

Under the Table

and dreaming

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Volume 1, Edition 2 October 2020

Author Spotlight:

Dane Stevens

Reclaim Your Power to
Create Your Best Life

Guest Spotlight:

Emily Mottesheard

of Mottfolio on The Difficulties
of Running a Modern Business
in the Mountain State

Author Spotlight:

Rebecca Dawson

The Agreement

PLUS:

Tarotscopes
Moon Phases
& Recipes!

Featured Article:

Remember Bridges

and the value that they have in
getting us where we want to go in life

**Are You Afraid of
Your First Step?**



BRIDGE DAY VIRTUAL 2020

We are still a bit sad that we cannot have an in-person event this year so we are inviting you to join us to celebrate the spirit and history of Bridge Day on **October 17th, 2020**. Follow along with us all day to learn more about the event, celebrate those who have made the event what it is today and meet those that aim to make Bridge Day even better next year!

Get your raffle tickets for your opportunity to win prize packages from many of our amazing lodging, food, and retail partners of the area, so be sure to tune in periodically for your chance to win!

To learn more about this event, please check out our Facebook at: <http://facebook.com/bridgedaywv>

Under the Table *and dreaming*

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133 Halstead Street, Oak Hill, WV | Phone: (304) 584-3592 | Email: info@pcspnetwork.com | Website: http://www.pcspnetwork.com

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Author Spotlight: October 13, 2020

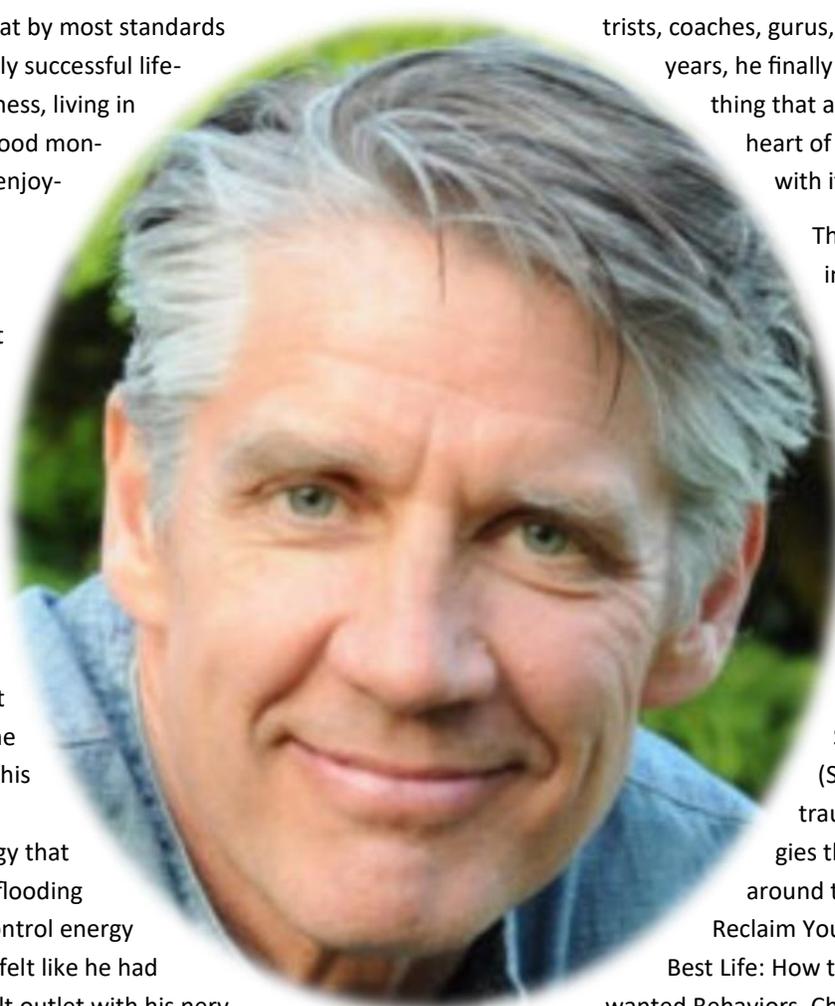
Reclaim Your Power to Create Your Best Life by Dane Stevens

Dane Stevens was living what by most standards would be considered a highly successful life—running a prosperous business, living in a beautiful home, making good money, traveling and generally enjoying his life—despite having suffered incidences of traumatic childhood sex abuse. The only area of his life that was under-performing was his relationships -- which were consistently short-lived.

So in an effort to explore whether that could be transformed, he sought out a recommended therapist/healer to resolve it, but in an intention to release the energy that was trapped in his body, she inadvertently released a bombshell of energy that took over his life, instantly flooding him with fear and out-of-control energy that was un-quenchable. It felt like he had been plugged into a 220-volt outlet with his nervous system unhinged. Three years later, he had lost everything and was homeless.

Living in his car and or in the houses at night where he was doing construction, he committed to finding a way back. He sought answers from books, counselors, psychologists, psychia-

I set out to write this book specifically for those who have negative experiences from their past that have had it turned into a life sentence...I wanted to tell them there is a way out."



trists, coaches, gurus, courses, and after five years, he finally stumbled upon something that allowed him to get to the heart of his suffering and connect with it.

That trial-and-error resulted in the Neuro Trauma Healing Process (NTHP) which bridges the divide between the hurt-and-wounded child inside that is sabotaging one's life and the conscious being. Using a left/right brain process that allows one deep self-compassion and inquiry, NTHP, and its companion Soul Re-Cognition Process (SRC) are highly successful trauma healing methodologies that are now being taught around the world. His new book **Reclaim Your Power to Create Your Best Life: How to Permanently Heal Unwanted Behaviors, Chronic Conditions and Addictions** offers an answer to people who have tried everything and reached the end of their emotional rope.

Developed out of desperation, NTHP is now providing the relief for far more people than Dane himself, who recovered entirely, and released the fight-or-flight programming that had so long been embedded in his cells and energetic body.

Being introduced to the public for the first time, the NTHP step-by-step process succeeds where many other modalities, therapies, healing techniques and behavior modification have fallen short--and achieves permanent healing. It is not a coping skill, a technique to overcome, a way to compensate or a medication that masks the problem.

The NTHP process makes the unconscious, controlling, frightened child feel safe. And once that happens, through continued gentle, loving, self-inquiry, the trauma energy dissipates and dissolves permanently. Using a form of gentle, deep self-

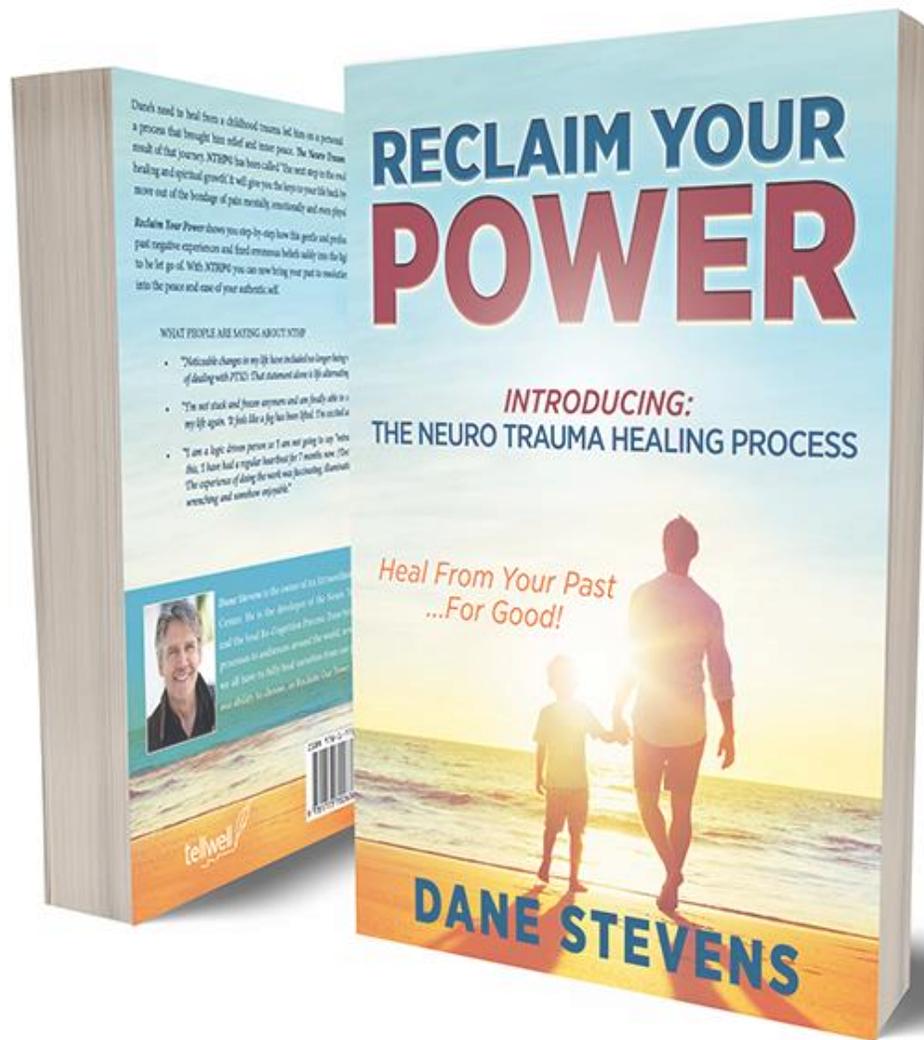
compassion, you make an intimate connection with the wounded part of you, and re-choose your response to your experience and subsequent beliefs-- bringing it into the present moment where it isn't happening any longer, stopping the looping habits and fears.

But out of this remarkable clearing process came another windfall for Dane's soul. As he healed, with the peace he was now experiencing creating new space in his life, it allowed a naturally growing connection to the higher consciousness, which began to flow through him with ease. That gateway has opened access to his Higher Self that gives him wisdom and guidance. This, too, is now experienced by the many who are practicing NTHP and SRC.

Says Dane: "The NTHP and SRC processes take another step in the evolution of our healing and spiritual development. They show us how we are working and give us the ability to heal our Self. They give us the keys to our life back, thus bringing us back home to our spiritual nature--becoming our own source again. This work has been called the next step in the evolution of our mental / emotional healing and spiritual development and we are proud to bring it forward with this book."

The Neuro Trauma Healing Process melds the psychological, scientific, and spiritual together in a fusion of long-term, permanent recovery from any condition including trauma, chronic anxiety or fear, chronic pain, obesity, eating disorders, addiction, depression and or physical ailments. You're no longer at the mercy of the subconscious mind and bullied into dysfunction any longer. Says Dane "I set out to write this book specifically for those who have negative experiences from their past that have had it turned into a life sentence...I wanted to tell them there is a way out."

If you would like to interview Dane Stevens on the power of the Neuro Trauma Healing Process and its breakthrough suc-



cess, please send an email with the name of the show, your contact information, a proposed date and time, and the call-in details.

Psychic Coffee Shop

Join Us at 9:30PM Tuesday, October 13, 2020 as we connect with Dane Stevens and discuss his book, **Reclaim Your Power to Create Your Best Life**

Guest Spotlight: October 13, 2020

Emily Mottesheard of Mottfolio

At the beginning of 2020, there were so many plans for our businesses. And then there was Covid-19. While many have struggled to keep businesses afloat, some communities have been hit harder than others.

For artists, like Emily Mottesheard of Mottfolio, those struggles have come in many forms.

With events cancelled all around the country, not to mention the state of West Virginia, plans to expand her presence and take on bigger venues ground to a halt.

As the mother of a school-aged child, there has been a wrench thrown not only into her daily routine, but the additional demands of being a surrogate school teacher helping her child navigate online classes as well.

The obstacles of Safer at Home have strained

how many we work, interact with our friends and families, connect with our clients, run our businesses, plan our days, and choose our next professional steps.

So what are the challenges of keeping a business afloat through a pandemic in West Virginia?

How do we shift person-to-person sales to online platforms?

What challenges are businesses and professionals facing during this crisis?

Emily joins us to discuss both the challenges she has faced, as well as the challenges her clients have faced, discussing those that are unique to both Covid-19 and to West Virginia.

Through Mottfolio, Emily offers her clients a range of services and through her multitude of experience from desktop publishing, web design, graphic design.

For those familiar with the YouTube and Twitch platforms for livestream gaming, you may also recognize her husband, better known as Ghost_Prime, on both platforms.

In addition to be the push into livestream gaming her husband needed, she is responsible for creating Grumpy Tank, the Grumpy Tank Army, and managing the non-gameplay elements of Ghost_Prime's online presence.

We look forward to the discussing all of these aspects of her life and how they have been impacted, and so much more! We're sure to have a great discussion!



Psychic Coffee Shop

Join Us at 9:30PM Tuesday, October 13, 2020 as we connect with Emily Mottesheard and discuss the challenges that West Virginia businesses face in the Mountain



Author Spotlight: October 20, 2020

The Agreement by Rebecca Dawson

So many of us have come to understand and acknowledge that we are the expression of one universal force, all part of the "oneness." But what would change if we really began to live and experience life from that place of totality, not from the duality--that separation--that has marked our current reality?

In reading Rebecca Dawson's remarkable book *The Agreement*, you will begin to grasp the infinite power available to us when we do, in fact, come into awareness and agreement of our true existence and how the world we experience will then come into agreement with us and who we truly are.

This is not merely speculation. It is the information provided directly to Dawson by The Masters, aspects of Source that are committed to helping mankind prepare for the shift to a multi-dimensional reality that is already unfolding.

By withdrawing our attention from our current "holographic reality" and belief structure, and focusing on the awareness of the Cosmic Mind that is our true nature and vantage point to the multi-dimensional reality, we allow for "knowing" and creation to arise. When we operate consciously from this point of totality, this "felt sense", then manifestation can be instantaneous and beyond any expectation.

But that manifestation isn't about financial riches and materialism - for materialism is already known. It's about creating what humanity has not yet known - what facilitates humanity to understand its true nature of limitlessness. It's about true freedom.

When you come into alignment, the outer world falls into agreement with you. It is an awesome power, and it can only be known by going inward to experience Source as yourself.

These are some of the key messages that are urgently being brought forward by Dawson, who has been channeling the wisdom of The Masters for more than 25 years. An internationally renowned teacher and author, Dawson first experienced emersion in the Cosmic Consciousness while sitting on a balcony in Bali, where she had gone to seek entry to this unfathomable expansion. For days she meditated and sat in silence seeking the doorway in. And it didn't come. An-

**BE THE ENIGMA
BE THE UNKNOWN
THEN YOU'LL KNOW
YOU ARE IN TOTALITY**

Rebecca Dawson

Psychic Coffee Shop

Join Us at 9:30PM Tuesday, October 20, 2020 as we connect with Rebecca Dawson and discuss her book,



our acknowledgement of our infinite existence, and our multi-dimensional awareness and perspective. We are awakening to our 5th dimensional reality.

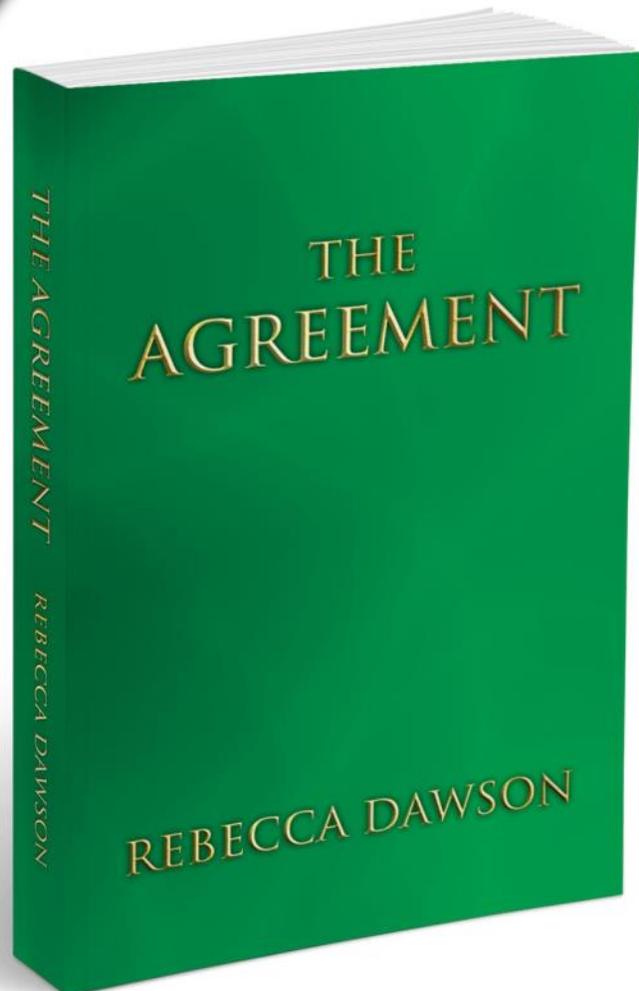
The Agreement is the roadmap of how to consciously exist within this evolution.

The book takes readers on a journey to explore the power of Agreement within the five pillars of human experience: the body, emotions, thought, relationships and belief.

Dawson, who lives and works in Australia, is offering us a new way to experience life as Source. The Agreement is a profound mandate for us to return to this level of consciousness, and play our contributory role in the transition of all of humanity.

gry and frustrated she gave up-and in that moment, the illumination came.

But after many years, bringing the wisdom and knowledge of The Masters forward, it is now that they are urging her she must step up to help us prepare for this imminent shift, unlike anything that has happened for humanity since 340,000 years ago. It is preparing us for a deconstruction of the exterior world and belief system as we know it-signs of which can be seen all around us in the chaos, uncertainty and disruption we are all experiencing right now. While it is a time of endings, it also a time for the exhilarating embrace of a new era of humanity as we return to ourselves,



Tarot Scope for October

This is just a snapshot of your life. Schedule a reading with Aeson and he will be happy to take a deeper look into your question and worries!

Aries

(March 21 - April 19)

Three of Pentacles

Defined Meaning: In the opening of the film *Mission Impossible*, a crack team of specialists is working on a dangerous assignment. The members of the team are mapping out a strategy, coordinating resources and drawing on their skills and ingenuity to complete the mission. This is the Three of Pentacles in action: teamwork, planning and competence. The Three of Pentacles is one of the cards in the Tarot that focuses on the group. (The Three of Cups and the Hierophant are the others.) As Pentacles are grounded and practical, this card represents a task-oriented team - people who are working cooperatively toward a common goal. There are few jobs that can be accomplished alone. We need the help of others to achieve our goals. Sometimes the Three of Pentacles is a sign that you will be more productive if you work with others. You don't have to do it all by yourself. This card can also show a need for planning and preparation. Now is not the time to rush into something or begin a project with only a vague idea of what it's about. You need to think everything through, go over all the possibilities and make sure you work out the details. Do your homework, and your undertaking will flourish. Another feature of the Three of Pentacles is competence - the ability to get the job done. How rare this is nowadays! This card tells you that you have the skills and knowledge you need. You can attract capable people and create a successful environment. Know that the situation is (or will be) in good hands, but be sure to concentrate on excellence in your work. Be proud of

what you do and how you do it. Then you will accomplish your "impossible" mission.

Taurus

(April 20 - May 20)

King of Wands

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Gemini

(May 21 - June 20)

Six of Wands

Defined Meaning: The Six of Wands is the minor arcana counterpart of the Chariot. Both of these cards represent moments of victory and triumph. Sometimes in life, all we want to do is win - to be number one. You can see this dream in the faces of athletes, politicians, and other champions as they step into the winner's circle. It's all been worthwhile. I'm the best. I've won!

In readings, the Six of Wands appears when you have been working hard toward a goal, and success is finally within reach. The recognition you have sought so long is yours. Now you can receive the acclaim, honor and reward that you deserve. If you do not feel close to victory now, know that it is on its way provided you are doing all you can to make it happen. The victory of this card does not have to involve beating someone else. You can triumph over yourself, the environment, or the odds.

The Six of Wands also represents a healthy self-esteem. Feeling good about your accomplishments is an important part of success, but too much pride can lead to arrogance and self-inflation. When you see this card, check that you are not feeling superior to others. It is easy to forget that individual achievement is not really individual at all. Our talents begin in the Divine,

develop with the love and support of others, and only in the end express through us. How can we indulge in excess pride?

Cancer

(June 21 - July 22)

Five of Swords

Defined Meaning: The Five of Swords is about self-interest. Society tells us to think of others, yet we resist. How can we ignore our own concerns and still survive? This dilemma comes from our definition of self. If we view our self as our personality/body, our interests become those that relate to that self. Do I have enough to eat? Am I happy? Do I have all I want?

We may expand our concern to those we love, but, then, how can we stop there? We are connected to everyone in the long run. In truth, our self is the world. What we do to that world, we do to ourselves. This understanding is so basic, but so infuriatingly easy to forget day-to-day.

In readings, the Five of Swords can mean that you or someone else is forgetting this larger view of self. You are defining your interests too narrowly. If you try to get ahead in isolation, your actions will come back to haunt you later, one way or the other.

Sometimes this card implies a need to put your own interests first. If you are being abused or taken advantage of, you must get free. If you are



Aeson Knight

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worn out by demands, take care of yourself. If it is your turn, step forward and claim your due. Just be aware that if you hurt others in the process, your victory will not feel complete.

The Five of Swords also represents hostility - from a cross word to warfare. When the cords that bind us are broken, we experience discord. This card can signify dishonors that are fairly open. Cheats, lies, tricks, deceits, even crimes. You may be on the receiving end, or be the perpetrator. Either way, hold to a larger view of who you are. Find the solution that is best for everyone...including yourself.

Leo

(July 23 - August 22)

Three of Swords

Defined Meaning: You open the door to find your partner in the arms of someone else. You overhear your best friend laughing at you behind your back. You find out your business partner has been cheating you for years. All of a sudden your world is turned upside-down. You're stunned, disbelieving and finally heartbroken.

The image on the 3 of Swords clearly describes this sudden pain. You literally feel as if someone has taken a sharp object and jabbed it through your heart. Even something as minor as a snippy remark can feel this way. Notice how this contains just a heart and three swords. When your heart is breaking, you feel as if that is all you are - an open wound.

In readings, the Three of Swords often represents the nasty little curve balls that life can throw sometimes. Betrayal, abandonment, rejection, separation, a reversal of fortune. These hurts are painful because they hit you when you least expect them. If you have drawn this card, you may know what it refers to, but if not, the Three of Swords is a valuable warning. It is likely there is something amiss in your life that you are unaware of or unwilling to acknowledge. Curve balls hit us when we're looking the other way. Examine your situation carefully. Talk to the people in your life. Don't take anything for

granted. Listen to your inner voice; it will help you locate the problem.

It is also possible that you are contemplating hurting someone else. With this card I think it is important to remember that each of us is capable of cruelty. We're all human, and we all make mistakes, sometimes serious ones. In the end, all we can do is trust in the goodness of life and try to live up to that ideal. When you slip, forgive yourself, and try to forgive others in turn, but, even better, head off trouble before it arrives.

Virgo

(August 23 - September 22)

King of Pentacles

Defined Meaning: The personality of the King of Pentacles is a combination of the positive earth energy of the Pentacles suit and the active, outward focus of a King. He might as well be called King Midas as he turns everything he touches to gold (riches of all kinds). He finds opportunity everywhere and succeeds at whatever he sets his mind to. He is enterprising and adept. Whatever the task, he handles it competently, drawing on his wide range of skills and practical knowledge. He's a jack-of-all-trades - and master of all as well. He is always dependable and responsible. Others rely on him completely because he never fails them. He gives generously of his time and resources because he knows that by giving more, you receive more. He encourages others in their accomplishments and lends his support whenever it is needed. He has a steady and even temperament that adds an element of stability to any situation. When he has set a goal for himself, he pursues it with firm resolve until he's successful.

In readings, the King of Pentacles asks you to take the kinds of actions he might take. For example: keeping a commitment, fixing something that's broken, making money, or sponsoring a new enterprise. This King can also represent a man or woman who is acting as he does, or an atmosphere of steady, reliable competence. In a reading, he tells you that his special energy has meaning for you at this time. Let yourself be in-

spired by this King in whatever form he appears in your life.

Libra

(September 23 - October 22)

The Hierophant

Defined Meaning: Except in rare cases, every human grows and develops within a culture. We learn by living with others. The Hierophant represents such official learning, especially in groups. A Hierophant is someone who interprets secret knowledge. On Card 5 we see a religious figure in a formal church setting. He is wearing the elaborate vestments of his office. His task is to bring the two initiates into the church so they can take up their appointed roles.

Besides churches, there are schools, clubs, teams, companies, and societies. The Hierophant represents all of these because his realm is structured groups with rules and assigned roles. Such environments emphasize belief systems - facts, rules, procedures, and ritual. Members are rewarded for following conventions. They develop a group identity. The Hierophant is one of three cards that focuses on the group. (The 3 of Cups and the 3 of Pentacles are the others.)

In readings, the Hierophant often represents learning with experts or knowledgeable teachers. This card also stands for institutions and their values. The Hierophant is a symbol of the need to conform to rules or fixed situations. His appearance in a reading can show that you are

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Psychic Coffee Shop where you
can ask Aeson a question LIVE!

struggling with a force that is not innovative, free-spirited or individual. Groups can be enriching or stifling, depending on circumstances. Sometimes we need to follow a program or embrace tradition, other times, we need to trust ourselves

Scorpio

(October 23 - November 21)

The World

Defined Meaning: It's Thanksgiving Day. You've just finished a delicious meal, and there's a hot mug of coffee in your hand. Friends and family are arguing about the latest fiasco, the baby's cooing at you from across the table, and your feet are rubbing the belly of a devoted mutt. You're happy, fulfilled and truly thankful (at least until you have to start the dishes!). For this moment, the World and everything in it is yours.

We all recognize this feeling. It can come at any time or place and is always welcome. We can feel it at home raking the leaves or on the world stage accepting the Nobel Prize. It can seem quiet and simple, or wild and glorious. What is this feeling, and where does it come from? Card 21 can help us find out.

A major element of happiness is wholeness - the sense that everything is working together in harmony. Not in a static way, but with dynamic balance. Involvement is also important. To be happy, we must feel connected - engaged with what is around us. There is also accomplishment - knowing that we have goals and are moving toward them successfully. When all these elements come together, we feel fulfilled and blessed.

The World represents these moments and all that goes into them. In readings, it is a very positive sign that you are in a position to realize your heart's desire. What that is for you depends on the situation, but it will always feel great. Remember, though, that Card 21 is a symbol of active contribution and service. To hold the World in our hands, we must give of ourselves to it. That is the source of true happiness.

Sagittarius

(November 22 - December 21)

The Chariot

Defined Meaning: Picture Julius Caesar riding his chariot triumphantly into Rome. He has defeated his enemies and conquered vast, new lands. This is the spirit of the Chariot. Card 7 represents the victories that are possible through willpower and self-mastery. A military image is appropriate for the Chariot because this card stands for the strengths associated with combat - discipline, grit, determination and assertiveness.

The Chariot represents the positive aspects of the ego. A healthy ego is one that is strong and self-assured. It knows what it wants and how to get it. We can get annoyed at someone whose ego is too healthy, but we often turn to that person to lead us through difficult moments. We know he or she won't be wishy-washy.

In readings, the Chariot often appears when hard control is or could be in evidence. At its best, hard control is not brutal, but firm and direct. It is backed up by a strong will and great confidence. The Chariot can mean self-control or control of the environment. This card also represents victory. There are many types of wins; the Chariot's is of the win-lose type. Your success comes from beating the competition to become number one. Such moments are glorious in the right circumstances

The chariot is one of the most complex cards to define. On its most basic level, it implies war, a struggle, and an eventual, hard-won victory. Either over enemies, obstacles, nature, the beasts inside you, or to just get what you want. But there is a great deal more to it. The charioteer wears emblems of the sun, yet the sign behind this card is Cancer, the moon. The chariot is all about motion, and yet it is often shown as stationary.

Confidence is also needed and, most especially, motivation. The card can, in fact, indicate new motivation or inspiration, which gets a stagnant

situation moving again. It can also imply, on a more pragmatic level, a trip (usually by car), a vehicle - in the shop for repairs if the card comes up reversed - or a message.

Capricorn

(December 22 - January 19)

Two of Wands

Defined Meaning: The Two of Wands glorifies individual courage and greatness. This card taps the same energy as the Magician, but with one important difference. The Magician represents the archetype of power - the impersonal energy of creativity and strength. The Two of Wands stands for that power brought down to Earth and made personal. Personal power is an invigorating force that fills you up and lends you the courage to be great. A powerful person is like a magnet that attracts all those within a certain area.

True power always comes from the Divine. It passes through us and then flows out into the world. When we understand this relationship, we are blessed because this flow brings with it a tremendous feeling of expansion and fulfillment. We feel as if we can accomplish anything. Problems develop when we forget that we are not the source of power, only its conduit. We must be careful not to let the intoxicating feelings that come with power overwhelm our good sense and blind us to our true desires and intentions.

In readings, the Two of Wands indicates that power is a major issue in the situation. You or someone else has it or wants it. When you see this card, look carefully at your goals and activities to make sure you are using power wisely. Don't support power for its own sake but enjoy it when it serves your worthwhile purposes. Take this gift and use it to mold your environment in positive ways.

The Two of Wands can also stand for an extra dose of daring and inventiveness. When you see this card, trust that the time is right for the bold, creative move that will knock their socks off.

Forget subtlety and old, tired approaches. Allow yourself free rein and you will be amazed at the results.

This card sends forth railroad vibrations. It forecast a very long journey. There may be some complications along the way for which you should be prepared. A mishap may occur, but you will surely survive any adversities and safely reach your destination.

Aquarius

(January 20 - February 18)

King of Swords

Defined Meaning: The personality of the King of Swords is a combination of the positive air energy of the Swords suit and the active, outward focus of a King. He is a man of intellect who can absorb and work with information of all kinds. As a master of reason and logic, he analyzes any problem with ease. He can work out solutions quickly and explain them lucidly to others. In a chaotic situation, he cuts through the confusion and provides the clarity needed to move forward. Others seek him out to present their case as he speaks with eloquence and insight. He is always truthful and can be relied on to handle any situation fairly and honorably. When a judgment is called for, he can render an impartial but just decision. He is incorruptible and lives by the highest ethical standards. He encourages those around him to do the same, and they often live up to his expectations.

In readings, the King of Swords asks you to take the kinds of actions he might take. For example: telling the truth, thinking up a solution, communicating well, or judging fairly. This King can also represent a man or woman who is acting as he does, or an atmosphere of reason, honesty and high standards. In a reading, he tells you that his special energy has meaning for you at this time. Let yourself be inspired by this King in whatever form he appears in your life.

Pisces

(February 19 - March 20)

The Moon

Defined Meaning: If you look around the room right now, you will (probably!) see people and objects that are comforting in their familiarity. Everything is exactly as you expect it to be. You know that if you closed your eyes and opened them, the room would be the same. But...have you ever lost the familiar to find, in its place, a world so extraordinary you can't even grasp it? This is the experience of the Moon.

Most of the time we live in a tiny pocket of normality that we wrap around us like a security blanket. We turn our backs on the mysterious universe that waits outside. From time to time we may sneak a peek with our imagination or venture out through fantasy or expanded awareness. We can be thrust out there unprepared through drugs, madness or intense experiences such as battle.

The Moon is the light of this realm - the world of shadow and night. Although this place is awesome, it does not have to be frightening. In the right circumstances, the Moon inspires and enchants. It holds out the promise that all you imagine can be yours. The Moon guides you to the unknown so you can allow the unusual into your life.

Sadly, we are usually afraid of the Moon. In readings, this card often stands for fears and anxieties - the ones that come in the darkest part of the night. Card 18 also stands for illusions. It is easy to lose our way in the moonlight. Be careful not to let deceptions and false ideas lead you astray. Sometimes the Moon is a signal that you are lost and wandering aimlessly. You must find your way back to the path and your clarity of purpose.

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Moon Phases

October 2020



October 1, 2020 Full Moon in Aries

The feeling of uncertainty can make you solve problems faster than is natural. Do not rush as if there was a deadline. Try to slow down so that you can decide what you want to do and proceed at your own comfortable pace.

It's time to see if you've been a little bit too much 'me, me, me'. There's a tug-of-war going on between what you want and what someone else wants, but you'll have to wait a little while to see what's going to happen next. As you wait, ask yourself if you've been handling the situation as sensitively as you could have done. If you know deep down that you've been a little rash or harsh, gone too fast or over-stepped the mark, then accept that on some level you've created this situation yourself, which means you can

Aries create your way out of it too. When this card comes up, a peak is coming and it could be fiery!

Attune to the Moon

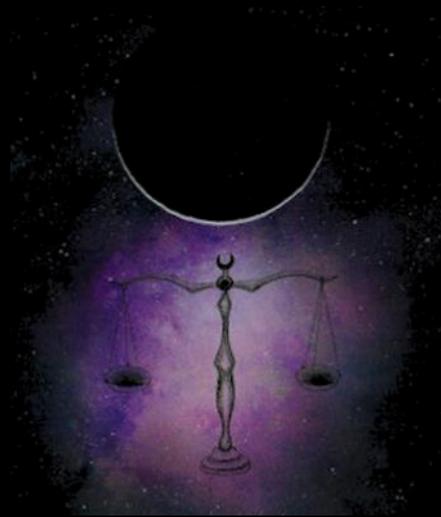
Be nice, be kind, smile and be polite as you navigate to where you want to be.

Additional meanings for this card:

- Being assertive is good just don't ride roughshod over anyone.
- If you're in a tense situation, meditate your way to peace.
- Don't be a baby! (Sorry, but this could be the issue.)
- You need to have more fun!

The Teaching

The Full Moon in Aries is a super-fiery time, when emotions can run very high. On the upside, there's excitement about what may lie ahead, but tempers are likely to flare, with rash comments or decisions. No matter when you pull this card, it signals that the situation has just, or is about to, come to a peak, perhaps in a rather heated way. There could be a price to pay if you have been too competitive or too blunt.



October 16, 2020 New Moon in Libra

You might have a strong need for balance and harmony now. You probably desire to keep things "nice" rather than venturing into fundamental questions in order not to disturb the peace. You must learn to share your good and bad feelings. Do not be afraid to be who you really are, despite what is expected of you.

New Moon in Libra

Give-and-take could well be the answer to whatever dilemma you're asking about — compromise may be called for. It's time to start negotiating, or even renegotiating. When the New Moon in Libra comes up, there's a restart for you and for someone else — a new relationship could be beginning, and if that's the case the chances are this will be a healthy and well-balanced connection. In anything you do after pulling this card, doing it in pairs is advised, such as teaming up with someone in business or in your personal life. Libra is the sign of relating and this card suggests that whoever is at the heart of the issue you're addressing is someone who will be open to talking things through. Avoid being selfish — it won't get you anywhere at this time.

Attune to the Moon

Reach out to someone and let them know you care.

Additional meanings for this card:

- Feel more, think less.
- Marriage or engagement is on the cards.
- A legal matter will go your way
- Pay some attention to your appearance but don't be all about appearances.

The Teaching

Libra is the sign of love and harmony, negotiation and relationships; it is harmonious, kind and luxurious, and always aiming for balance. So when we have the New Moon in Libra, or at any time you draw this card, there's a restart possible for anything and everything connected to partnerships, negotiations, appearances and justice. Remember that Libra is depicted by a set of scales — this energy wants to bring things back to equilibrium.



October 31, 2020 Full Moon in Taurus

Your safety depends on the need for stability, which is not easy to satisfy now. You have to learn to accept change as part of your life. The basic problem is finding your own self-respect in order to ensure that you do not mistakenly seek it in material things. When you accept yourself for who you are, it will become easier for you to find peace and tranquility in the outside world.

Sometimes you need to weave a bit of magic and sometimes you need be practical — and sometimes you need to find a combination of the two. This card suggests that this is where you are now. You need to use the laws of attraction to draw in what you want (by imagining it, expecting it, welcoming it) but you need to balance that with taking down-to-earth steps towards your goals. This isn't about wishing on the Moon and hoping for the best; it's about making something like a list of bullet points about how to achieve your dreams. If you're asking about money, this card heralds a change of financial fortunes depending on both your past actions and what you're expecting and therefore attracting.

Attune to the Moon

Write down 10 things that you know are wonderful about you.

Additional meanings for this card:

- Laziness could explain your current situation. If so, change that and own it!
- Chasing money doesn't work you need to chase a dream.
- Jealousy or envy create negative energy and attract negativity.
- More exercise is called for.

The Teaching

The Full Moon in Taurus is a time to get back to earth, to get grounded, to work through any negative feelings you've been dealing with and to find a balance between being passionate and being overly intense. Money issues may come to a head at the time of the Full Moon in Taurus, but you can take this card as a sign to pay more attention to your cash flow no matter when you draw it.



Aeson's Lasagna while a labor of love is most definitely worth it. With some added time and patience, this already wonderful recipe can be made even more amazing by replacing the Crushed Tomatoes, Tomato Paste, Tomato Sauce and Water with 30 cored and quartered tomatoes that have been slow cooked for 3.5Hrs on High.

Aeson's Lasagna

With this recipe you can substitute as many fresh ingredients as you like!

Ingredients

- 1Lb Sweet Italian Sausage
- $\frac{3}{4}$ Lb Lean Ground Beef
- $\frac{1}{2}$ C Diced Onion
- 2 Cloves of Garlic
- 1-28oz Can Crushed Tomatoes
- 2-6oz Cans Tomato Paste
- 2-6.5oz Cans Canned Tomato Sauce
- $\frac{1}{2}$ C Water
- 2Tbsp White Sugar
- $1\frac{1}{2}$ tsp Dried Basil Leaves
- $\frac{1}{2}$ tsp Fennel Seeds
- 1tsp Salt , Divided in Half
- $\frac{1}{4}$ tsp Ground Black Pepper
- 4Tbsp Chopped Fresh Parsley
- 12 Lasagna Noodles
- 1 Egg
- $\frac{3}{4}$ Lb Mozzarella Cheese (Sliced)
- $1\frac{1}{2}$ Cup Grated Parmesan Cheese

Instructions

1. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, salt, pepper, and tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.
3. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and salt.
4. Preheat oven to 375°F (190°C).
5. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
6. Bake in preheated oven for 25 minutes. Remove foil and bake an additional 25 minutes. Cool for 15 minutes before serving.

Featured Article:

Remember Bridges by Aeson Knight

In life, we often use the words, “burn that bridge” or “don’t burn bridges that you may have to cross over again.” Many people say these words not thinking of what they are really talking about. Because they are not talking about the local bridge that was built when the town got too big. The same bridge that you cross, every day to get to work.

In life we grow and change we also move from one place to another, it never easy to take that first step.

Sometimes it the hardest step to take not knowledge what on the other side. Often sprit or your life moves you in a direction you never thought you would go because it is time for it to happen.

Each day we cross bridges we move able our life not thinking what we are doing driving in the car walking the hikes some look stable and strong, support, other look as if they will not hold another once of weight, much less itself, but it stand tail and high supporting everyone moving over it.

I feel that as we move forward one step at a time, allowing our souls to bring use past that fear into a new ground, that we ether know often or totally new.

I think the scary part is an always the first step on the bridge because you are leaving what you know and what you have grown use too. This is when the changes begin in your life whether it is stepping out to a new job, new life or new faith.

This are the time you have to remember who you are, why you have taken the first step, moving as you cross the bridge about mid-way you will face your fear,

That people won’t like the next you, maybe you will not like the new ground after you get there?



But you move forward on to the next step, the last set with your confidants you are excited and still holding on to the past remember the time you had there.

How you love, grown, built, and now you are walking away from that into what you ask? You want to run back.

Instead you walk past that moving forward, placing one foot in the other and the bridge either fall apart, or burning up or closing so that you can move forward holding on to the memory and remembering the lesson into a new future.

These things are how your soul grows. It never easy crossing bridge, on psychical level. The new river gorge bridge that here close where I live people always hold their breath and even the slows drive rushes past it. Why? Because doing that time on the bridge is so scary this to happens in life as we cross those metaphyseal bridges.

Because like in life we have fear we have to face, and with those fear changes happen. We create a new path, a new u, a new energy about our self, sometime when we cross the bridges. We face new beginning to see that it really was not the height or the look of the bridge or even the ramifications it was time to grow past. What was on the other side into a new tomorrow, a new career, or a new level of spirit

Is it scary? Yes, if it hard you bet your elbows but is it need for you to be happy. So as you set

out to cross a bridge that bring you fear or you worry. You will ether burn down or will close off from you. Move forward to create the master piece you deserve to be often that means burning a lot of bridge if you got a lot to experience, that ok. When you have out grown that space. You are left with no choice but to walk across.

The bridge for a greater space. Where you can grow and expectance more.

This is always not easy often that last step is painful and hurtful. Not just for you but for also for the ones that you leave behind. This happens people do not always cross the same spiritual growth point life points or even job point.

It important to take a moment as you grow into your new space that you remember those that are still within the smaller place may not see the reason to cross the same bridge as you did. That ok moving forward you will meet new things and understand deeper why this has happened. As spirit will never build a bridge for you unless you need to cross that river to get to the new place in your life.



[Mountain Bears]

Join Us at 9:30PM Friday, October 23,
2020 as we discuss more about

Handling the Fear We All Face When



Wear A Mask

Like Your

- Child**
- Coworker**
- Community**
- Neighbor**
- Grandparent**
- Friend**

Needs You

To, They Do!