

Under the Table

and dreaming

Volume 1, Edition 2 November 2020

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Author Spotlight:

Rachelle Gehman

The Heartfelt Medium: Guide
to Developing Your
Mediumship Naturally

Featured Article:

How to Change

Your Life in 40 Days or Less

Featured Article:

The No-Waste

Thanksgiving & Christmas

Cookbook

Author Spotlight:

Wilma Jean Jones

An Angel Told Me So

PLUS:

Tarotscopes
Moon Phases
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& Recipes!

Cost of Tech:

Do You Own

Your Domain,

or Does your Domain
Own You? Be Careful Who
You Trust With This

Business Asset



Alzheimer's disease

: a degenerative brain disease of unknown cause that is the most common form of dementia, that usually starts in late middle age or in old age, that results in progressive memory loss, impaired thinking, disorientation, and changes in personality and mood, and that is marked histologically by the degeneration of brain neurons especially in the cerebral cortex and by the presence of neurofibrillary tangles and plaques containing beta-amyloid.

Alzheimer's erases the minds of those we love.
It takes them away one piece at a time until
eventually nothing is

To find out more, please visit ALZ.ORG

Under the Table *and dreaming*

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Author Spotlight: November 17, 2020

The Heartfelt Medium: Guide to Developing Your Mediumship Naturally

by Rachelle Gehman

Rachelle Gehman, is a psychic medium, Speaker, teacher, healer and counselor that has taught countless students on how to connect with spirit, and empower them to develop their own natural gifts. She counsels individuals in need and provides evidence based readings for her clients. Rachelle has worked as a psychic medium for over 10+ years, and still sees clients regularly.

As a niece of World Renowned Psychic Medium, Reverend Anne Gehman, Rachelle was mentored by her aunt at a young age to utilize her gifts naturally. Rachelle spent over 30 years in business development, helping clients with custom services, strategies and solutions to bring new concepts to market.

After watching the business climate of acquisitions, and changes in corporate social responsibility, her passion grew to impact change by guiding business professionals to consider adding a spiritual component to their daily lives.

In service, Rachelle strives remain humble and honored, with the highest ethics, to serve everyone seeking spirit guidance and wisdom. Through her work, she shares her life experiences and insights to help others, to open their hearts, and gain their own connection with spirit.

Through honesty, integrity, and unconditional love, it is Rachelle's hope to augment your path toward healing and finding peace, and true joy.

We are all born to connect with spirit naturally, to help guide us on our

journey of life. We all have this ability to connect and receive information. It's about learning how spirit speaks to us and develop our own spiritual language with spirit.

The Heartfelt Medium de-mystifies psychic mediumship and will empower you to establish your own relationship with spirit, while learning your own unique spiritual language.

Psychic Coffee Shop

Join Us at 9:30PM Tuesday,
November 17, 2020 as we connect
with Rachelle Gehman and discuss
her book, **The Heartfelt Medium:
Guide to Developing Your
Mediumship Naturally**



Author Spotlight: TBA

An Angel Told Me So by Wilma Jean Jones and Michael McAdams

Oftentimes we find it difficult to attain inner peace when the weight of the world's challenges render us feeling powerless. What if our spirit teachers, or angels, could contact us directly to help us find our way—would you listen? As the saying goes, when the student is ready a teacher will appear. For the late Wilma Jean Jones, her teachers certainly did appear. **An Angel Told Me So** reveals the messages and guidance she received directly from the spiritual realm for more than two decades. Her son, Michael McAdams, worked closely with his mother as these messages and teachings were dictated to her and has lovingly preserved them for spiritual seekers looking for guidance, direction, and support. Readers can absorb the wisdom that Wilma Jean's spirit teachers shared with her and find solace as they walk their chosen paths.

An Angel Told Me So is the first book in a series of three volumes of messages and teachings dictated through Wilma Jean that offers proof of the existence of a spiritual realm. In sharing these messages, Wilma and Michael hope readers will find divine wisdom and comfort in these teachings and explore a spiritual connection with their own spirit teachers. By connecting with our own spirit teachers/angels we can overcome challenges and truly realize we are not alone.

These spirit teachers, McAdams affirms, have found a willing instrument in his mother, Wilma. Her desire was to serve as a conduit for the information she was gifted. She wondered if she might also be able to receive the same type of

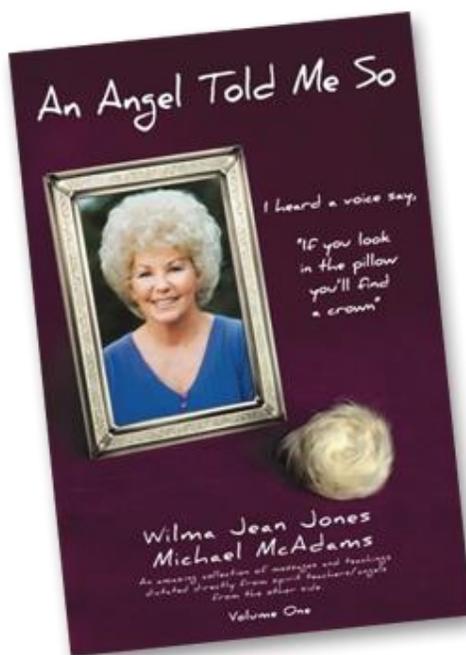
information and teachings for others that she received for herself and her son.

Through these messages Wilma was advised that she would work with and encourage others open to this type of communication, and soon began teaching series of classes explaining that we all have the innate ability to “tune in” and receive not only for ourselves but for those whom we love.

The messages and teachings received by Wilma Jean appear to be woven with a universal thread that speaks directly to all sincere seekers of truth on a personal level. Each reader feels that they are being addressed as they deal with what is transpiring in their lives. Readers of

this material will know that they, too, are being spoken to directly by the spirit teachers/angels inhabiting this realm and that these messages and teachings are intended for their guidance and the advancement of their purpose in this existence.

An Angel Told Me So, with its timely message of hope... helps readers who are seeking the light in dark times.



Psychic Coffee Shop

Join Us at 9:30PM TBA as we connect with Wilma Jean Jones and discuss their book, **An Angel Told Me So**

Tarot Scope for November

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)

The High Priestess

Defined Meaning: The High Priestess is the guardian of the unconscious. She sits in front of the thin veil of unawareness which is all that separates us from our inner landscape. She contains within herself the secrets of these realms and offers us the silent invitation, "Be still and know that I am God."

The High Priestess is the feminine principle that balances the masculine force of the Magician. The feminine archetype in the tarot is split between the High Priestess and the Empress. The High Priestess is the mysterious unknown that women often represent, especially in cultures that focus on the tangible and known. The Empress represents woman's role as the crucible of life.

In readings, the High Priestess poses a challenge to you to go deeper - to look beyond the obvious, surface situation to what is hidden and obscure. She also asks you to recall the vastness of your potential and to remember the unlimited possibilities you hold within yourself. The High Priestess can represent a time of waiting and allowing. It is not always necessary to act to achieve your goals. Sometimes they can be realized through a stillness that gives desire a chance to flower within the fullness of time.

Taurus

(April 20 - May 20)

Nine of Cups

Defined Meaning: The man on the Nine of Cups reminds me of "the cat who ate the canary."

Now, a canary is a pet strictly off limits to hungry felines. Any cat who manages to catch one is going to feel pretty smug about it. This is the feeling tone of the Nine of Cups - pure indulgence and self-satisfaction.

At the physical level, the Nine of Cups is a sign of delight in all the senses. Sights, sounds, tastes, feelings. The Nine of Cups encourages you to seek out pleasure and enjoy your body in every way. You can commune with the natural world as well - the body of Mother Earth. She, too, delights in sharing her abundance.

At the personal level, the Nine of Cups indicates contentment with the way things are. Notice how the man is seated confidently with his arms folded and a smile on his face. He has everything he wants and couldn't be happier about it. "See all my cups!" he seems to say. "Aren't they great?"

Sometimes it's wonderful to sit back and revel in the knowledge that all's right with the world. But a word of caution. You may be tempted to indulge yourself at the cost of someone else (like our mischievous cat!). This may feel great at the time, but sooner or later the feathers around your mouth will be discovered, and regret will set in. Pursuit of pleasure without regard to consequences is never satisfying in the long run.

In many tarot traditions, the Nine of Cups is known as the Wish Card. It shows your wish will come true. A wonderful prospect but remember your fairy tale lessons. You must be sure you know what you really want and accept the responsibilities that go with your wish. If that is the case, then enjoy your good fortune!

Gemini

(May 21 - June 20)

Page of Wands

Defined Meaning: The Page of Wands is a messenger bringing you opportunities for passion. He delivers real chances to experience creativity, courage, charm and inspiration - the wonders of the Wands suit. In readings, this Page suggests that an opening may appear that excites you, feeds your talents, or dares you to be great. When you see such a chance, act on it!

The Page of Wands can also stand for a child or young-at-heart adult whose interactions with you involve independence, high energy, risky behavior, or shared enthusiasms. Sometimes the Page of Wands implies that your entire situation is suffused with the spirit of excitement and adventure. At such times, feel free to express your individuality and power with light-hearted abandon.

Cancer

(June 21 - July 22)

Seven of Pentacles

Defined Meaning: On the Seven of Pentacles we see a man who has labored long and hard in his garden. The foliage is full, the blossoms are out - it seems that his work has paid off. Now he's taking a break to admire his handiwork. How satisfying it is to see such fine results! How rewarding is sweet success!

The Seven of Pentacles is a time-out card. It represents those moments after a rush of activity when we stop to catch our breath and look around. The man in the picture has paused to contemplate the fruits of his own labors, but he could also pick that fruit. In readings, the Seven of Pentacles can indicate a reward that will come your way, particularly as a result of your own efforts. Take it and enjoy.

This card is also a call for assessment. When we're busy, we don't always have time to reflect on what we're doing and why. Are we still on course? Are we getting the results we want?

Serious problems can develop if you don't take stock at key moments. In readings, this card suggests that you take the time to be sure you're meeting your goals.

The Seven of Pentacles can also indicate a cross-roads. In life, there's a tendency to continue with familiar routines. To go in a new direction isn't easy. The Seven of Pentacles may be telling you to figure out if you need a course correction, or even a complete about-face. You're not yet committed to a certain path, but you could be soon. Change is still possible.

The Seven of Pentacles is not a card of endings or final decisions. The game is not over, but only on hold for a moment. Once you've gotten your breath back and checked your strategy, be ready to jump back in and work even harder than before.

Leo

(July 23 - August 22)

Queen of Swords

Defined Meaning: The personality of the Queen of Swords combines the positive air energy of the Swords suit with the inward focus of a Queen. You can always count on her to tell you exactly how it is. Above all else she admires honesty, and she lives by her commitment to being truthful. Lies, tricks and games are of no interest to her, but she's not easy to fool. She is experienced in the ways of the world, good and bad. The Queen of Swords can size up a situation quickly. She understands human folly, but doesn't condemn it. She knows when cow manure is being thrown around and simply finds clever ways around it. She prefers being straightforward and direct. Her observations are candid, but never hurtful. In fact, this Queen has a delightful sense of humor. She likes a good laugh and always has a witty comeback ready-to-hand. She knows that life isn't meant to be taken too seriously. The Queen of Swords is refreshing in her candor and lack of pretense.

In readings, the Queen of Swords asks you to think and feel as she does. For example: Are you

being completely honest? (Check this one first!) Do you see the humor in the situation? Are you getting right to the point? Have you figured out what's really going on? Are you letting yourself be fooled?

This Queen can also represent a man or woman who is like her, or an atmosphere of honest, direct communication. In a reading, she tells you that her special energy has meaning for you at this time. Let yourself be inspired by this Queen in whatever form she appears in your life.

Virgo

(August 23 - September 22)

The Hanged Man

Defined Meaning: The Hanged Man is one of the most mysterious cards in the tarot deck. It is simple, but complex. It attracts, but also disturbs. It contradicts itself in countless ways. The Hanged Man is unsettling because it symbolizes the action of paradox in our lives. A paradox is something that appears contradictory, and yet is true. The Hanged Man presents to us certain truths, but they are hidden in their opposites.

The main lesson of the Hanged Man is that we "control" by letting go - we "win" by surrendering. The figure on Card 12 has made the ultimate surrender - to die on the cross of his own travails - yet he shines with the glory of divine understanding. He has sacrificed himself, but he

emerges the victor. The Hanged Man also tells us that we can "move forward" by standing still. By suspending time, we can have all the time in the world.

In readings, the Hanged Man reminds us that the best approach to a problem is not always the most obvious. When we most want to force our will on someone, that is when we should release. When we most want to have our own way, that is when we should sacrifice. When we most want to act, that is when we should wait. The irony is that by making these contradictory moves, we find what we are looking for.

Libra

(September 23 - October 22)

Eight of Swords

Defined Meaning: The woman on the Eight of Swords is lost and alone. She can't see because she is blindfolded. She can't reach out because she is bound. She can't move freely because she is caught in a prison of swords. It seems she has wandered far from home - her place of security far away on the hill. How can she get back? She doesn't even know which way to go. The Eight of Swords stands for those times when we feel lost, confused and powerless. Help and relief seems very far away.

Sometimes we feel restricted by circumstances. We wake up one day in an impossible situation.



Aeson Knight

Are You Ready for a Real Reading?

- 25 Years Experience Psychic Tarot Reader
- Certified Psychic

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A dead end job. A troubled relationship. Mountains of debt. How did this happen? We have no idea. Even little problems can make us feel trapped. There just doesn't seem to be a way out. Sometimes life seems fine - on the surface. "I have everything I want. I should be happy, so what's the problem?" We just don't know. We're confused and unsure.

In readings, the Eight of Swords is often a sign that you are heading toward (or already in) a situation in which you will feel a lack of freedom and choice. Such situations are tricky because the more you get into them, the more restricted you feel. At each step, your options seem to narrow until you feel completely stuck.

Scorpio

(October 23 - November 21)

Five of Swords

Defined Meaning: The Five of Swords is about self-interest. Society tells us to think of others, yet we resist. How we can 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

**Not Sure if Aeson is the
Psychic for you?**

Tune in on Tuesdays for the Psychic
Coffee Shop where you can ask Aeson
a question LIVE!

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 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.

Sagittarius

(November 22 - December 21)

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'll 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

Capricorn

(December 22 - January 19)

Four of Cups

Defined Meaning: Those who enjoy kayaking and other river sports know that there are areas of the river where the water flows in a dangerous circular motion. Instead of moving forward, it turns back on itself. In the same way, we can get stuck in emotional hydraulics. The Four of Cups represents such periods of self-absorption.

If you are self-absorbed, you tend to refer everything back to yourself - your own interests and desires. On this card, we see a man who is unaware of the cup being offered to him. He misses this gift because he's turned within. In readings, the Four of Cups can indicate that you are wrapped up for the moment in your own world.

In some situations, you must focus on yourself. When life is too stressful, you need to devote time and energy to yourself or you will feel swamped. The Four of Cups can represent a positive period of self-reflection and renewal. By taking the time to go within to dream, muse and reflect, you restore your emotional balance.

The Four of Cups is sometimes a sign of apathy. You don't really care much about anything. Your life seems stale and flat because you've lost interest in the activities that used to bring you pleasure. You're not motivated to make much of an effort in any direction. At such times, the Four of Cups can show that you're stuck emotionally. You need something to focus on that will so engage your mind and heart that your path down river becomes clear again. Open yourself to your surroundings. Soon you will be on your way again.

Aquarius

(January 20 - February 18)

Wheel of Fortune

Defined Meaning: In Greek mythology, there are three women known as the Fates. They are responsible for spinning the destiny of each person at his or her birth. It is not surprising that the Fates are spinners because the wheel of fortune is an apt image for the elusive turns of a man's fate. This is the theme of Card 10.

The Wheel of Fortune is one of the few cards in the major arcana that does not have a human figure as a focal point. This is because its center is above the realm of man - in the higher levels (clouds) where the destinies of all are woven together in the tapestry of life. The tarot recognizes that each person sets his own path in life, but is also subject to the larger cycles that include him. We experience chance events that appear to be accidents although they are part of the great plan.

In readings, the Wheel of Fortune can indicate a vision or realization that strikes with great force. If you've been struggling with a problem or tough situation, this card can signal that you will

find the answer if you stand back and view everything from a larger perspective.

The Wheel of Fortune also represents unexpected encounters and twists of fate.

You can't predict surprises; you can only be aware when one is circling around. Indeed, Card 10 often suggests wheel-like actions - changes in direction, repeating cycles and rapid movement. When the energy of the Wheel arrives, you will feel life speed up. You are caught in a cyclone that may deposit you anywhere. "Round and round and round she goes, and where she stops, nobody knows."

Pisces

(February 19 - March 20)

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 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



Featured Article: How To Change Your Life in 40 Days or Less

Title by Aeson Knight

Are you tired, stressed, and to a point that nothing seems to go right? Everywhere you turn you are going through problems and your life is out of control? Do you feel overwhelmed?

This often happens when you are going through changes. Sometimes we emotionally cling to things that do not benefit us anymore. We tend to think that it is our fault. We brought this on to ourself.

We also have people blaming us. Trauma and stress switch our brain over to survivor mode, which rarely benefits us in the modern world. A left over bit of programming our brain has from when we were cavemen. Unless you are running from tigers and bears, then you do not need to be in this mode.

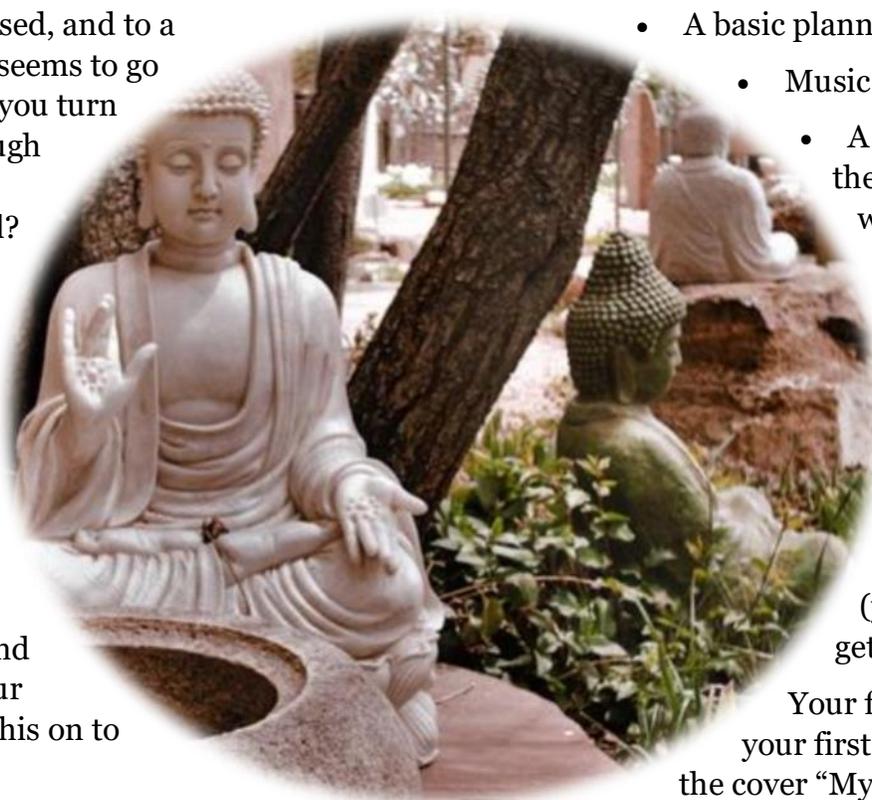
Of the many tools that we are hardwired with, living in survival mode is akin to trying to navigate the internet with a typewriter. It is not just slow and antiquated, it will not get you where you want to go.

Now is your chance to change this behavior, to change your life in 40 days or less.

To do this you will need a few things, many of them inexpensive if not already laying around your house (somewhere).

What You Will Need:

- Three note books



- A basic planner
- Music that you like
- A mirror (the one in the bath room will work well)
- A pen you like
- The out doors
- Cleaning supplies Yep we are going to be housekeeping
- Walking Shoes (yep, we are going to get moving)

Your first step is to take your first notebook, write on the cover “My Problems.”

Open to the first page and write the following, “My current problem is:,” followed by the problem, skip seven lines and continue to the next problem.

After you have listed out every issue, write out what you can do about the problem, i.e. “I’m single and want a relationship,” what can you do about that?

You cannot really expect Mr. Right walk up to your house and knock on your door and say “I’m Mr. Right let go down to the court house the judge is waiting on us,

So what you can do is, doing thing that make you feel loved, i.e. treating yourself to something special, going out more often, and being active in thing that you want Mr. right to be involved example you want a traditional man then you should not miss a church event.

On the next line, assign it a room in your home

matching the following list:

- Family and Health: Kitchen
- Relationship: Bedroom
- Emotions: Bathroom
- Money and Wealth: Dining Room/Office
- Past and Fears: Laundry Room

Continue doing it until you have moved through your pages of problem. Assigning each room a problem.

Taking the next notebook, write on the cover "My Goals."

Open to the first page, and write, "My goal in life is;" followed by the goal, skip seven lines and continue to the next goal you want to meet within the next year.

After you list out the big goals, IE. Lose weight, then break it into three tasks you can complete.

In our example, Lose Weight, a task can be "Walk one mile a day," "Eat healthier food in portion size," "Do yoga three times a week."

Then assign a room the same way we did with your problems.

Now the third notebook will be your journal for you to write your emotions and feelings as you complete the next 40 days.

Now with the My Problems notebook, the My Goals notebook, and your journal, go set in a room as you look at the problems and goals associated with that room. Ask yourself, "how can you make this room's energy not only fix the problem, but also reflect the goal?"

Example problem "I'm single and want a relationship," goal "A happy relationship," room "Bedroom."

While you sit in your bedroom, do you notice it is basic. A bed, a dresser, and clothes (clean and dirty) piled up everywhere? Does this look romantic? Does the closet have room for someone else? If you answer no, then it is time to get the cleaning supplies and change the room to fit your desires.

As you do this, think about what you want the energy of this room to reflect, about your goal for this room.

Example: Choosing a bed that fits more than one person. Cleaning out the closet, throwing away those clothes that you wouldn't be caught dead in, all of those out into the trash can. Wash the walls and clean the floor. Make sure there is a fresh scent. How is the light, harsh or soft?

Make yourself a to-do list of the items you need to do. Get out your planner and schedule each and every task.

Now move on to the next room and review your problems, find what is not fitting your goals.

This is not a day activity, it is weeks of activity. It will be hard, emotional, and potentially a bit stressful.

And that is why it is 40 days, not hours or minutes to change your life.

While it is nice to envision yourself attacking the house and doing everything in an afternoon or in a weekend, it is better to take one task a day, example Monday :600 pm clean out closet.

Now to changing your body energy, in your planner schedule a walk outside. No, you do not have to do a six-mile hike, but make time for 20 minutes just to walk. Before your day starts or at the end of your work day.

Also schedule, in blue ink, drinking 4 oz. of water.

And schedule in 30 minutes in your day to answer one question from your problem book after your walk.

This creates a habit and a practice, one that will reconnect you with your guides, with your angels. It's about making a time and a place for yourself to hear what you want and need.

After the 40 days are done, reflect on what has changed in your life. What have you discovered about yourself? Have new problems come up?

You have the tools, how will you use them address those problems, to meet your goals?

Featured Article:

Cost of Tech: Do You Own Your Domain, or Does it Own You?

Be Careful Who You Trust With This Business Asset by Joseph B. Arrington



Awesome moment recently in what was an otherwise nightmarish situation for many businesses, winning a client's domain name back at auction after their previous vendor absolutely screwed them on transferring ownership. Why? Because the client wanted to use someone else as a website host and take ownership of their domain.

Picture it, you have a business, you have a vendor the offers business services to you and one of those is web solutions. You get a domain, a website, an email address, and you think you are set. In that initial moment, you are less interested in selling online, but you do want to at least get a site up and running so customers can find and contact your business.

Does it ever seem like tech is nothing more than just never-ending expenses, leaving you with a pile of old gadgets and yesteryear's best hardware, and just wishing things would work?

Welcome to the Cost of Tech Colum, where each month we will explore how the tech you love is working to get you to part with your cash through exploiting what you do not know!

For a while, everything is going great! Your customers have everything they need, your business has everything it needs.

But then you want to offer gift certificates online. Okay, you have a site, you have a PayPal account, you can create a button to be added to the site.

“No,” your vendor tells you, “you have to use our payment system so we can collect our fees, and you also have to pay us more per month for the privilege of having an online store.”

It is not really a store. And, while you “get it,” that this is their sandbox and their rules, you end up frustrated with the situation. For the hundreds of dollars, a year, and the hundreds more they want for running a “store” to buy gift certificates, you begin thinking, “surely, I can find something better, right?”

And you do, another local business that will gladly host your site, allow—and even encourage—your use of PayPal buttons, offer you faster turn around on site changes, and provide a right size solution for your business. And continuously look for ways to help you grow. Offer insights to help you create a social media strategy. And create promotional graphics plus help you with taking product photos. And come on site and take professional headshots of staff....

Obviously, a better choice for your business.

So, to clarify, this prior vendor was charging a pretty hefty premium for very restrictive host-

ing, limited site options, minimal effort with tons of delays and excuses, passing the client from person to person, asking for more and more money for big solutions to small issues, and doing very little to help the customer grow their business online.

Effectively they provided a site and an email address. And paid the domain registration fees. But only for a year (big no-no).



And the vendor registered the domain in such a way that they could not only hold it for ransom, and tried to extort the client, but let it lapse when negotiation—not to mention appeals to common decency and reasonableness—failed.

While I typically recommend all clients maintain direct registration and ownership—and this is exactly why—of their domains, I also understand that for many this can also be a headache and a pain trying to navigate the process. And in most cases, having someone else, such as a vendor providing your web solutions, is completely normal. And it does make everything easier for everyone.

All of which is built on a foundation of trust. You trust me to register your domain, to respect that that domain will quickly go out on advertising, be put on letterhead and business cards, that it will be used in advertising, will become an important part of your business identity. And you should also be able to trust that, as a fellow business owner, I will understand the importance of both the trust you are placing in me, and you

have every right to expect I will make my best efforts to ensure this key element of your business, of your brand, of your identity will remain under your control. That, even if it is not yours in direct name, that it will be treated as yours in spirit.

What I would never do, and what no reputable website solution vendor should ever do, is extort a client. Morally, ethically, it is wrong. But it is not just that, it is just out-and-out a failing customer retention plan. If the client was not unhappy, per se, before this, they most certainly will be.

While I hope to make every client happy, while I will endeavor to make sure you don't want to go anywhere else, I will also make every effort to ensure the continuity of your business online in every way possible should you do so.

That is the standard that Mystic Computers holds itself to, and I encourage you to look for that from your own vendors.

And that was absolutely not what this vendor did for this client. First, the battle to make contact with someone who could help to change the pointing from one web host to another (takes on average about 3 minutes to make the change). The client had to spend hours on the phone, because they did not want to talk to anyone but the client. Finally, we get the right person, and the client can goad them into talking to us directly.

Then the name server battle, spread across a week. DoB hosts provide anywhere from two or more name servers that need to be entered during this 3-minute change. One is necessary, a second is in case the first fails, more than two is added redundancy in case of multiple failures. Simple copy and paste. The prior vendor "has never seen more than two, and does not know what to do," and does nothing.

The site is finally accessible and the client is happy. Then their bill arrives, they may not be providing the service, but they are happily charging for it. The client spends hours on the phone. Growing more and more frustrated.

Finally, after a long arduous process, the billing is removed and the client wants the domain transferred to us entirely. Done, fed up, had it with the prior vendor. Get them out of the equation. Should be another 3-minute process. Tons of back and forth, lots of demands for money, first as a cancelled contract fee, then as a service fee, then seemingly just because they feel entitled to extort the client or because they were trying to ensure this change hit the customer hard. But they were not due a fee. Their contract did not specify any of the claims they were making.

The vendor gave up, and sent us the transfer code. Well, they sent something that looked like a transfer code. But it was invalid. And then ceased all communications. Unless the client wanted to take out a new contract, they were not going to talk to them or get the right code.

And they ran down that clock to the very end, domain registration expiration. Client out in the cold.

Given the situation we had encountered, we worked with this client to make the hardest choice possible.

Watch, wait, keep silent, and hope.

Watch the domain as it went through the redemption grace period.

Wait for it to become available for purchase.

Keep silent to avoid drawing attention to the situation to the prior vendor, or anyone who would like to make a quick buck.

Hope that they would not attempt to reclaim it and set off another year of fighting to regain the domain for the client, or worse get extorted by someone else looking to turn a few bucks into a few hundred, or thousand.

And, finally, thankfully, the client now owns their domain, is free of the vendor, and can put this nightmare behind them.

But how many other businesses suffer the alternative? Starting over, unable to reclaim their identity.



Moon Phases

November

2020



November 14, 2020—New Moon in Scorpio

This card suggests a rebirth. Think of your situation as the phoenix that's rising from the ashes; as the 'birth, death, rebirth' paradigm. That's what Scorpio energy is all about. Whatever you've been through, there's a new start ahead. It might be a little dark (it almost certainly won't be rainbows and unicorns), but it will be deep and transforming. This card also suggests that if you know you are magical, then this is the time to work your magic. It can also herald the start of a sexier time, if you've been experiencing something of a drought, and emotional intimacy is also on the menu. Scorpio is the sign that likes to go deep into body, mind and spirit, so when this card comes up, there's nothing superficial about what's coming your way.

Attune to the Moon

Have some sexy time.

Additional meanings for this card:

- Time to let go of a grudge you're holding.
- Move on from jealousy.
- Stop being obsessive.
- Could it be you're being paranoid?
- Make an investment.

The Teaching

Scorpio is the sign of death and rebirth, magic and shamans — its energy is a little bit dark, occult, even scary. Not all of us like to face the shadow but Scorpio demands it. In fact, it's through working through your dark side that you can get to the light, and the New Moon in Scorpio (and the appearance of this card at any other time) suggests you need to do that now.



November 30, 2020—Full Moon in Gemini

This card is a reminder that it's important to speak your truth, but remember that your words have consequences and impact your listener; right now you need to guard against indiscretion. The answers you need may well come soon. The issue you're facing could well be one or a few conversations away from being resolved. If you're enquiring about a love situation, a little flirting may be called for. If you're in the middle of an argument, this card comes to you as a reminder of the old, very non-Gemini message, 'Least said, soonest mended.' It's good to talk but be careful you aren't causing yourself any issues with your words. Words have enormous power — as metaphysician Florence Scovel Shinn (1871—1940) put it, 'Your word is your wand!' You create magic and your own reality every time you express yourself.

Attune to the Moon

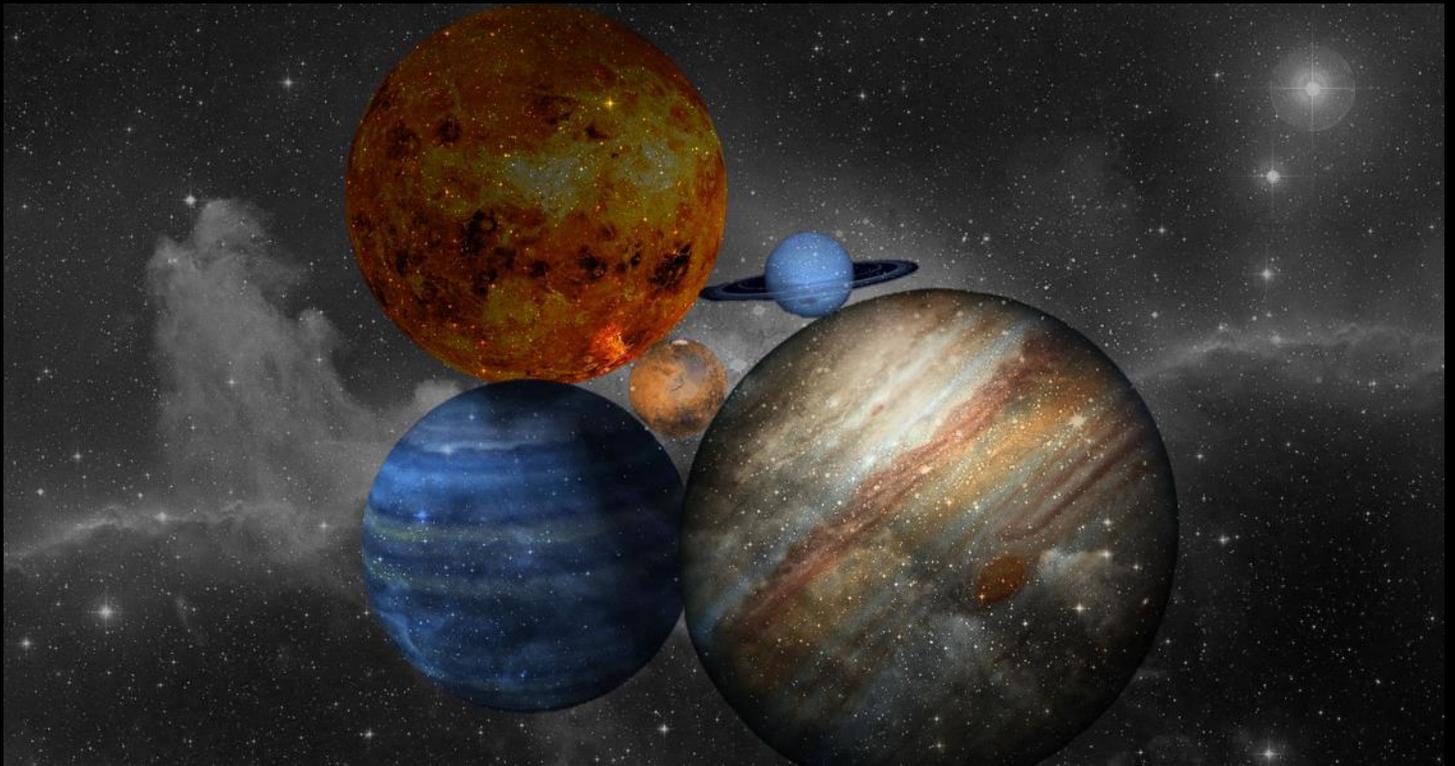
Have an important conversation but stay calm!

Additional meanings for this card:

- Don't be superficial.
- Someone is trying to flirt with you — have you noticed?
- You need to laugh off this situation and just move on.
- Job applications have good prospects.

The Teaching

Talk, talk and more talk as the emotional Full Moon moves into the communicative sign of Gemini. It's too easy to say too much, so mind how you go if you pull this card. This card can also indicate an enjoyable social event, since the Full Moon in Gemini is a great time for socializing. This card also augurs well for any study you're either taking or considering.



03

MERCURY GOES DIRECT IN LIBRA—11/3

Communication and interactions start to get back to normal after three weeks of possible miscommunication and mishaps.

06

MERCURY IN LIBRA SQUARE SATURN IN CAPRICORN—11/6

This stressful combination brings communication difficulties and rigid thinking, which might involve the law.

10

MERCURY RE-ENTERS SCORPIO—11/10

As the second ingress into this sign this year, the planet of communication here brings intensity and cutting-edge back to communications.

12

JUPITER IN CAPRICORN CONJUNCT PLUTO IN CAPRICORN—11/12

As the third and last conjunction these planets make this year, it signals positive large-scale achievements.

13

MARS GOES DIRECT IN ARIES—11/13

After a four-month retrograde, the warrior planet emerges with a never-ending source of courage in one of the signs it rules.

14

NEW MOON IN SCORPIO—11/14

This is one of the best times of the year to go within and explore our shadow, especially as we draw inspiration from the trine between the moon and Neptune when we can reach a high degree of transformation.

16

VENUS IN LIBRA SQUARE JUPITER IN CAPRICORN—11/16

A positive but unfortunately short aspect that brings good luck.

Astrology Forecast

November 2020

MERCURY IN SCORPIO OPPOSITION URANUS IN TAURUS—11/17

The last of three intuitive face-offs, there is undeniable excitement in the air, as well as nervous tension.

17

VENUS IN LIBRA SQUARE SATURN IN CAPRICORN—11/19

Putting a damper on the aspect above, this square arrives to bring dark clouds and possibly disappointment and loss.

19

SUN ENTERS SAGITTARIUS—11/21

For the next four weeks, the energy becomes bold, extravagant, and inquisitive with a focus on travel and higher learning.

21

VENUS ENTERS SCORPIO—11/21

Because Venus doesn't like being in this sign, issues related to love and finances take a darker and deeper tone.

VENUS IN SCORPIO OPPOSITION URANUS IN TAURUS—11/27

A once a year aspect, it could bring unexpected changes in love or financial windfalls.

27

NEPTUNE GOES DIRECT IN PISCES—11/28

After a five-month break, Neptune wakes up to bring more fantasy into our lives as well as non-realities.

28

FULL MOON LUNAR ECLIPSE IN GEMINI—30

A time of completion concerning communications, siblings, and short-term trips. It is not a good time to make important changes.

30

Featured Article:

The No-Waste Thanksgiving & Christmas Cookbook by Aeson Knight



Your belly is stuffed, the refrigerator is packed, you have more food than you need. And you, you do not want one more bite of it.

You love the holidays, and your mouth waters, normally, at the idea of all the tasty treats. But no, not now, no more.

When we have been in holiday mode from Halloween to New Year's Day, those gut busting meals of indulgence can begin to feel like punishment.

You feel bad, really you do, but you open the refrigerator, scan the contents, and you cannot close the door fast enough.

Food waste, in the average household, increases 40% during the holidays. You are not alone in this feeling.

There is, however, an alternative to letting that happen.

In my house, March heralds the beginning of the craziest part of the year. Bookings, events, classes. Every day has somewhere to go, every hour has something to do, every minute is spent trying to check one more email or respond to one more chat.

Who has time to cook? Who has energy to cook?

Without any raised hands, we move on to take out menus and a debate over pickup or delivery.

By the middle of May, everyone is sick of take out.

It is not that we hate cooking, we rather enjoy it, but as time to cook shrinks and energy to do so

wears thin, it just becomes easier to order out.

Wouldn't you like an easy solution to the chore of dinner and a solution to the guilt of throwing away so much food?

You are in luck! Can we introduce you to your freezer and the joys of the inexpensive aluminum baking pan?

Armed with our trusty Sharpie, or a fancy label maker, we can turn what would have become

food waste into a quick easy dinner .

And if we just take a few minutes to write out the rather simple instructions, "pre-heat oven to X, remove lid (do/do not cover with foil) and bake for Y minutes, even those who cannot boil water can put dinner on the table!

And with these simple throw together instead of throw away recipes, you can make all that hard work that went into the holidays be a gift for a night when you need it most!

Aeson's Turkey Casserole

Ingredients

- 2C Shredded Turkey
- 1C Leftover Veggies (Green Beans, Peas, Carrots, etc.)
- 3-4C Stuffing
- 1½C Gravy

Instructions

1. Combine all ingredients and distribute evenly in pan.
2. Freeze Until Ready to Make
3. Preheat Oven to 350°F and bake for 30 Minutes. (20 Minutes Refrigerated or Baked Immediately)

Aeson's Lost Shepard's Pie

Ingredients

- 2C Meat (Ham, Turkey, Roast...)
- 1C Leftover Veggies (Green Beans, Peas, Carrots, etc.)
- 3-4C Mashed Potatoes
- 1C Gravy based on Meat
- Cheddar Cheese to Taste

Instructions

1. Layer Ingredients in order listed.
2. Freeze Until Ready to Make
3. Preheat Oven to 350°F and bake for 40 Minutes. (30 Minutes Refrigerated or Baked Immediately)

Aeson's Ham & Cheese Casserole

Ingredients

- 4C Macaroni & Cheese
- 1C Ham
- 1C Peas
- ½C Cream or Milk
- Cheddar Cheese to Taste
- 1 Sleeve Ritz Crackers, Crushed

Instructions

1. Combine macaroni and cheese, ham, peas, and cream or milk.
2. Cover top with cheddar cheese and Ritz crackers.
3. Freeze Until Ready to Make
4. Preheat Oven to 375°F and bake for 45 Minutes. (30 Minutes Refrigerated or Baked Immediately)



Aeson's 100-Year Soup

Ingredients

- 1-2C Meat (Any, Mixed Acceptable)
- 2C Mixed Veggies (Leftovers)
- 2C Fresh Veggies (Party Tray)
- 1C Chopped/Diced Potatoes
- 2C Broth or Gravy

Instructions

1. Combine all ingredients in slow cooker for immediate prep, or freeze for future use minus broth or gravy.
2. Cover and cook on Low for 8-10 hours if making immediately.
3. If cooking from frozen, place contents of bag and broth or gravy into slow cooker and follow instructions above.

Additional No-Waste Tips

- **Leftover Gravy** can be frozen and used as a broth replacement, just add 2 cups of water.
- **Extra Rolls** can be used to make sandwiches, slice rolls and add extra meat and place in Zip-Lock bags and freeze. Place on a cookie sheet and bake at 350°F for 12 minutes.
- **Making Your Own Broth** is a great way to ensure you not only get everything out of the meat and vegetables that you purchase, it is also a great way to further reduce food waste. And, it is easy! The biggest requirement is a large slow cooker. Combine separated bones (do not mix, only turkey in turkey broth, only beef in beef, etc), vegetable scraps (skin of onion, tops of celery, all the bits and pieces one typically throws out), and fill with water to the rim below where the lid rests. Cook on low for 36 (thirty-six) hours. Strain and divide into 1-2C portions and freeze. Defrost broth before use.



