

MEDICINE GARDEN

See the everyday magic in life...



November 2007 Astro Forecast

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October is a '1' month and get ready to start new things on all levels. To give you an idea numerologically what a '1' means, consider these adjectives and descriptors: Beginnings. Becoming a leader. Pioneering in a new way. Seed being planted. New ideas. Forging ahead without looking where you leap. Impulsive all the time. Decisiveness. Restless and impatient. Temper. Independence. Works alone. Being bossy. Becoming arrogant. Aggressive. Warrior posture. Take-charge. Being narrow minded. Focused like a laser. Intensity of focus or vision. Original ideas. Self-reliance. Direct and the diplomacy goes out the window.

You can put those labels to your life, to your career, to your state, country and the globe, literally. The only problem is that Mercury is going to go retrograde on October 11 through November 2nd, so this "1" month isn't going to get off to as fast a start as perhaps everyone would like. Mercury in retrograde means things go in reverse. Especially communications, travel and getting things done

pronto--they reduce to the speed of 'slow' and will test fire and air sign patience.

From a cosmic perspective this means that while October is a new beginning for all of us on some level or many levels of ourselves (think: new attitudes, new emotions, new thoughts or ideas, as an example) we aren't going to get off the starting blocks very quickly. And so, the cosmos wants whatever new ideas or thoughts that strike us to absorb more deeply into us because Mercury is going retrograde and that is about introspection and is an 'inny' and not an 'outy.'

I would look for some seriously deep, life changing thoughts or ideas in early October to knock on your door. Be listening because it or they will be there. Just remember that you are going to GERMINATE this time and not launch like a rocket off the pad thanks to Mercury dragging its feet the rest of the month. And in all seriousness, this idea, concept or 'aha' is a big one to you and your life--so take it slow, masticate it, embrace it, allow it to move deep within you--before you take any action on it. Chances are, you may initiate on it come mid-November 2007, after Mercury goes retrograde. Just be patient--which is an oxymoron with a '1' month when everyone is impatient!

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Libra, especially, is going to be hearing the cosmic door bell ringing and your ideas, thoughts and seed will be especially important to you this year--more so, perhaps, than in the past. And even though Libra is an air sign, you aren't the most impatient of them--Gemini certainly is, with Aquarius not far behind. I believe you will use your air qualities with more decorum this month that your two other signs, Libra.

Scorpio is also mightily influenced by this '1' month because from the 24th of October onward, it is their birthday collectively, as a sign--so be looking for some great seeds and ideas coming your way. And I'm not worried about your patience, Scorpio--you have lots of them and will take the Mercury retrograde in excellent stride. You're a deep thinker anyway, and this month will open up more so for you folks to trek more deeply into yourselves than usual.

In general, for everyone, this is the time of year to start NEW PROJECTS. If you've had an idea but it didn't seem to quite come to fruition--it will in the first week of October--so be looking for the door to open and step through it.

Astrologically, the month starts off with fiery Mars just arriving into soft, watery and vulnerable Cancer--not a good combo, fire and water. But, it does create STEAM and that can be used either to burn ourselves with or a way to make progress (think of the train steam engines....). And for sure, Cancer and Capricorn folks are going to get a swift movement and more vigor and energy as a result. So, be ready to rumble! There's lots of action for you Cancer, and I hope you take advantage of it. Both Cancer and Capricorns are very, very conservative, but when Mars visits your sign, it means to be a little more risk taking. Of course, do look before you leap (I know you will), and don't allow a big opportunity to slip through your hands!

Now, Cancer, Mars will go retrograde mid-

November of 2007, so just in case you get cold feet--don't. You're going to have plenty of power and energy to forge ahead between now and then. With Mars going retrograde that's like popping a balloon and all the air fizzling out of it. But for you, that's not a bad thing--it's a good thing because you really don't like going to fast too soon. You like to stop, look and listen (a good thing) and so, Mars will give you and Capricorn a breather at that time. Forge ahead!

Those who are Scorpios or Pisces will also feel the jolt of Mars moving into Cancer because it will trine in aspect to your sun signs. This is good! It means lots of positive progress and if you were impeded or felt like you were being stopped before--well, that's all over! You too, can get ready to rumble! And whatever you focus on, you will find lots of positive action, people and support in your corner--take advantage of this because Mars will go retrograde (on November 16, 2007) and all this built up steam and power is going to fade markedly at that time--so use this time frame from October 1st through November 15th to your full potential. Don't waste this cosmic gift in your corner.

Virgos are really starting to feel the weight of Saturn in their sign (see my article on this for fuller explanation, Virgos) by now. It's probably bringing 'weight' into your life in the form of heavier responsibilities to your career, spouse and family situations. Don't worry, you are never given anything more than you can handle and besides, Saturn does give you periods of breathers, too. You may, however, be looking at some long term project about now and it's going to take years to bring it to fruition. That's okay because you have Saturn's power and perseverance backing you all the way so please consider it--if it appeals to you. Also, Venus moves into your sun sign on October 8th, so expect some relief, some nice down time (consider a day spa, a massage, meditation to take advantage of this lovely planet of pleasure being in your sun sign for the rest of the month).

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Scorpios, you have Mercury in your sign but the uncomfortable news is that it goes retrograde in your sign on October 13th, so this isn't going to make you happy. Well, it will when Mercury backs up into Libra on October 24th and it will be out of your hair. But then, Libra folks will find that much of their plans have been scuttled from the 24th onward and into next month. For these two signs, traveling can become a nightmare. Have back up plans in case the lousy airlines leave you behind. Plan A, B and C are necessary with Mercury retrograding in your sign. Just know that much of your planned activities will go to hell in a handbag, so to speak. Be aware, have back up plans, and don't get caught up emotionally in it. This too shall pass.

Poor little Pisces folks born around March 5 through the 7th, have testy, exciting and lightning bolt Uranus sitting on your sun. To say the least, your life isn't dull or in a rut right now. The best way to ride this bucking bronco is to utilize your wonderful intuition and gut hunches. Some of you may feel like you're being knocked around like a punching bag. Hang in there--this too shall end. Uranus is retrograde all of October, so you may be getting some relief from a circumstance that is quite upsetting or stressful right now. Uranus will, however, bring you an opportunity in early October (the new seeds) so be looking for it.

Aquarian folks born between February 7 through the 10th, are feeling the spacy effects of Neptune sitting on your sun. Aquarians are no nonsense, well grounded and fixed people. When you throw watery, diaphanous, spaced out Neptune in on their lives, well things begin to mysteriously and slowly change whether you want them too or not. And, if you live near water right now and in the next several months--watch for water leaks in your basement, a plumbing leak, or floods (rising rivers, hurricanes, ect.). Anything to do with water has to do with Neptune. Aquarians are air signs, so they don't like water very much. However, I will say that you should look to medi-

tate and take up some kind of quiet time because Neptune can then gift you with his creativity and goodies. But you need to take time out to listen with your heart instead of your head.

Jupiter is at 14 through 19 Sagittarius in the month of October. That means if you were born between December 7th through the 11th, this is your LUCKY month! Expect cosmic goodies. A raise? A promotion? A lucky lotto ticket? Heck, all of these things might occur! Needless to say, this group is lucky, lucky, lucky all month. Good news is coming your way, so expect it. If you're a writer--wow--expect a book contract or your article being bought.

Pluto, for the month of October is on the Galactic Center, 26 Sagittarius. This means this month is OPEN for NEW SEEDS and ENERGY that will be released from it to all of us--plants, animals, plants and humans. And so we see Pluto, the god of deep transformation working with our spiritual center of our galaxy. And the energy emanating from it for the entire month is one of NEW openings, new awareness and definitely, for those who are ready: shifting to a NEW level of consciousness spiritually speaking. This is an incredible month for every one from a spiritual aspect. If you meditate--do it. If you use the Vesica Pisces 'eye', you'll have a breakthrough. The power of Pluto is slow but changing. Teamed up with the Galactic Center, we are going to be showered with heart centered energy. And if you have been trying your best to work out of your heart--then this is the month where you will definitely see changes for the positive. Those who have been disciplined and have a spiritual routine or who have been working nonstop to stay in the heart, will earn cosmic gifts in October.

And, speaking of gifts, lucky Sagittarius who is ruled by Jupiter, has Pluto knocking on the door of those born between December 17th through the 19th. Your lives are changing before your very eyes right now and I'm sure your spiritual align-

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ment with the Galactic Center is opening up. Sag people are mutable and flexible and you will take full advantage of this wonderful, once-in-a-lifetime situation. Just ride this wave because its going to change your life for the better.

And of course, Gemini, by opposite sign to Sagittarius, is also in the mix, big time, too. Those born between June 17th through the 19th are the focus of all this energy excitement. You are now in one huge spiritual revelation and the final phases that you've been working on, inwardly, are in place. In October, decisions are made and you, more than any other sign, have a chance to make the transition to a higher level of heart energy because Pluto is in opposite aspect to your sun in October. Expect a breakthrough that will serve you the rest of your life!

The geopolitical scene will show some new initiatives. Or, new 'spin' on old, harangued diatribe. The Democrats may decide on a new plan of attack to get the war in Iraq stopped. Or, the Republicans will go on the offensive with their credo to keep the war going. Those who love peace vs. war will be at odds with one another. So, what else is new? We hope that perhaps with Neptune going direct on Halloween no less (I love this: the planet of ghosts is going direct on a ghostly day....what synchronicity). But, with Neptune pulling direct watch politics and spin deepen and get on your high water waders from about October 17th onward to the end of the month. The goblins and frightening ones are our politicians, regardless of party. And how interesting that the "day of the dead" as the Mexican people refer to October 31st, is when Neptune, who is the purveyor of souls, lies, deceit, uncovering the truth, all come due on Pumpkin Day.

With politics, you'll see lies, deceptions and half-truths and untruths (just words for lies) get revealed once again. What will the constipated American public who are bench warmers in their on country with all that is going on (what hap-

pened to the spirit of the 60's to stop the stupid Vietnam War?) do once they have their eyes opened (once again)? What will the public do, one wonders. We seem, collectively as a nation, to have lost our get up and go, our vigor, our personal responsibility and ability to fight for what is right. Of course, in the U.S. chart, Mars, which is the engine that fuels us in all respects, is going retrograde and so, for the next fifty years or so, the pop has gone out of balloon. The US will cease to be a super power in many respects over this course of time due to Mar's retrograde. It means that so much of the energy is internalized and hopefully, the last seventy-five years will be reordered, righted and people will learn from their mistakes and rebuild the U.S. in a way that it is more globally conscious and stops considering itself the policeman--which is a losing proposition, anyway. We'll see.

Hillary Clinton is a Scorpio, so you should see her star rise quite strongly from October 23rd, onward, as the sun makes its way into that zodiac sign. At least for the next month. She was born October 26, 1947. And so, her solar return for the next year of her political life to reach the presidency is going to have a Mercury retrograde in it--and she'd best be very careful what she says or how she says it or it will be blown out of proportion and taken the wrong way. Also, her birthday is only a day after the Full Moon at 2 Taurus, so she's going to have a lot of strong, powerful energy that will fuel this solar return of hers through October 26, 2008. That's not bad; it's about knowing you are in the spotlight and handling yourself in a way that allows her to 'shine' at her best, not her worst. The fact Mercury is retrograde means she's got to really, really watch her words or you'll see her shoot herself in the foot.

Let's turn the personal and see what is in store for all of us on a more mundane level of existence. The Last Quarter moon is on October 3 at 9 Cancer, so Cancer and Capricorn people are going to be tying up a lot of loose ends and getting

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ready for a new start (that we discussed above). For the rest of us, it is a time of tidying up a lot of projects that we've been working hard on for a couple weeks, months or perhaps, years. Between October 3 and the 9th, we are finalizing plans or doing things to finish up a project.

On October 7, Venus moves into Virgo. And don't you know? Virgos NEED a little pleasure from the Queen of beauty in the cosmos because they have heavy weight Saturn sitting on them and there's rarely pleasure associated with him! Venus is going to give Virgo's and poor, shattered Pisces folks (who have been earthquaked by Uranus continuing in their sign) desperately need a face lift, uplift, a little chocolate, a little shopping, a new hairdo and a little happiness in their lives. Venus can give you this.

As a matter of fact, all Earth signs (Taurus and Capricorn and Virgo) will benefit for all of October from this Angel of Mercy sweeping through their part of the zodiac. Expect some high moments, some laughter, wonderful gifts, good times with good friends and family, and maybe, just a day or two of a feeling of utter happiness.

On October 8th, Canada celebrates Thanksgiving while we in the USA celebrate Columbus Day.

October 10th we have a NEW MOON along with the Draconids meteor showers. What a way to celebrate NEW seeds, new everything with a meteor shower in tow! Pretty cool, if you ask me! The New Moon is 17 Libra, so that means Libra and Aries people are really going to feel the power boost from this one. We all will get a chance to start NEW projects now and as a matter of fact, about five days before the actual New Moon, things have been simmering and coming to a boil. Don't be afraid to step out, grab the bull by the horns and go! October is a '1' month of NEW beginnings and a New Moon just multiplies this possibility by ten. Time to get off your blocks and run as fast as you can!

On October 11th, Mercury turns retrograde for the next 3.5 weeks. This time, Scorpio folks will feel this slow down and they don't really like losing their steam because they are so super focused and intense. But, even Scorpio folks have to slow down, catch their breath and cultivate patience for the time being. Scorpios born on October 31st are REALLY going to feel this planet, but so will Scorpios born October 30th through November 1st, too. Slow downs are for a reason, so settle in and look at what needs to be redone during this time and make the most of any cancellations.

The luckiest day of the month is on October 15th when Moon conjuncts Jupiter. And with Jupiter being in Sagittarius (and by opposite sign, Gemini), these two signs get a lot of luck. Still, everyone on today is going to be in a good mood, pleasant and upbeat. How nice!

On October 23rd, the Sun enters Scorpio, and we can wish all Scorpios a happy birthday! This sign will feel an immediate pick up in energy and vitality; so enjoy it while the sun transits the thirty degrees of your sign! This is a time of starting a whole new one year phase (we call this your solar return). And how fortunate you are in a '1' month and your 'new' template for the next year is here, too. Be looking to make some great changes for the positive!

The Full Moon is 2 Taurus on October 25th, and things will be coming to a 'head' from October 20th onward until the Full Moon shines upon us. If you were expecting news or to get something finally done or received, it will happen during this period. This Full Moon has mixed aspects and it is a time of completion and of making decisions, for sure. Many will change their life patterns on this Full Moon. Just make your decisions with a clear head because Neptune is going direct on the 31st, so there's a tendency to waffle or be unsure. Hopefully, Neptune will rip off your rose colored glasses or your 'fog' and by that date, things are going to be a lot more obvious than ever before.

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That will make your decision making a lot easier.

On October 30th, be aware that Moon is conjunct Mars and this is always a nasty day. People are going to flare, lose their temper, 'go postal', be very impatient, irritable and snarly. Our emotions hit a boiling point and it's blow out time for better or worse. Add to this bubbling cauldron that Neptune, King of Deception and Disillusionment, is going direct the next day. For some of us, this is the 'straw that breaks the camel's back' as they say. We'll make some decisions based upon anger or a back log of anger that's been simmering for a long time. Just be sure you're right in what you're doing and that you've checked all your bases before you employ anger as a tool to leverage something direction.

What a way to end the month! On Halloween, October 31st, Neptune goes direct. It's a mixed day aspect wise. For some, there are lovely dreams and some nice gifts coming your way that are well deserved through your ongoing kindness and generosity. For some of the rest of us, it's a jolting wake up call because Moon is square Mercury and the news is not going to be very happy. Boo!

BEST DAYS: 2, 3, 5, 6, 10, 12, 15, 16, 17, 18, 20, 21, 24, 26, 30

CRISIS DAYS: 1, 7, 13, 14, 23, 25, 27, 28

THE TENOR OF THE YEAR: An Overview of 2007

2007 in numerological terms is $2+0+0+7 = 9$. This is a "9" year coming up and the twelve months within it are going to test us all on some level. Why? Because a "9" energy is about tying up loose ends and finishing unfinished business. Iraq certainly qualifies. Bush has put us into a war that should never have been and now, extrication is going to occur much slower than we want. And

lives will continue to be lost. And for what? The twisted, distorted and warped idea of Bush? What ashamed. There were those of us who protested from the first that we should not go into Iraq. Now, six years later, we are being shown we were right to protest and try to stop Bush and his hawks who wanted another Vietnam all over again. And interestingly enough, the same crew that was around during the Vietnam war were the same ones who triggered this one. Bush hid in the reserves in the USA so he didn't have to go to Vietnam. Too bad. If he had, he'd have thought twice about going into Iraq. What irony. With a "9" energy this is going to become a test of wills and whoever has the stronger one is going to get their way. One hopes the Democratic Congress gets a big set of cajones and gets the job done and gets our brave men and women out of Iraq and stop the needless, senseless loss of life.

On a more personal front, we are all going to be finishing up tasks that have been ongoing perhaps for months or years. This is the year where it will be put to bed and to rest--finally. It will require patience and if you don't have much, you'll certainly get more as this year rubs off against you.

And, "9" energy always means delays. So, expect them. Whether that means going to work, flying on a plane (foolhardy as it is), across town, across the nation or the world. Delays are going to be rampant.

On the high side of this number expression, it means we're trying desperately to reach into our hearts and to express ourselves through our heart--not our lower chakras where it's too easy to succumb to our lower desires and addictions. Compassion, human caring and being aware of the human condition will take front and center this year. Whether it hits home in your own family where you must become a caretaker for a parent or see the plight of uneducated children in the US or other countries, this is the time to volunteer to help. Or, at least be supportive when and where

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you can, if possible. This is a year of forgiveness not only of yourself, but forgiving others as well. And if you can't forgive them, at least start with yourself and Time will take care of the rest. At it's highest, unconditional love will be spread like fairy dust upon the globe. Many who have been striving nonstop to be heart-centered will finally receive that gift from Spirit. One that is well earned through constant, tireless, hard work and effort.

The tests and initiations in a "9" year are the most difficult to attain. And we will all be tested personally. The tests will come out of our relationships, our business partners or people we work with and the stranger on the corner, as well. In some ways, this is a year of constipation where everything moves more slowly than usual. And if you're impatient by nature you are going to bridle over the sluggish, almost blocked (seemingly) energy around you. Just know that these delays or slow downs are there for a reason.

A "9" energy is the culmination of the other eight numbers before it. Anything not learned in the last eight years will be served to us on a silver platter this year to work through and come to terms with. It is never easy nor is it usually painless, although I wish it were. We seem to be a species that doesn't learn when things are easy and soft. Only when pain is applied, to we change, throw out things that have outlived their usefulness and let go. Then, we grow, transform and mature (usually). And those that don't go through this process dig more deeply into hiding through their drugs and alcohol addictions, or try to escape by running away from whatever responsibility they are supposed to take on and assume. This is also a time of a higher suicide rate than normal because the pain may seem too great and people just opt out, instead.

On another energetic playing field, this year is asking us to be broad mined, not narrow minded. Idealism will take root more than before. And humanitarian giving is going to be stressed. This

is a time of creativity as well, whether it means that you are finally going back to a hobby you once had but left because you were too busy, or new talent within you is going to take root and grow. If you've always wanted to paint, but didn't, this is the year to pursue that desire. Whether it is learning how to write a song, write a book, learn to paint, draw or play an instrument, go for it.

Volunteerism, an offshoot of compassion and humanitarian offering, is going to be strong and supported. Look to see how you can be of service to others in your own community. Perhaps you work behind the lines of a food kitchen, or help serve the poor during the holidays. The energy in the air is about knowing you are part of something greater and that we are all related and connected. It cannot be stressed enough that whatever you give out, you are going to get back tenfold by your thoughtful, unselfishness.

Think about being a mentor in your home town. You don't have to look far to be of service to others. Your knowledge can be helpful to those who are young and seeking help, guidance and support. Or become a Big Brother or Big Sister. Maybe spend an hour a week at a retirement or nursing home reading to those whose eyes can no longer do that. When you stop and think about these little things that can mean so much, I'm sure you will know how to serve.

There is going to be new seeds of friendliness and kindness spread across the world. So much of the nastiness, the selfishness, the lying done by so many, are no longer going to be acceptable. The "9" energy can bring back solid morals and values as no other number can. People are going to start seeing and 'getting' the broader picture of Life. Everyone's vision is going to stop revolving narcissistically around them and they are going to look around and understand their choices DO affect others. And so, we may well see a welcomed change in behavior from people and it's long over due.

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Metaphysics or the paranormal realm is going to be even stronger in 2007 than before. In the writing and publishing arena, vampire books and anything on the paranormal is 'hot' but it hasn't crested yet. You will see even more books on the invisible realms and some very thoughtful, life-changing books from the nonfiction sector about spirit and living a spiritually fulfilling life.

Religion is going to continue to take thumping from those few who think we should all be like them. The "9" year offers a 'live and let live' attitude and respecting everyone's own unique belief system instead of trying to burn them at the stake for it as the religious right has done since 2000. Polygamy and Warren Jeff's are going to finally be going to court and they will be judged. Religious males who have more power than most, will take their falls this year as they did in 2008. The Catholic church has been taken to task that many of their priests who are sexual predators in disguise and this will continue to be pursued until justice on a higher level is served and the victims get well deserved remuneration.

There can be drama kings and queens this year that pop up from time to time. That is a poor use of "9" energy, but it is there and may well express itself. Bush is a certified drama king and I dare say we'll see more of histrionics and antics this year as the US voters demand he get out of Iraq. His tirades and hissy fits will continue. One hopes without too many taking him seriously.

There are going to be international as well as national social movements take root in the "9" year. This may be a particular philosophy or focus on some humanitarian efforts.

Be aware that if you hold a grudge or want 'pay back' or desire revenge that this is not the year to try it. A "9" year asks us to release whatever happened to us and hand it over in surrender and with FAITH to a higher source who will handle it, instead. We all get into situations where we do the

right thing, but our dark twin would love to get even or do something to fight back. 2007 is not the year to go there. Instead, the higher energy of this number asks us to release it. Completely. To step back and step away from it. Let it go. And let the Creator take over and do what should be done. We cannot judge. If we go there, we are no better than before. This "9" energy is about FAITH and developing our faith so that we can let revenge slide and dissolve.

If you are holding on to a situation, a person, place or thing in this year--you can't have it. You're going to have to release it. Because, if you try to be a control freak about it, the opposite will occur. If you know you should move but you refuse too for any number of reasons, your house may be destroyed in a fire, a flood, a hurricane or tornado to force you to move. That is the kind of energy that is around, so don't fight it any longer. Just move on. And have faith that as you move, one door closes but because of your courage and blind faith, another door will open at your new abode or job. Faith and courage are huge in 2007. We need a lot of both. And they are there for us if we only surrender over to a higher power and ask for the help. We will get the support and help that we need--always. Those who move on this blind faith knowing will be richly rewarded in 2007. Those who do not are going to get ashes and a lump of coal in their stocking. As always, the choice is ours. We do have free will choice and if we don't always make a decision for the higher, greater good of ourselves and others, we are going to get a cosmic spanking we aren't soon to forget.

A good ending thought about what a "9" year is all about is: "Do unto others as you would have them do unto you." If you can live your life by the Golden Rule for 2007, you are going to be enriched on every level by the end of this year. Guaranteed.

And if you do not, then you will think this has

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been one of the most nightmare-like years of the last nine you've had to live through. For me, it's an easy choice: take the heart path, take compassion and be a humanitarian, be kind, grateful, gracious and thankful. These are all "9" attributes of the highest kind. The Cosmos doesn't demand perfection from us--only that we TRY to live up to these spiritual ideals on a daily basis the best we can. And everyone can do that.

TRANSFORMATION TOOLS

ASTROLOGICAL COUNSELORS

You can engaged the services of the medicine-garden.com's professional astrologer and find out. Our own Rosemarie Brown is a natal counselor. Just contact her at: starrose@sedona.net Her website is: <http://www.rosemariebrown.com>

If you are wanting to move and aren't sure where or you have a place in mind, but aren't sure if it's "right" for you, they have locale information available. If health is your consideration, both are trained medical astrologers. Or, Gail Carswell at rockdoc@mindspring.com or Michael Foltz at solardoc@mindspring.com

I'm sure one of these three professionals will be able to shed considerable light in what is going on in your life and the many choices you have available to you to institute and use. Better yet, visit their website: <http://www.owlswebnest.com>, for more information on all the services they provide.

PERSONAL COACH

NEED A "Coach", some serious therapy that gets to the "heart" of your angst or what you're wrestling with? We recommend Rosemarie Brown. Please contact her at: <http://www.rosemariebrown.com> or by email at: starrose@sedona.net

VOICE ANALYSIS--THE MISSING NOTE

I've had my voice analyzed by Ani Williams and I can tell you from personal experience that we all have a "missing note" in our life. So what? Well, consider this. Without this missing note back in our life, we aren't working off of 8 cylinders. We're working on 6--or less! Please go to Ani's website for more information. This is a life-changing "tool" that you should include in your personal transformation kit. <http://www.anwilliams.com> or contact her via email at: songaia@earthlink.net

SPIRITUAL UPKEEP RENOVATION: NEED A SHAMAN?

Gail Carswell, Michael Foltz, Grace Verte (GraceVerte@netsedona.com), Karen David (KDMystic@aol.com) and Rosemarie Brown are all trained shamanic facilitators who can help you through your spiritual transformation. For a list of shamanic facilitators and more information on Soul Recovery and Extraction, go to: <http://www.medicinegarden.com/SRE/SREchapter.html> and then contact one of them for further help!

FOR CARE OF BODY, MIND AND SPIRIT: HOMEOPATHY

Our favorite classically trained homeopath is Yolande Grill of Cave Creek, Arizona. She does long-distance case taking by phone and I consider her one of the best we've got in the USA. So, don't delay! She is also a shamanic facilitator, as well. Get a hold of Yolande at: y.grill@att.net