offering you resources for shamebusting without making you aware of an extraordinary product I created in the laboratory of my imagination.

Get yourself or a loved one a bottle of.....

Shame Off You!

Have you no shame? If you do, it won't last long.

It's time to treat yourself to a bottle of **Shame Off You!**

An amazing time management tool for spiritual perfectionists, stressed parents, and priests on the go.

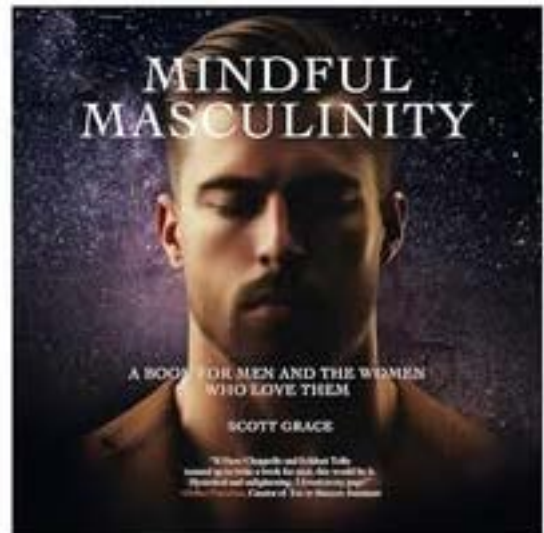
Recommended by **Adam & Eve!** Endorsed by **Dr. Phil, Dr. Oz, and Dr. Seuss!**

Used by Jesus to give Lazarus that get up and go feeling!

Works on even the hardest to get to shame stains from childhood, and even past lives!

GREAT FOR ELIMINATING THE FOLLOWING STUBBORN SOURCES OF SHAME:

- *Religious
- *Sexual
- *Parental
- *Inner Critic



INGREDIENTS: Rosewater, Essence of Grace, Eternal Forgiveness, & Absolution.

DIRECTIONS: Use as inner-directed.

Shake well and apply to affected area.

In a commanding tone, say, **"Shame Off You!"** or **"Shame off Me!"**

Apply liberally. Or conservatively, if you are a **Republican**.

RETURN POLICY: **Shame Off You** is guaranteed to return your soul to its pre fig leaf state. If it does not work, you can always return for your next life and have another go at it.

WARNING: Will not work without willingness.

DISCLAIMER: If you don't claim your right to live shame and blame free, this product, even when used in conjunction with years of therapy, will not get shame off.

To Order: **Shame Off You** is a fictional product. Therefore, it is temporarily out of stock until you take stock of yourself and reclaim your original innocence.

You can always check with scottsongs.com for other resources to give you that get up and glow feeling,

With Love, Giggles, and Joy Bubbles,

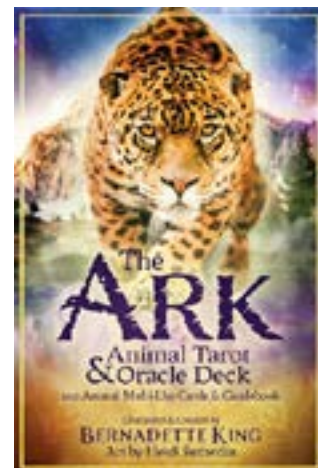
Scott



WHAT IS MY SPIRIT ANIMAL

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

Visit WhatIsMySpiritAnimal.com



CROW SYMBOLISM & MEANING

The mythologies and folktales around the world recount stories of the Crow Spirit. The symbolism and meaning is frequently ambivalent and intermixed with Raven. But, they shouldn't be. Yes. These animal allies are similar. But Crows are different in many ways.

Crows are much smaller and live almost 20 years less than Ravens. So, **Crows** teach us to pack big things into small packages. Only have a little short time for vacation? Have all the fun you can! Don't waste one minute!

Crows are beautiful birds, but like the **Raven** they often got a "bad rep" for bringing death or malevolent magic on their wings. Their black color and eating habits similar to that of **Raven** make this mutual association natural.

However, **Crow** is not simply a harbinger of gloom - this bird brings the power of foresight to those who work with it. Diviners, seers and sages alike believe that **Crow** spirit can see throughout time and past the veils into spaces and places often hid to humans.

Shamans and light workers alike tell us that **Crows** are masters of shape shifting. This is not simply physical, however, it's energetic. **Crow** teaches you how to mold your aura, your power into the shape that supports manifestation.

One way to tap train your energy, aura, vibration, mindset, emotions to 'shapeshift' is by watching **Crow** in the wild and physically mimicking their behavior. Try this as a moving meditation that brings you closer to the mysteries that **Crow** carries. Is it any wonder that **Crow** ranks among the most popular totem animals throughout **Shamanic** traditions?

One of the important messages of **Crow** as an animal spirit guide is not to fear change. All of us have shadows in our lives that need purging. That deep transformation isn't easy, so **Crow** steps in to support your effort with greater insights. When you need that "higher perspective" - be it the **Higher Self, Spirit Guides, Angels or God** - call on **Crow** for aid.

Another important element to **Crow** is its voice. This bird uses its voice to warn other members of its tribe, even those far away. In this sense, **Crow** gives your spirit the gift of watchfulness, both physical and psychic, and the ability to protect those you love as a result.

CROW SPIRIT ANIMAL

The **Crow Spirit Animal** becomes an amazing advocate for improving your insights. Working with **Crow** energy and medicine you can begin to see how energies mix, mingle and transform on an alchemical level. And the spiritual assistance doesn't end there.

Crows are known to be very protective and they work effectively in groups to chase off seemingly impossible foe. With **Crow** in your life, you'll have a natural desire to safeguard the little guy, defend your territory and speak your truth without fear. You will also find that **Crow as a Spirit Animal** inspires tenacity. Whatever the wall or barrier, you will eventually figure out a way to get around it.

The only caution with **Crow** is going too far. Avoid manipulation. **Crow** is still a highly talented trickster. Use that characteristic in a fun way that "does no harm".



WHAT IS MY SPIRIT ANIMAL

... *from page 23*

Finally, **Crow** may appear in your awareness when you doubt that you're smart enough to accomplish your goals and dreams. In different tests, **Crows** have been found to have the skills of the average 7-10 year old human. Those of us who know about the intelligence of animals are never surprised when these studies are published. But, for many it's a big eye-opener into the wonderful world of animals. We here at WhatIsMySpiritAnimal.com believe in you. You're smart enough to achieve whatever your heart desires!

Crow Totem Animal

If **Crow** is your Totem Animal you are a consummate creator! You're like the MacGyver of Manifestation! **Crow** Totem two-legged peoples are amazing at listening, watching, and mimicking. You are skilled beyond what folks readily see.

As much as your tribe loves you, with **Crow** energy as your personality type you can be as infuriating as comical, as light as dark, and as inventive as naive. One of your core strengths is how you often understand the world around you through noticing and interpreting omens and signs.

Crow people not superficial. There are many layers to their mind and spirit. A bit of advice for those with **Crow** as an Animal Totem - Pause long enough to really assess your intentions and whether your dreams and goals are truly realistic. If you stay true to **Crow's** integrity, you'll know deep in your soul that walking your talk builds the bridge to success.

CROW POWER ANIMAL

Caw for **Crow** as your Power Animal when you need to understand and work with Universal truths and laws. Underneath every faith there are core teachings that appear again and again - honoring the earth and Ancestors, protecting our power and using it wisely, being good to each other. **Crow** takes us beyond the limitations that we often create, even unwittingly. With **Crow's** power it's definitely time to think and live out of the box.

Turn to the **Crow** during times when you feel in danger, particularly when it comes to your spiritual Path and vision. Adepts have told us time and time again that the

Wise Craft comes with challenges that forge stronger spirits and refine our Beings. One of those challenges is defining our own codes so that they reflect a global and, indeed, a universal awareness of love as the law. Invoke **Crow** when you need an animal spirit guide who will tell you the truth - however hard it may be to hear. **Crow's** are truth-speakers. They will not lead you down the wrong path.

NATIVE AMERICAN CROW SYMBOLIC MEANINGS

Contrary to many other settings, several Native American tribes regard **Crow** as a symbol of good fortune. Perhaps because the **Crow** cleans the land, shows high levels of intelligence, and remains observant. **Crow** is a smaller cousin to Raven in many of these attributes but the Native Americans give Him his own place in mythology.

As a Native American animal the importance of **Crow** illustrates itself in that there are several **Crow** clans including among the Hopi, Chippewa and Pueblo tribes. The **Crow's** ability to talk placed it among the sages of the animal kingdom. During hunting, **Crow** becomes a guide, and in ritual **Crow** is a key figure in the Native American Ghost dance.

CROW AS A CELTIC ANIMAL SYMBOL

Crow is sacred to **Lugdnum**, the **Celtic** god of creation who gave his name to the city of Lug. As a solar deity, Lug reminds us that **Crow's** polarity is normal (as witches might say, as above so below). In this setting **Crow** announces prophecies. This likely led to the historical practice of diviner's observing the movement of **Crows** and using them for predicting everything from the outcome of a battle to a pending storm.

Some stories of **Crow** imply that this bird has ties to the world of the Fey. And while there is mischief afoot, there is also the empowering of speech, bravery and shrewdness.

CROW DREAMS

Dreams about **Crows** often reflect a message from your Higher Self or sub-conscience. You may be hiding something from yourself - something important. Until you ferret out that piece of the puzzle you may find yourself unable to move forward toward your dreams, wishes and goals effectively. Learn more about **Crow** Spirit by reading **Crow** Dreams and What They Mean on WhatIsMySpiritAnimal.com

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line

Payment due 15th of the month before • Email, Zelle and Paypal to HorizonsMagazine@gmail.com

HORIZONS PHONE DIRECTORY

ALACHUA COUNTY (352)

GAINESVILLE

(386) HIGH SPRINGS

CRYSTALS, ROCKS, MORE

SHARRON BRITTON see SHARRONROCKS on FB

HIGH SPRINGS EMPORIUM 386-454-8657
19765 NW US Highway 441 High Springs 32643

BREVARD (321)

AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

ASTROLOGER

LESLIE MARLAR 779-0604
VLMarlar@aol.com www.lesliemarlar.com

ASTROLOGY REPORTS

ANDREA DE MICHAELIS \$28
3 MONTH FUTURE PREDICTION REPORTS
Email horizonsmagazine@gmail.com

BOOKS & GIFTS

ANGELS OASIS Cocoa Village 321-506-1143
402 Brevard Ave Visit Angels-Oasis.com

AQUARIAN DREAMS Indialantic 321- 729-9495

CREATIVE ENERGY 321-952-6789
Crystals, Jewelry, Singing Bowls, Books, Tarot +
780 W New Haven Ave, Melbourne FL 32901

BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne

WHITE SANDS BUDDHIST CENTER 321-383-0723
4640 Knost Dr.ive in Mims, Florida 32754
www.tvct.org/ whitesandsbc@gmail.com

CHIROPRACTIC

VICKI M. MERRICK, DC 321-952-7004
2060 Palm Bay Rd NE #2, Palm Bay, FL 32905

CHURCHES

CENTER FOR SPIRITUAL LIVING SC 474.2030

CHURCH OF IRON OAK 321-258-2897
Wiccan Outer Court. Celebrate Sabbats.
Workshops Available email scribe@ironoak.org

THE NEW WAY www.TheNewWay.us 458-7956
SPIRITUALIST CHAPEL OF MELBOURNE 419-6262
UU Church OF BREVARD www.uubrevard.us

UNITY OF MELBOURNE 254-0313
2190 Sarno Road Melbourne 32935
www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625
210 N.Tropical Trail32953unitymerrittisland.org

UNITY ON THE SPACE COAST 383-0195
2000 South St Tvl 32780 Unityonthespacecoast.org

CRYSTALS, GEMS ROCKS

BOOK AND BEAD OUTLET 321-453-2665
950 N. Courtenay Pkwy Merritt island 32953
Visit bookandbeadoutlet.com

CREATIVE ENERGY 321-952-6789
Crystals, Gemstones, Jewelry, Books & More.
780 W New Haven Ave, Melbourne FL 32901

YOUR CRYSTAL SHOP 321-615-8927
www.yourcrystalshop.com Cultural gifts
2100 N. Courtenay Pkwy Merritt Is, FL 32953

HEALTH FOODS

NATURE'S MARKET & CAFÉ 254-8688

NATURE'S HEALTHY HARVEST 321-610-3989

ORGANIC FOOD CTR Indialantic 724-2383

PINETREE HEALTH 777-4677

SUNSEED CO*OP Cape Can AIA 784-0930

SUNSHINE HEALTH FOODS Titusville 269-4848

HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock 321-757-7522

MAMA JO'S SUNSHINE HERBALS
1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

HYPNOTHERAPY by Jenny

Transform unwanted behaviors 321-345-8971
www.HypnoterapybyJenny.com
Email Jenny@epicrenewal.com

YOGA

SUNDARI YOGA STUDIO 321-613-5999

FULL CIRCLE YOGA SCHOOL 970-333-4777

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

YOGA, MEDITATION

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
www.divineloveinstitute.org

NATURE'S EMPORIUM 755-2223

CRYSTALS, READINGS

SPIRITUAL JOURNEY 954-752-2329
7420 Wiles Road Coral Springs, FL 33067
http://spiritualjourneyweb.com

CHURCHES

CENTER FOR SPIRITUAL LIVING 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222

UNITY CHURCH OF HOLLYWOOD 954-548-9320

HEALTH FOODS

HEALTH FOODS PLUS Hollywood 954-989-3313

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000

WHOLE FOODS MARKET
7220 Peters Road in Plantation 236-0600

WHOLE FOODS MARKET
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander

COLLIER COUNTY (239) NAPLES

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

FOOD & THOUGHT 239-213-2222

FOR GOODNESS SAKE 239-992-5838

NATURE'S GARDEN OF NAPLES 239-643-4959

SPROUTS FARMERS MARKET 239-325-6950

WHOLE FOODS MKT 239-552-5100

WYNN'S MARKET 239-261-7157

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

SPIRITUAL UPLIFTS 904-571-2586
2186 Park Ave, Unit 102 Orange Park

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax
www.unityinjax.com/ 904-287-1505

UNITY OF JACKSONVILLE BCH 904-246-1300

ESCAMBIA (850) PENSACOLA

CHURCHES

UNITY OF PENSACOLA 850-438-2277
<https://unityofpensacola.org/>

HIGHLANDS (863) SEBRING CHURCH, CLASSES

UNITY LIFE ENRICHMENT CTR 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
<http://www.unityofsebring.org>

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

INDIAN RIVER (772) VERO, SEBASTIAN

BOOKS & GIFTS

INSPIRED HEART Old Dixie Hwy 772-696-1910

SPARK OF DIVINE 772-257-6499

CHURCHES

UNITY OF VERO BEACH 772- 562-1133
950 43rd Ave 32960 www.unityofvero.org

LAND & TREE SERVICE

LION'S HELP www.lionshelp.com 772-492-8662
Tree trimming, removal, lot clearing, sod and
rock installation, Licensed and Insured 5 Stars

READINGS, CLASSES

INTO THE MYSTIC 1614 US Hwy 1 Sebastian
Spiritual Medium Marchelle 772-480-4344

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE MYSTICAL MOON 239-939-3339
8890 Salrose Lane in Fort Myers 33912

THE MYSTICAL MOON 239-301-0655
8951 SE Bonita Beach Rd Bonita Springs 34135

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

LEON COUNTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL PORTAL 850-727-8214
www.crystalportalgems.com FB Crystal Portal

STONE AGE Tallahassee Mall 850-383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592
11781 SE HWY 441, Belleview, FL 34420
www.fairydustcrystals.com

SOUL ESSENTIALS OF OCALA 352-236-7000
805 E. Ft. King St., Ocala, FL 34471
www.soulessentialsocala.com

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

EARTH ORIGINS MARKET 352-351-5224

MARTIN CTY (772) FT. PIERCE/STUART

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MONROE (305) KEYS, KEY WEST

AROMATHERAPY & HERBS

BLUE MOON HERBALS, AROMATICS 305-587-8303
www.blumoonherbals.com
30150 Overseas Hwy Big Pine Key, FL 33043

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key
<http://www.goodfoodconspiracy.com/>

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD. 654-1005
GOLDEN ALMOND FWB 863-5811

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

BUDDHIST CENTER

VAJRAPANI KADAMPA CENTER 407-896-3998
813 Montana 32803 meditationinorlando.org

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9476 E. Colonial Drive in Orlando

BRANCH OF LEAVES & ROOTS 321-422-0815
460 N. Ronald Reagan Blvd, Longwood 32750

PALM BEACH (561)

BOOKS & GIFTS

SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

UNITED METAPHYSICAL CHURCH 561-686-0217
OF THE PALM BEACHES unitedmetaphysical.org
917 North Dixie Highway Lake Worth 33460

HEALTH INSTITUTE

HIPPOCRATES HEALTH 561-471-8876
http://hippocratesinstitute.org WPB 33411

PINELLAS (727) ST PETE, CLEARWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 727-530-9994

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506

HEALTH FOOD STORES

EARTH ORIGINS MARKET St.Pete 727-347-5682
EARTH ORIGINS MKT Palm Harbor 352-786-1231

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

HEALTH FOOD STORES

EARTH ORIGINS MARKET 365-3700 and 924-4754

SEMINOLE (407) SANFORD, LAKE MARY

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

GIFTS, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

ST. JOHN'S (904) ST AUGUSTINE

BOOKS & GIFTS

MY CALUDRON TOO 904-217-0299
PEACEFUL SPIRIT 904-228-9240
SAGE & CRYSTALS LLC 904-808-5507

VOLUSIA (386) DAYTONA, DELAND, NSB

BOOKS, GIFTS PSYCHICS

CASSADAGA CAMP BOOKSTORE 386-228-2880
1112 Stevens Street, Cassadaga, FL 32706

MY CAULDRON 386-624-7000

MAMA GAIA'S MYSTIQUE 386-366-4385

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Marion Street, Cassadaga, FL 32706

CRYSTALS AND GEMS

TIMELESS TREASURES 386-252-3733
Daytona Flea Market • Corner Shops CS 75&76

HERBS AND GIFTS

SPICE OF LIFE HERBS 386-734-0035
214 W. Beresford Avenue, Deland
Open Wed 11-6pm, Thurs, Fri, Sat 11-6pm
www.spiceoflifeherbs.net

HAUNTED MUSEUM

C. GREEN'S HAUNTED HISTORY MUSEUM 228-3315
Next to Purple Rose 1079 Stevens Street 32706

PSYCHICS GEMS ROCKS

PURPLE ROSE in Cassadaga 386-228-3315
1079 Stevens Street 32706

KNOXVILLE, TN

READINGS AND REIKI

THERESA RICHARDSON 865-705-2525
Original co-founder of Horizons Magazine
Clairvoyant Intuitive Readings, Channeled
Readings, Angel Readings, Tarot Readings.
Readings are available by phone or in person.
Email info@theresarichardson.com
Visit www.theresarichardson5d.com/blog

UNITY CHURCHES IN FLA

Atlantic Beach	904-246-1300
Bonita Springs	239-941-3100
Bradenton	941-758-6489
Brandon	813-727-4431
Clearwater	727-531-0992
UnityNow	727-524-0600
Daytona Beach	386-253-4201
Delray Beach	561-276-5796
Dunedin	727-734-0635
Ft Laud Metaphysical	754-300-1428
Fort Myers	239-278-1511
Fort Pierce	772-461-2272
Gainesville	352-373-1030
Gulf Breeze	850-932-3076
Hollywood	954-922-5521
Jacksonville	904-287-1505
Jacksonville	904-355-5100
Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburgn	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483



Esther Hicks

ABRAHAM HICKS

... from page 7...

NOW, this experience has caused an expansion in you, and if you do not focus in the direction of your expansion- if you do not focus on the possible improvement for your friend- you will pull against your own expansion.

It is important to realize that the negative emotion that you often feel when you are worried about a troubled friend is actually present because your focus is pulling you apart from yourself.

Your friend may be the reason for your focus, but your friend is not the reason you are pulling against yourself. Your focus is the reason for that.

Looking for positive aspects and expecting good outcomes for your friends in the only way you can be of value to them for there is no action that you can offer that is strong enough to buck your current of negative attention.

ABRAHAM ON THE NEWS

When you turn on your television and the network news and it shows you what it has to offer, it is not even handed. It's not even close to being proportional to the well being and not well being.

It is so drastically distorted as it goes all over the planet and finds pockets of things it knows you will worry about and brings it to you.

So as you watch the evening news -- or whenever you are watching it, sometimes you can watch it all day -- as you watch the news, do you notice how they scour the planet for negative stuff to show you?

Can you feel the disproportion as you say *"I've never seen anything like that in my life. I know it must exist somewhere but why am I thinking about it now? What does that person - wherever they are, making it their truth - have to do with me? And why are they telling me about it?"*

Well, they are telling you about it because they don't understand **Law of Attraction**. They understand ratings. They understand that if they can get you worried enough about something you'll probably watch it and that's really what we want to talk about here today.

WHAT IS IT THAT CAUSES YOU TO FOCUS UPON WORRISOME TRUTH RATHER THAN PLEASANT FANTASY? OR EVEN PLEASANT TRUTH?

It's because most of you even those of you who are here who have been listening to us for a while, still believe that there is assertion and there is a source of bad stuff that'll get you if you don't watch out. That's the whole premise of the news. In other words, *'There's bad stuff out there and we're going to alert you about it.'*

Now this has been brought to absolute absurdity as they put those color codes up for you.

"It is a very high alert today. You know what to do." (audience laughter) "Worry!" Disallow well being. Fuss over something you can't do anything about until you've pinched off your well being and become part of their statistic which gives them the justification to put up another warning.

They mean well, they're just stupid (audience laughter). They don't understand **Law of Attraction**.

If they meant well and understood **Law of Attraction** what they would be displaying are things that would induce good feelings within you.

They'd say, *"Oh, the world is beautiful place today. And while there are pockets that are not going so well we won't talk about them because they are so much in the minority and let's emphasize, all of us together, what's working, so that we can establish a vibrational pattern within those that we love that will attract only that which is well being."*

Because well being is the order of all things, they would say to you.

Well being is the source that flows and unless you are doing something that pinches the source of well being off, you will thrive."

...continued on page 41...



Mokshapriya
Shakti

OUR MIND

... from page 21

Thinking too much of “me” is not a source of happiness. It leads us into a sense of separation from others and our true self. The ego is not who we really are but a collection of thoughts and memories which form our personality. Thoughts come from the unconscious and arise without our requests and we in turn live our life accordingly. We are not necessarily our thoughts and therefore we don’t know who we really are.

Another cause of sorrow is attachment or **raag**, a mental habit of thinking of personal desires. Our mind is attached to so many things like home, family, possessions, etc. This becomes a source of unhappiness in the long run when not fulfilled. When we want only happiness, and no difficulties or sorrows, it is **raag**. It is

not correct to want only happiness. Happiness can come with pain, effort or difficulties. Nothing comes without pain.

Pain, difficulties, or hard work can be a source of happiness. Without hard work nothing grows. We should not seek only personal happiness. We should also give to others. **Raag** means to go on seeking something for ourselves all the time only, and it can create cravings. It also separates us from our universal brothers and sisters.

Dislike, hate, and negative feelings are all **dvesh**. We react negatively to others and generate negative waves of the mind. **Dvesh** can be used against a person, an object, or a situation. It is the mind’s desire to follow aversion and unhappiness. Without any real reasons, we generate unhappy vibrations. We blame people or circumstances, but actually the vibrations are happening in our own mind. When we are always complaining about our circumstances it is our love to generate adverse feelings.

Everyone has the fear of death or **abhinivesh**. It is the will to live. Even wise people fear death. The instinct of self-preservation is eternally in everyone.

We need to look at these five **kleshas**, even though they can be very subtle they are a wave of the mind, They are the cause of karmas (the law of action and reaction). The **kleshas** cause karmic force that results in race, span of life and enjoyment in life.

Karmas are formed either through virtuous or sinful acts which result in either happiness or sorrow. They are the cause of our inability to realize that we are sons/daughters of **God**.

The soul becomes one with our senses to enjoy the world. We are pure consciousness but only see the world through mental modifications. Whatever we think we experience.

Even though the soul is pure consciousness it experiences the world through the eye of the senses. Those senses exist so that the soul can reunite with its inherent nature.

When there is unification of sense and soul there is no ignorance and we reach the highest state of liberation.

Meditation is the means to free us from these five **kleshas** or sorrows.

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...

There are herbs that can block an allergic response with antihistamine properties. Starting these as early as possible can provide great relief.

Some herbs with antihistamine properties are Nettles, Rosehips, Green tea, Pine tree bark and Chamomile you can also get this effect from Quercetin, Co Q 10 and from the bioflavonoids from Vitamin C or from Vitamin B5.

You can also thin out or dry up secretions of the sinuses, nose or eyes and reduce inflammations using herbs like Eyebright, Elder, Goldenrod, Turmeric, Peppermint, Thyme and Garlic or by supplementing with Omega 3 Fatty Acids.

Allergies can stress your immune system leaving you open to infections this is a good time to support both the immune system and your adrenal glands with herbs like Astragalus, Ginseng, Garlic, Nettles, Licorice, Echinacea and Shitake.

Supporting the liver, lymphatic system and the colon help your body efficiently rid itself of allergens and inflammations, Cleavers, Red Clover, Burdock, Dandelion, Echinacea and Senna are some herbs that can help.

RECIPE:

Mix 1 part Nettles
1 part Rosehips
½ part Astragalus
¼ part Licorice

early in the season to lessen some of the effects of allergy season.

To help with the stuffy head, itchy watery eyes, postnasal drip, facial pain and cough that goes along with seasonal allergies, use a formula with Eyebright, Elder, Goldenrod, Astragalus, Echinacea, Yerba Santa and Yarrow.



PSYCHIC MICHELLE WHITEDOVE

... from page 13...

Then pay attention to your intuition, follow the signs and doors that open in your path. Push aside the intellect and listen to your gut or intuition - this is where you will receive guidance. Also prayer and meditation are important tools to communicate with Heaven.

Send your love and gratitude to your father in Heaven. Love travels to all realms. But please stop pulling on your father's soul with your neediness: this interrupts the work that he is doing for his soul's growth.

DEAR WHITEDOVE,

As I go about planning my days and weeks ahead, thinking about purchases that I need to make and vacations that I want to take, I feel that I get stuck in a negative cycle of thinking about my lack of money. My parents pinched pennies and I find myself in the same boat although my husband and I make decent wages. How can I get out of this rut? My funds are low - in Louisiana

DEAR ONE

The Universal Law of Abundance and Prosperity tells us that the measure of a person's self-worth and self-love is directly tied to their ability to succeed. Man can only receive what he believes that he is worthy of receiving in equal parts. This includes abundance of all kinds: spiritual wealth, financial, wellness and good health.

There is enough for all of us; the Universe is abundant and always expanding. Scarcity is just a state of mind.

Think of money as energy, it's easily accessible. It's green paper that is exchanged for goods and services.

There is plenty, our government keeps printing it daily! Change your perception and your reality with change too!



SETH SPEAKS

from page 18...

You follow these through a time structure. Your focus allows other just-as-legitimate experience to become invisible or unfelt.

In the same way that you latch upon one personal biological history, you latch upon but one mass *earth* history.

Others go on about you all the time, and other probable selves of your own experience their "histories" parallel to yours.

In *practical* terms of sense data, those worlds do not meet. In deeper terms they coincide.

Any of the infinite number of events that could have happened to you, and Rubert [do] happen. Your attention span simply does not include such activity.

Such endless creativity can seem so dazzling that the individual would appear lost within it, yet consciousness forms its own organizations and psychic interaction at all levels.

Any consciousness automatically tries to express itself in all probable directions, and does so.

In so doing it will experience All That Is through its own being, though interpreted, of course, through that familiar reality of its own.

You grow probable selves as a flower grows petals.

Each probable self, however, will follow through in its own reality - that is, it will experience to the fullest those dimensions inherent to it.

You pick and choose one birth and one death, in your terms.

Seth (Jane Roberts), 'The Unknown Reality', Volume One, Section 1: Session 681.

SETH ON DEALING WITH PHYSICAL SYMPTOMS:

[Jane had been experiencing some arthritic symptoms and in several sessions, Seth offered advice. Following are some excerpts from one of those sessions.]

When you concentrate on a symptom you reinforce it. **Rubert [Jane]** should know this. I am not suggesting that you pretend the symptom does not exist, but that you quite deliberately give yourself constructive suggestion, and turn your attention immediately away to other matters.

In all cases emphasis on suggestions must be upon health and vitality.

Concentration should be upon his love of work, and enjoyment and simple pleasures.

For now it is best that he not specifically give suggestions to any particular portion of the body, since he tends lately to concentrate upon that portion in a disadvantageous manner.

We want him now too busy and joyful to accept symptoms.

If his focus is directed into his poetry, his writing, and projection attempts, peaceful, enjoyment and pleasant social engagements, then unbelievable advancements will result.

He will be in a better condition than he has been in several years, and he will have learned lessons that will help him immeasurably.

These suggestions of mine may sound simple but they are not. Concentration must be taken away from the symptoms. Periods of peaceful quiet are excellent.

Now. He must change his expectations drastically.

He must FULLY expect a complete cure and release from symptoms. Otherwise he prolongs them.

Seth (Jane Roberts). 'The Early Sessions', Book 7, Session 325.



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

QUARTZ CRYSTALS INFUSED WITH IRON

...continued from page 12...

My favorite of my **iron** accented crystal tools are quartz crystals infused with **iron**. **Golden healer crystals**, the original **pink Lemurian seed crystals**, **red capped amethyst** from **Thunder Bay in Canada (aka "Auralite 23")** and **goethite inclusions in quartz** are wonderful ways to combine the directional clarity of quartz with the powerful protection of **iron** and warrior spirit of **iron**.

You can see the **red hematite** on the crystal picture accompanying this column. I keep it on my protection altar and use it to clear my house from sticky and difficult energies.

You can find **iron** in its many forms in any good rock shop. The crystal in the picture is from the **Serra do Cabrol mines in Brazil** where the original Lemurian seed crystals were found.

The vendor who sourced them calls them "**Superpinks**" due to the extra hematite on the surface. There may be a few of these beauties left at my old rock shop, now called the **High Springs Emporium Rock Shop**, as I bought out the pocket several years ago. You can reach them at www.hserockshop.com. should you feel them calling.

I will be in **Massachusetts at Circles of Wisdom from August 13-15** with workshops, an online sale of rare crystals from my personal collection and **my Fabulous Crystal Trunk Show**. You can find more info here: <https://www.circlesofwisdom.com/workshops/events-workshops/>



**Superpink Lemurian quartz
Serra do Cabrol, Brazil**

Strength and blessings to all of you,
Sharron



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 AUGUST 2025



ARIES – (March 19 – April 18)

All fired up! The sun in Leo until the 22nd, accompanied by Mercury (going direct on the 11th) all month, strengthens your emotional and creative sector; if you have children, it will be the perfect match. The 1st decan receives Saturn and Neptune, between realism and idealism your leeway will go full steam ahead if you take the time for reflection, while Uranus in Gemini boosts your intellectual potential - innovative, brilliant ideas are yours! Jupiter and Venus (2nd decan) could favor an evolution related to the home front, living conditions will be on the agenda but maybe not as you hope. Mars, your ruling planet, fills you with effective energy until the 6th, but from the 6th, the planet shifts into Libra - others won't let go! After the 23rd, you are ready for a fresh start.

LOVE IN GENERAL

The weather looks promising! The energies in Leo foster your emotional fulfillment. However, you may have a tendency towards being authoritarian in your intimate or marital relationships. After the 6th, watch out for this and everything will be fine. Love could soften you or show up at your doorstep, so don't double lock your door!

IN A RELATIONSHIP

To preserve your bond, focus on letting go. Allow your partner their own ideas, especially those different from yours, or you will risk conflict! Your refined yet intense sensuality should help you soothe any potential tension.

SINGLE

Uranus could facilitate a meeting (especially for the first decan), a love-at-first-sight based on an ideal intellectual agreement! The friendship sector should also help you to achieve your romantic aspirations. After the 11th, luck is clear, do not refuse any outings!

CAREER / FINANCE

With Saturn and Neptune in your sign, you will be both tenacious and determined while taking care not to offend anyone, thus you will progress slowly but surely in your work with a strong self-confidence. Your creatively rich thoughts will be sought after, so take advantage and ask for a raise after the 11th.

ADVICE

This month is likely to be pleasant and bright if you calm down, especially after the 6th. Don't let your adventurous and sometimes personal nature spoil your personal or family fulfillment.

TAURUS – (April 19 – May 19)

Between challenges and introspection, this summer month is challenging you! The energies in Leo, with the sun until the 22nd and Mercury all month, invite you to focus on your family or real estate matters, where there may be some conflicts or significant events. After the 11th, conversations will be smoother, less confrontational - phew! Pluto in your career sector strengthens your ambition but also others' resistance; fight fairly if necessary, but opt for letting go when appropriate. Your actions under the influence of a well-aspected Mars from the 1st to the 6th will help you bring a love story or creative project to fruition, while afterward you will throw yourself into your work heart and soul. Saturn and Neptune are influencing your most personal thoughts, and you may uncover some truths.

LOVE IN GENERAL

You will feel like you need some lightness in your life, emotional complications will be particularly unbearable, and you will crave physical intimacy. However, your desires will be inconsistent starting from the 6th. This month is not crucial for your love life, as you already knew, so relax and be patient. Seize the day!

IN A RELATIONSHIP

Your professional challenges, especially in the first third of the month, could weigh on your closeness as a couple, so clear your mind before reconnecting with your partner. You will need peace and tenderness, express it without needlessly upsetting the other, as it would be counterproductive.

SINGLE

Jupiter favors close encounters, so keep your eyes open - a potential partner is likely closer than you think! After the 6th, your desires will be gentle but very sensual. The end of the month looks promising.

HOROSCOPES AUGUST 2025



CAREER / FINANCE

The financial sphere this summer will be stable, even though there are no particular events. Of course, Pluto is pouring its intense energies into your professional sector or within your vocation, there may be some radical changes or power struggles. A word to the wise!

ADVICE

A month with a mix of relaxation and intense relationships, don't let yourself be in a bad mood or the mood could become delicate. Instead, be yourself, peaceful and sensually pleasing.

GEMINI – (May 20 – June 19)

There is a lot of movement in this summer month, whether it be physical or intellectual, you should not lack in action or relationships. The energies in Leo boost your spirits, which should be good, while Saturn and Neptune enhance your social circle. Dive into a collective project, it has a good chance of succeeding! Of course, Uranus in your sign (1st decan) strengthens your most original creativity, you literally explode with actions or behaviors that are off the beaten path! Pluto adds a touch of intensity to your ideal life, don't overdo it, while Mars stirs up the home until the 6th and then awakens your most urgent desires, physical love should prevail! Venus and Jupiter soften your relationship with your wallet, an influx of money is not excluded.

LOVE IN GENERAL

Playful and engaging, love should be a prominent area of life to be favored this summer month. Take advantage of it! After the 6th, Mars truly becomes your ally, your desires will be strong and supported by the energies in Leo. Making a love declaration could be your challenge? However, watch out for clumsy possessiveness.

IN A RELATIONSHIP

Independent to wish, especially for those born in the first decan, you may have desires for freedom despite being in love with your partner, explain yourself to avoid any misunderstandings especially before the 11th. The planets are enhancing your communication and emotional outbursts, after the 6th your physical life looks passionate.

SINGLE

Pretty opportunities are likely throughout the month thanks to your friends or your charisma, which could bring someone you like into your arms. You will have the right, effective words from the 11th to the 31st, so don't miss out.

CAREER / FINANCE

You are progressing at your own pace, slowly but surely, the celestial energies are contributing to your financial development: perhaps with the help of a third party or a very attractive proposal that you couldn't refuse, especially for the second decan. You should manage to start a project, take action before the 23rd.

ADVICE

A lovely month is coming up, with a mix of highly dynamic moments and more reflective ones. There's no shadow on your monthly picture, except for a slight tendency towards emerging selfishness: be magnanimous!

CANCER – (June 20 – July 21)

This month looks very promising! Venus and Jupiter together in your sign until the 25th are a good omen for a healthy self-confidence that can help you experience wonderful things! Until the 22nd, the Sun in Leo, supported by Mercury, brightens your financial sphere, you could receive good news, a raise, especially after the 11th. Stay focused on your work as the energies of Saturn and Neptune invite you to do so, look far and high, nothing will be given to you easily but aren't you well-equipped to face life's challenges? Mars in Virgo from the 1st to the 6th boosts your morale, any potential trips, then moves into Libra and might bring family discord, don't take offense, just adapt. From the 23rd, you are diligent.

...continued on page 36

HOROSCOPES AUGUST 2025



LOVE IN GENERAL

This sector looks very promising! Venus enhances your aura, you radiate love and those around you couldn't be indifferent to it, right? Your desires after the 6th lead you to a beautiful sensuality, but be careful as excess is possible. Mercury helps you communicate, avoid being oversensitive.

IN A RELATIONSHIP

Going on outings together, having conversations centered around your lifestyle, this month could give your connection an evolutionary and cheerful boost. Your gentle way of behaving pleases your partner, who will be eager for it; you should share some lovely moments just the two of you.

SINGLE

Rely on your friends or neighbors to meet someone who meets your expectations. With Venus and Mars in sync all the first week, a crush is possible. Don't be shy, go for a generous approach!

CAREER / FINANCE

Saturn and Neptune bring a mixed bag of influences to your professional sector, so hop on the train even if it feels a bit bumpy. With Pluto's help, you could receive a significant financial boost from an external source that may drastically change your current job or help you climb the corporate ladder.

ADVICE

Move forward without fear and without reproach, the sky may annoy you but overall it blesses you! Jupiter in your sign acts as a safeguard, dare to act and dare to express yourself.

LEO – (July 22 – August 21)

The energies in your sign, Sun from the 1st to the 22nd and Mercury throughout the month, invite you to shine and communicate in all directions! The first decan receives Saturn and Neptune in Aries, you could change your perspective on life, opening up to a completely different ideal than the one you were nurturing in the past. Uranus in Gemini in good aspect to your sign strengthens your circle of friends, and very free-spirited and original people could suddenly enter your life.

Pay attention to your contractual and marital life, with Pluto at the helm of this area urging you to be cautious, to seek compromise rather than radicalization! Love should not be your priority until the 24th, then someone from the past could reappear. Is it a pleasant surprise?

LOVE IN GENERAL

This summer month doesn't really push you to be playful or flirtatious, it's as if your mind is elsewhere! Your feelings will be timid or secretive until the 24th, while your desires will alternate between a present sensuality until the 6th and then directed towards your friends rather than your partner. The end of the month is more loving.

IN A RELATIONSHIP

Your closeness could suffer from relational intensity, to reduce tension between you, stay neutral. You may struggle to express your feelings, so take advantage of your powerful dynamism from the 6th to suggest a revitalizing getaway for just the two of you.

SINGLE

You are communicative, your chances of meeting someone are clear. Your charisma, unquestionable, could facilitate the start of a romantic life but not without the guarantee of longevity. Your feelings will remain secret until the 24th, express them if you feel like it!

CAREER / FINANCE

There is nothing to report this month, your professional development is progressing steadily but without any particular excitement, while your financial matters should not be your monthly priority. Pluto could alter a work contract, 1st decan, so stay on guard if it comes up, as the changes could be radical.

ADVICE

This month invites you to think about yourself, see your friends, and avoid unnecessary hassles. If you are on vacation, that will be your agenda. If you are working: let go!

HOROSCOPES AUGUST 2025



VIRGO – (Aug 22 – Sept 21)

Between introspection and professional challenges! This summer month looks promising for your sign focused on your thoughts. You ponder while preparing for the upcoming season. From the 1st to the 22nd, the energies in Leo indeed favor your inner life. From the 1st to the 11th, Mercury retrograde invites you not to make any decisions but rather to be patient. In the professional sphere, Pluto is present for the 1st decan - take your work seriously but don't become a slave to it. Uranus could trigger an event or encounter of destiny that could change your path! Your friends support you and are there for you, especially the 2nd decan - take advantage of this to have fun during this summer period. Mars is in your sign from the 1st to the 6th, boosting your behavior, then the planet moves into Leo, and you will not give up on increasing your income.

LOVE IN GENERAL

Thanks to the influences of Venus and Jupiter, you are approaching your emotional life with a desire for freedom. You may develop feelings for a friend or enjoy going out more, but your challenge will be to express yourself as much as you would like. Starting from the 6th, Mars will give you a warm but possessive behavior.

IN A RELATIONSHIP

Your long-term love could bore you a bit, your feelings will need a refresh, speak to your partner about it with tact and sensitivity but not before the 11th. Your sensuality wakes up beautifully from the 6th.

SINGLE

The circle of friends or associations could facilitate a nice meeting. Your strength could be likened to a quiet strength, your words will be silent but your actions from the 6th will be clear. After the 23rd, you will regain confidence in yourself and this will enhance your charisma.

CAREER / FINANCE

Saturn and Neptune are working together in your financial sector. Between the structure and magic of life, the celestial energies are urging you to save money, to stop wasting money, and to pay attention to any signature related to your assets. Starting on the 6th, your financial ambition will be clear.

ADVICE

A month is coming up that's anything but lukewarm, don't panic if a few relationship tensions arise, let the storm pass, the sun always comes out after the rain!

LIBRA – (Sept 22 – Oct 21)

This month should be very social! Until the 22nd, the energies in Leo are boosting your social sector, so you should be very surrounded by friends. Communication will be easier after the 11th, while starting from March 6th, at your place, you will have tireless dynamism. Intimate relationships will play a key role this summer, with Saturn and Neptune in your sector related to marriage or contractual life, urging you to be cautious and serious, and desiring a stable and unambiguous relationship. Pluto storms into Aquarius and inspires powerful desires for change in the first decan, marking a turning point either in your romantic relationships or with your children if you are a parent. Venus and Jupiter working together soften any professional tension and can kickstart developments that you have been hoping for. The end of the month will be more studious.

LOVE IN GENERAL

Your complicity will be easy if you choose the diplomacy that characterizes you, allow your partner the freedom to be themselves and they will do the same with you. After the 6th, your sensuality could reach new heights, express your feelings more and choose your words carefully especially before the 11th.

IN A RELATIONSHIP

You will need security in your relationship, but do not smother each other. Communicate with tact and honesty if any hiccups arise from the 1st to the 11th of March. Starting on the 6th, it helps you prove the power of your desire.

SINGLE

A passionate encounter awaits you around the corner this summer, 1st decan. Your friends could spark a romance as well as various events - do you have a fighting spirit? Starting on the 6th, you will be involved and dynamic, who could resist you?

...continued on page 38...

HOROSCOPES AUGUST 2025



CAREER / FINANCE

Your charm should make your professional endeavors easier from the 1st to the 24th. Uranus could bring unexpected money through outside assistance, be it from a bank or legal aid. Have you made a request for it? Keep an eye on the contractual sphere; read between the lines if needed. Is a job contract about to be signed or altered?

ADVICE

A lot of people around you, nurture your relationships as you know so well

SCORPIO – (Oct 22 – Nov 20)

A few challenges await you this summer, but you love rolling up your sleeves more than anything! Until the 22nd, the duo in Leo (Sun and Mercury) puts pressure on your professional matters or even your entire destiny - do you have reasons to hide your projects? Especially as Mars, from the 6th, evades you and won't help you assert yourself or act as you'd like; patience and strategy will be necessary. Venus and Jupiter aspecting your sign strongly reinforce your ideal of life, with a positive evolution possible through more philosophical than materialistic encounters or successful exams. Daily life looks serious while tensions may arise at home; stay zen. After the 23rd, you regain confidence in yourself.

LOVE IN GENERAL

Love should not be your priority this month, the celestial influences are directing you towards something else. However, from March 6th to the 31st, there may be a favorable opportunity for a secret romance. Do you have someone in mind? Love could also take on an exotic form, or on the contrary, bring back a past love to you.

IN A RELATIONSHIP

Busy with work or any other calling, you may not always have the tact or sensitivity required to satisfy your partner. Make an effort from the 1st to the 11th to avoid pointless arguments. After the 22nd, the atmosphere lightens up.

SINGLE

You will have a longing for elsewhere, perhaps dreaming of a distant love or opening yourself up to a culture different from your own? Visit educational or cultural places, someone may be waiting for you there! Your desires, although strong, will be silent.

CAREER / FINANCE

This sector promises to be full of surprises! Uranus could bring a stroke of luck (especially for the 1st decan), a windfall from a game of chance, or an unexpected but very pleasant financial gain! The professional sphere invites you to stay focused while also considering the future: be visionary.

ADVICE

Handle any potential troubles of the month with a cool head; they will be temporary if you don't give them all your attention. Take this opportunity to open yourself up to other inspiring knowledge!

SAGITTARIUS – (Nov 21– Dec 20)

The ideal guides you throughout the month with a beautiful emotional openness. The energies in Leo until the 22nd will lead you to believe in yourself, to see far and high, whatever your quest, the sky takes you there! Mars from the 6th breathes a beautiful enthusiasm into your social life, take advantage of this summer period to go out and start collective projects. Venus and Jupiter in partnership until the 25th favor your emotional charisma, you will be devilishly charming, charming, and capable of great sensuality. Uranus comes to annoy the marital or contractual sphere, the 1st decan could receive a pleasant shock. Your morale will be good, effective, Pluto supports your relationships in general and your travels. After the 23rd, the sun in Virgo demands your professional attention, isn't it back to school?

LOVE IN GENERAL

Sensual and willing to make an effort, the sky of the month is looking bright! Your behavior straightforward and honest, but it could bring you many opportunities to prove your burning feelings. Mercury helps you flirt with style, especially after the 11th. And what if you fell in love with a friend?

HOROSCOPES AUGUST 2025

IN A RELATIONSHIP

The alignment of hearts and bodies seems possible this month, your partner might even surprise you (for those born in the 1st third of the month) and require you to adapt promptly. Control any potential jealousy until the 25th, trust your partner and everything will be fine.

SINGLE

You won't be able to sit still, you will be up for any adventure that comes your way. If you meet your soulmate, you will be ready. Love energizes you, your strong desires push you to believe in your chances, and what if you were right?

CAREER / FINANCE

A stroke of luck could boost your wallet from the 1st to the 25th (especially the 2nd decan). Your assets seem protected, your income from a professional activity is not affected negatively, but keep an eye on the progress of an ongoing contract, unexpected events are possible, 1st decan. Mercury after the 11th favors state aid.

ADVICE

A lovely month ahead! If you are on vacation, even more so. If you are at work, cooperate, communicate, the influences invite you to showcase yourself.

CAPRICORN – (Dec 21 – Jan 19)

A lot of intensity, sharing! The duo in Leo until the 22nd, with the Sun and Mercury, boosts your charisma, you shine, people listen to you, people watch you! Your idealistic behavior from the 1st to the 6th becomes more ambitious later, if you work, act with tact and moderation, and if you are on vacation, take the time to live. The marital or partnership sphere looks protected, with Venus and Jupiter in charge ensuring a happiness to share. Saturn and Neptune in Aries at a square to your sign indicate that patience and a touch of relational subtlety will be needed to thwart any potential family or property complications that may arise (1st decan). After the 23rd, you prepare for the return, while Pluto seeks to change your source of income, and you?

LOVE IN GENERAL

The celestial energies are spoiling you! Venus and Jupiter in Cancer enhance your ability to love with the sensitivity you hide under your shell, this month it could crack! Wait until the 11th to speak openly. From the 6th, your desires will be strong but awkward, and diplomacy?



IN A RELATIONSHIP

Stay calm at home if older parents are bothering you because your marital life looks bright. See together the connection that unites you and enjoy a sensual and caressing March to spend good moments just for yourself.

SINGLE

From the 1st to the 25th, your chances of meeting the person of your heart are significant with the possibility of a quick desire for official realization. Starting from the 23rd, the sun in Virgo facilitates this ideal life that you aspire to.

CAREER / FINANCE

Pluto is entering the financial sector of your chart, suggesting a revamp of your income source is possible, even underway for some. Regardless, your ambition will be strong, and you will not spare any effort to reach your high financial goals. Jupiter and Venus are facilitating all contractual transactions, so keep up the good work!

ADVICE

Live this passionate month with the certainty that things are falling into place on time, and don't worry about it too much. Take care with your conversations, as communication will be important.

AQUARIUS – (Jan 20 – Feb 17)

The other will be your priority this month of summer! The sun, accompanied by Mercury until the 22nd, helps you to communicate with flair and sincerity of heart, others will be the focus of your attention and thoughts. Your mood appears strong and intuitive as Pluto in your sign gives you an extraordinary charisma. Between taking action and making changes, you will have to choose, as Mars from the 1st to the 6th instills a behavior of a vigilante in you, then the planet transitions into Libra and you regain a warmer, more idealistic, and less inquisitive behavior. The work sector receives the duo of Venus and Jupiter in Cancer, everything will go well for your everyday and professional affairs. Uranus in Gemini enhances your creativity (1st decan) unless a child leaves the family home?

...continued on page 40...

HOROSCOPES AUGUST 2025



LOVE IN GENERAL

You should live this month with a smile on your face, as your emotional well-being is genuine and communicative. Dialogue is key - whether declaring your love or renewing your vows, what will your plans be? Love will fuel both your emotions and your growth, as you'll need intensity and you will get it!

IN A RELATIONSHIP

Very affectionate and receptive to your partner, this month is looking pleasant and intimate. You might feel like going out together and exploring new activities! Your tender and peaceful daily life suggests a good understanding.

SINGLE

From the 1st to the 6th of March, you feel like biting into apples, then from the 6th to the 31st, you become the knight who could win the heart of someone you desire. The sphere of work or daily life is favorable, keep an eye out.

CAREER / FINANCE

Venus and Jupiter are here to help you work with a positive attitude while progressing slowly but surely, as the planets in Leo have got your back. Then the sun moves into Virgo on the 23rd, bringing the possibility of good financial news or unexpected assistance you had given up on!

ADVICE

Both at the center of attention and focused on others, this month appears to be balanced for you. Take this opportunity to do things you enjoy or express words that have been left unsaid for a long time.

PISCES – (Feb 18 – March 18)

Studious and focused on your children or your love life, this month looks promising! The planets in Leo ensure a pleasant daily life, lots of communication, and a possible good news after the 25th. Uranus could shake things up at home (especially for the first decan), do you have lingering home projects or a delicate family gathering ahead? Rely on your emotional life to bring back your smile, Venus and Jupiter in harmonious aspect to your sign until the 25th bring a breath of fresh air, tender happiness to your affairs of the heart. Additionally, if you are a parent, your children could give you full satisfaction. From the 1st to the 6th, avoid any temptation to argue with your partners, then starting from the 6th, Mars boosts your sensuality and your desire to fully live life.

LOVE IN GENERAL

The sweetness of life could sum up your summer month. Dare to open up, dare to show your often immense tenderness, the planets encourage you in this! Mercury before the 11th invites you to communicate with patience, don't rush the other person, then it will be smoother. Your feelings should revitalize the complicity between you.

IN A RELATIONSHIP

Don't focus too much on money, as it could be a touchy subject. Instead, prioritize your relationship and your partner will appreciate your tender and passionate gestures, especially after the 6th. By the end of the month, you will feel good as a couple.

SINGLE

Your charismatic dynamism from the 6th should make any sentimental attraction easier, but make sure your feelings are mutual, communication could play tricks on you. Honest and playful, your feelings won't leave anyone indifferent. Don't search for it, love will come to you!

CAREER / FINANCE

Starting from the 6th, your energy will be focused on external resources that you are expecting. Have you applied for a loan or are you involved in a legal procedure? The financial sphere is undergoing an inevitable restructuring, so plan your expenses and resources to balance your main source of income.

ADVICE

This month should delight your heart as long as you accept certain life circumstances beyond your control. Let things be and go with the flow to avoid many disappointments.



Esther Hicks

ABRAHAM HICKS

... from page 29...

HOW CAN ONE MOVE FROM DISHARMONY TO HARMONY?

QUESTION: If you were a child born into a disharmonious environment - or even an employee finding yourself in an unpleasant work environment - how could you remain in such a situation and still maintain a positive personal life experience?

ABRAHAM: The first thing we would encourage you to do is to lay low, so to speak. Try to be as inconspicuous as possible in your awareness of the disharmony.

In fact, do your best to be unaware of the disharmony, because in actually being unaware of the disharmony, there will be **no active Vibration of it present within you**, and the **Law of Attraction** will then leave you out of any discordant rendezvous.

But if, instead, you are aware of the unpleasant occurrences - if you seek to quell the injustices by drawing attention to them - then you activate a Vibration within you that draws you closer into the unpleasant mix.

If, from your point of view, you identify wrongdoing and you point it out, those participating in the behavior you believe is wrong will rise up larger and push back at you in an attempt to convince you that it is really your point of view that is wrong.

Then you push back, and they push back, and the discord looms larger while both sides are deprived of any lasting solution.

All contrast causes an asking for improvement by all parties involved, but usually those involved are pushing so hard against someone else that they render themselves incapable of seeing the solution, even though it may be quite near.

Seeing what you do not want until you can no longer stand it, and then leaving the situation and going somewhere else, does not bring a lasting solution, because the reason you left is the dominant Vibration within you, which means more scenarios like the one you just walked away from are making their way into your experiences again. In other words, you did not change your point of attraction by moving to a new location, to a new job, or to a new relationship.

It may sound odd, but the fastest way to get to a new-and-improved situation is to make peace with your current situation. By making lists of the most positive aspects you can find about your current situation, you then release your resistance to the improvements that are waiting for you.

But if you rail against the injustices of your current situation, you hold yourself in **Vibrational alignment** with what you do not want, and you cannot then move in the direction for improvement. It defies Law.

Since a powerful desire for improvement is always born out of unpleasant situations, the larger part of you is already experiencing the benefit of the contrast you have lived, and you can - much more easily than many of you believe - begin, right now, to receive the benefit of that contrast. It may not be easy at first, but it really is as simple as making the best of where you are.

In every particle of the **Universe**, there is that which is wanted - and that lack of it. By making a decision to orient yourself to look for what is wanted, you will change your **Vibrational patterns of resistance**, and it will not be possible to remain in unwanted situations for long periods of time.

QUESTION: So, a child could be negatively influenced by a parent but that doesn't have to be a continuing influence through the adult life of the child, does it? In other words, that's an individual decision that can be made, at any time, by that child who is now an adult?

ABRAHAM: *It is clear, by the way you have worded your questions here, that you believe that the small child has little or no control in relationship to the older, bigger adult. And so, you are delaying your expectation of things getting better for this child until he become an adult and can gain control of his own life and make his own decisions.*



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 22...

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

HALF of my readings at one fair showed the client moving in the next 10-20 years to the **Smoky Mountains** and most to **Asheville** in particular. Toward the end of the day I had a reading with another one and when I mentioned the **Smoky Mountains** and **Asheville**, she kind of smirked and said "oh so that's what you're telling everyone today? You just told several friends they'd be moving there too. None of us have any con-nection to **NC**."

Last week, cleaning out some files here I found my old Psychic Fair Reading Logs where I'd keep track of the first name and birthdate of everyone I read at the fair. Next to 9 names I'd written **Smokies/Asheville**. YEP, THAT'S WHERE THEY RETIRED TO.

So did I read that even tho they had no inkling at the time? Or did I plant that suggestion and it appealed to them so much they pondered on it and began to wish it and made it happen for themselves?

WANT A PAST LIFE REGRESSION?

A friend read about past life regression and thought she might like to have it done. She asked me for referrals and asked what it is.

When I did hypnosis years ago, I had a script that induced you into a relaxed state and gave simple prompts to help the sitter find their way.

"What are you wearing? What do you see around you? What do you hear? What do you smell? What is the temperature of the air? Is it dry, is it humid, is it sunny? Are you in nature, are there mountains or beaches can you see an ocean, are you in a building, what kind of room, what objects do you see around you? Are there any pets, any animals, dogs, cats, birds? What do people around you seem to be wearing and doing?"

It's very interesting what the mind creates or pulls up for you. I much prefer doing it that way rather than listening to a visualization script that places me as a soldier on the front lines in the Civil War or a grande dame in some ancient royal court.

I ATTEND A GROUP PAST LIFE REGRESSION

CAVEAT: *It's important a hypnotherapist educates themselves so if they observe an adverse reaction in a ses-sion they know how to bring the client out of it.*

It was the '90s and a few times a week I'd give psychic readings at a new age store in town. Others taught classes there and one evening a friend advertised she'd do a **group past life regression**. About 20 people showed up, which filled the small space when everyone laid down on the floor.

I knew most of the other attendees as I also gave a **Tarot** class at the store in the evenings. With so many people I wasn't sure I'd be able to relax into the induction but apparently I did.

She asked to look around at what I saw and I got the impression that I was a young man, I saw myself walking on a dirt road wearing very old shoes and very old pants kind of ragged like maybe I was a hobo.

There was a body of water to the left of us and we were on a trail that ran alongside it. I was holding the hand of a small child who had kind of a bowl haircut and I got the impression that I intended to harm him. The thought hit me like a physical blow.

That brought me right out of the visualization and into the present moment, however the man to the right of me had begun having a real panic attack reaction and that took all my attention.

He didn't want to talk about what he experienced but I wondered if his experience bled over into what I observed.

I ultimately decided that I don't need to know what I was in a past life, if there's something I need to know I'm sure it'll come up to me in a dream or whatever and I'll contemplate it then.

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.



CENTER FOR SPIRITUAL AWARENESS

AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING



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



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



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



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

P.O. BOX 7 • LAKEMONT, GA 30552 • P: 706.782.4723 • M-F: 10 A.M. TO 5 P.M. EST

WWW.CSA-DAVIS.ORG