

Under the Table

and dreaming

Volume 2, Edition 1 January 2021

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2021 Exclusive:
Your Horoscope
for the Year

Cost of Tech:
Microwaves
and 5G Cellular,
You are Not
going to be
COOKED to DEATH

Author Spotlight:
Susan Shumsky, D.D.
Earth Energy Meditations:
Awaken Your
Root Chakra
—The Foundation of Well-Being

PLUS:
Tarot Scopes
Moon Phases
Astrology Forecast
& Recipes!

Featured Article:
Books
Everyone
Should Read





January is National Hobby Month

Now is the perfect time of year to pick up a new hobby, or get back into an old one that you haven't thought about in a while! The great thing about having a hobby is that it can take your mind off the pressure of work or other daily stresses.

Sit down and think about what you really love to do. What are you passionate about in life? What sparks your interest the most? What are you curious about? What are your goals? Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier, and maybe even healthier.

Here are 42 Things to Consider Trying!

- Upcycle Crafts
- Photography
- Volunteering
- Learn the Guitar
- Build Electronics
- Practice Tai Chi
- Learn Archery
- Homebrew Beer
- Thrifting
- Learn How to Quilt
- Try International Cooking
- Journaling
- Cryptography
- Fantasy Sports
- Write Letters
- Start a Book Club
- Start a Blog/Vlog/Podcast
- Scrapbooking
- Yoga
- Grilling
- Gardening
- Geocaching
- Origami
- Learn a Language
- Learn Magic Tricks
- Whittling and Woodcarving
- Painting
- Rock Collecting and Polishing
- Nail Art
- Watch Documentaries
- Starting a Collection
- Couponing
- Knit or Crochet
- Creating Mosaic Art
- Card Making
- Taking Online Courses
- Making Vision Boards
- Canning & Preserving Foods
- Plant Identification & Foraging
- Golf
- Computer Coding
- Model Building

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Author Spotlight: January 12, 2021

Earth Energy Meditations: Awaken Your Root Chakra—The Foundation of Well-Being by Susan Shumsky, D.D.

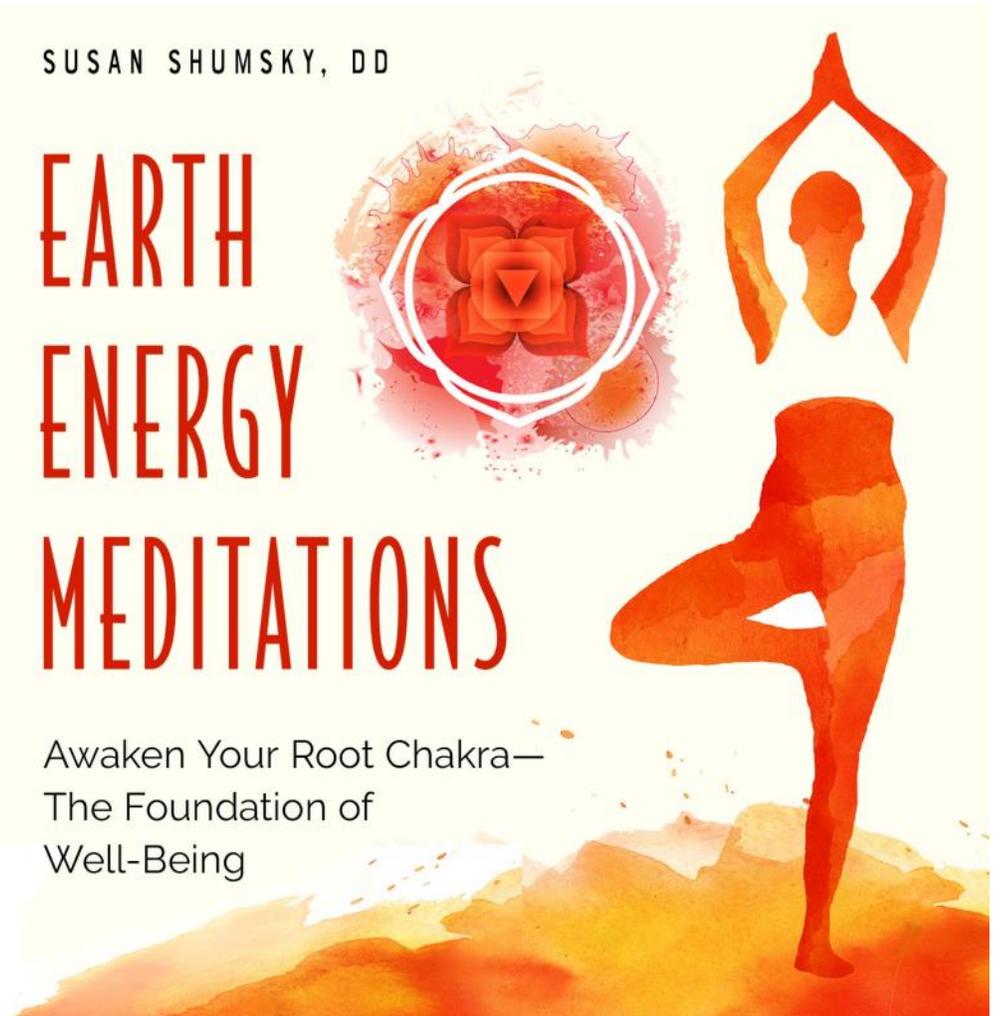
The energy center known in Sanskrit as muladhara is called the root chakra. It is located in a layer of our subtle body called pranamaya kosha, at the base of our spine in the tailbone area. The root chakra is our connection to the earth and to humanity at large. When this chakra is closed, muddled, and unhealthy, we experience fear, timidity, worry, doubt, anger, frustration, panic, self-loathing, survival mode, and defensiveness, and we manifest unhealthy habits, addictions, narcissism, aggressive behavior, bullying, and a sense of entitlement or victimhood.

Earth Energy Meditations provides an answer to these maladies. It helps us reconnect with the earth and pri-

SUSAN SHUMSKY, DD

EARTH ENERGY MEDITATIONS

Awaken Your Root Chakra—
The Foundation of
Well-Being



Psychic Coffee Shop

Join Us at 9:30PM Tuesday, January 12, 2021 as we connect with Susan Shumsky, D.D. and discuss their book, **Earth Energy Meditations: Awaken Your Root Chakra—The Foundation of Well-Being**

mal energies with powerful, easy to-use methods of guided meditation, affirmation, visualization, breathing, and physical movements. By practicing these techniques, we can reap the benefits of an open, clear, and healthy root chakra.

We can return to a sense of stability, security, protection, and centered well-being. We can enjoy strength of character, integrity, perseverance, persistence, self-acceptance, self-worth, practicality, healthy survival instinct, and prosperity.

Awaken the root to yourself and your connection to the world with Earth Energy Meditations.



Are You an Energy Sponge?

Because of the unbelievable demands we face daily, there is a new pathology: “Highly Sensitive Person (HSP)” —empathic people who absorb energy as a sponge absorbs water. Do you feel drained by the surrounding polluted physical and mental atmosphere? Do energy vampires and toxic relationships suck you dry? Perhaps you feel bodily pain when sensing people’s negative emotions. Congestion in crowded situations may overwhelm you. You might feel drained by people all day, until, by evening, all you can do is collapse.

Dr. Susan Shumsky has dedicated her life to helping people take command of their lives in highly effective, powerful, positive ways.

She is the best-selling author of 14 books, published by Red Wheel/New Page, Simon & Schuster, Random House Penguin, and Skyhorse. A pioneer in the human potential field, she has spent 50 years teaching thousands of people meditation, prayer, affirmation, and intuition. Her book titles include Exploring Meditation, Ascension, Instant Healing, The Power of Auras, The Power of Chakras, Awaken Your Third Eye, Awaken



Your Divine Intuition, Color Your Chakras, Miracle Prayer, Divine Revelation, and Maharishi & Me.

Dr. Shumsky is a highly respected spiritual teacher, award-winning author, and founder of Divine Revelation, a unique field-proven technology for contacting the divine presence, hearing and testing the inner voice, and receiving clear divine guidance. For 22 years, her mentor was Maharishi Mahesh Yogi, who was guru of the Beatles and guru of Deepak Chopra. Dr. Shumsky served on Maharishi's personal staff for 6 years.



2021 Exclusive: Your Horoscope for the Year

New Year, New You? Before you set your plans for the year, check out your Horoscope for the year to see what is in store!

Aries

(March 21 - April 19)

You're not one to avoid confrontation, but you aren't wanting to stir the pot this year. In fact, you are taking a step back from all of the politics that have become a part of your work and personal relationships. You are choosing to only focus on yourself in 2021.

Taurus

(April 20 - May 20)

The focus of 2021 is on love and romantic partnerships. Be sure to give your relationship all of the attention it needs and deserves throughout the year. Don't skip out on alone time with your crush or S.O. Make sure they feel as though you need and want them more than ever.

Gemini

(May 21 - June 20)

It's never too late to take the high road, even if it's causing you a lot of emotional confusion and



stress. Being honest comes with its challenges, as you are not sure of how to confront matters without it leading to arguments. Give extra attention to your communication style.

Cancer

(June 21 - July 22)

There will be a lot of changes amongst your peer group, making you want to reconsider your place amongst your friends. Before you turn your back on your pals, try talking things out with them. TBH, all of the drama that's going on is probably a huge misunderstanding between everyone.

Leo

(July 23 - August 22)

A career shift is in the works, making you change your professional direction. Before

you leave your career path behind, try to see if you can make use of your contacts. They may be able to help you in the future, even if you're in a different career sector.



Virgo

(August 23 –September 22)

There's going to be a lot of push and pull in your life this coming year. The only way to thrive is to surrender to the fact that you have to give more to your home life than to work. You'll get a demanding promotion, but your family needs you most.

Libra

(September 23 - October 22)

Your hopes and dreams are transforming, allowing you to see beyond what's directly in front of you. Instead of focusing on what you can do to elevate your situation now, think about what you can do to bring your personal brand, insights, and visions into the future. Think big now!

Scorpio

(October 23 - November 21)

The summer will push you out of your romantic comfort zone and into a better emotional place with your partner. However, the late autumnal chill will make you second-guess your decision to commit and force you to contemplate your heartfelt sentiments. Put your needs first. Don't settle.

Sagittarius

(November 22 - December 21)

It will be hard to find your place in the world

without having a good foundation. Connecting with your family will be hard, as there are many issues that need to be healed now. But, it will help you to find out the best way to move forward in all areas of these relationships.

Capricorn

(December 22 - January 19)

All of the changes you've gone through in the past year have rocked your world. As things begin to calm down in your life, you will be pushed to make major life choices regarding the types of people you want to be around. Analyze relationships before you make rash decisions.

Aquarius

(January 20 - February 18)

Maintaining boundaries will be hard to do, especially since you are constantly overlooking them. In order to ensure people respect the limits you've put on relationships, you have to act in the same manner. Don't be a hypocrite. The rules you've set apply to you, too. Practice what you preach.

Pisces

(February 19 - March 20)

Finding a moment to yourself may be hard, as you are being pulled in many directions this year. The only way to ensure that you can keep your head above water is to find balance within all areas of your life and make sure you're giving yourself time to decompress.



Tarot Scope for January

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)

Six of Cups

Defined Meaning: It is a truism that there is violence, anger, and mean-spiritedness in the world. Certainly, there is enough of this, but there is also much good will and caring. A mother hands a drink to her child. A friend lends his car for the weekend. A worker fills in for a sick colleague. Small gestures, barely noticed, but so important. The Six of Cups is a card of simple goodness. It encourages you to be kind, generous and forgiving.

The Six of Cups also represents innocence - a word with many shades of meaning. You can be innocent in the strictly legal sense of lack of guilt. You can be innocent of the truth - unaware of some secret. You can be lacking in deceit or corruption - innocent of ulterior motive. Finally, you can be virtuous or chaste. These are all possibilities that can apply to the Six of Cups, depending on the situation.

Notice that the two figures on the Six of Cups appear to be children. Often this card represents a baby or young child. In a larger sense, it embraces all of childhood and the feelings we associate with youth (ideally!) - being carefree, playful, secure and loved. Children are our treasure, and the sweetness of the Six of Cups is a quality to be treasured as well.

Taurus

(April 20 - May 20)

The Devil

Defined Meaning: Lucifer. Mephistopheles. Satan. The Prince of Darkness. No matter what we call him, the Devil is our symbol for what is bad

and undesirable. From our human perspective, we see the world as a struggle between light and dark. We want to vanquish the bad so the good can prevail. In fact, good and bad cannot be separated, just as you cannot separate a shadow from its source. Darkness is simply the absence of light, and it is caused by errors that hide the truth. Card 15 shows us these errors.

First is ignorance - not knowing the truth and not realizing that we do not know. Second is materialism - the belief that there is nothing but the physical. As spiritual beings, we long for the Divine, but we lose contact with this source of truth if we trust only our senses. There is also hopelessness, which robs us of our joy and movement toward the light.

Traditionally the Devil stands for evil, but it does not have this rather frightening meaning in a reading. This card lets you know that you are caught in an unhealthy, unproductive situation. You may be in the dark about something - ignorant of the truth and its implications. You may be obsessed by a person, idea, substance or pattern that you know is bad for you (or maybe you don't!). Sometimes this card reflects back the negativity that has made you doubt yourself and your future. We are prone to many errors in life. The Devil lets us know when they are serious enough to require attention. When you see the Devil, examine your assumptions carefully. Make sure you are not working from a false picture of yourself and the situation. Hold fast to the highest vision of who you are.

Perhaps the most misunderstood of all the major arcana, the Devil is not really "Satan" at all, but Pan the half-goat nature god and/or Dionysius. These are gods of pleasure and abandon, of



wild behavior and unbridled desires. With Capricorn as its ruling sign, this is a card about ambitions; it is also synonymous with temptation and addiction. On the flip side, however, the card can be a warning to someone who is too restrained, someone who never allows themselves to get passionate or messy or wild - or ambitious. This, too, is a form of enslavement. As a person, the Devil can stand for a man of money or erotic power, aggressive, controlling, or just persuasive. This is not to say a bad man, but certainly a powerful man who is hard to resist. The important thing is to remind the Querent that any chain is freely worn. In most cases, you are enslaved only because you allow it.

Gemini

(May 21 - June 20)

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.

The Seven of Pentacles 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 crossroads. 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.



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Cancer

(June 21 - July 22)

Two of Pentacles

Defined Meaning: In the film *First Knight*, Lancelot takes on a challenge - to move down a line of swinging blades crossing in front of him at random intervals. He succeeds because he is alert, agile and patient. He knows when to move and when to stay still. He glides through the dangers enjoying every moment of this deadly obstacle course. Lancelot has tapped the energy of the Two of Pentacles.

There is nothing quite like the feeling of being graceful and effective at the same time. On the Two of Pentacles we see a young man dancing as he juggles his worldly concerns. The infinity sign loops around the two pentacles to suggest that he can handle unlimited problems. In the background we see two ships riding the waves easily - cruising the ups and downs of life.

In readings, the Two of Pentacles lets you know that you can juggle all demands made upon you. In fact, you will relish the excitement of every hurdle. If you do not feel this level of confidence right now, this card asks you to believe in yourself. You have all you need to meet your every goal and more. Embrace the challenge.

The Two of Pentacles also reminds you to be flexible. Lancelot could not have navigated the swords walking in a straight line. He had to move freely and lightly in all directions as needed. You too must be supple if you want to prevail. Don't force your way through or you will be cut down. Now is not the time to be rigid. Know that sometimes a side step, or even a back step is

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

the surest way forward.

The Two of Pentacles is also a symbol of fun, laughter and good times. It is definitely a high-energy card. If you are feeling tired or depressed, this card may be a sign that greater vitality will be yours. If you are feeling revved already, the Two of Pentacles could be a warning against overstimulation. Be sure you get the rest you need so that you can enjoy the up energy of the Two of Pentacles

Leo

(July 23 - August 22)

Nine of Swords

Defined Meaning: It makes sense that the figure on the Nine of Swords is in bed because it is during the night that our griefs and regrets come to mind most intensely. The quiet darkness strips away the distractions of the day, leaving us alone with our thoughts. Who has not lain awake at 4 A.M. filled with worries that refuse to go away? The Nine of Swords represents this unhappiness which can strike us at any time.

Unlike the pain of the Three of Swords which seems to come from without, the Nine of Swords represents the pain that we generate from within. What tortures we put ourselves through when our fears and doubts overwhelm us. Worry is probably the most common. Have I done enough? Will everything work out OK? What am I going to do? The thoughts go round and round - impossible to turn off.

Guilt is another source of pain. When we have done something that we feel is wrong or hurtful—or failed to do something we think we should have - the distress can be very real. It is worse when nothing we do relieves the bad feelings or makes them go away. Finally, there is just pure anguish. Sometimes the pain of life is so total that all we feel like doing is crying into our hands.

Needless to say, the Nine of Swords is not the most pleasant of cards, but it doesn't always indicate major distress. Often it is just a sign of some element of unhappiness or trouble - a vul-



nerable spot in your life. This card is often a warning from your Inner Guide that the path you are going down may be a difficult one. If you approach the Nine of Swords in this spirit - as a caution sign - you will be able to use it constructively. Examine your situation carefully to be sure you are making the best choices. Even a small change can make all the difference.

Virgo

(August 23 –September 22)

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 ac-

tive contribution and service. To hold the World in our hands, we must give of ourselves to it. That is the source of true happiness.

The World card pictures a dancer in a Yoni (sometimes made of laurel leaves). The Yoni symbolizes the great Mother, the cervix through which everything is born, and also the doorway to the next life after death. It is indicative of a complete circle. The Dancer has one leg crossed over the other, just like the Hanged man. She is, in a sense, his opposite, the hanged man right-side-up. As the Hanged Man saw infinitely inward, the Dancer sees infinitely outward. Which brings us to the Lion, Bull, Cherub and Eagle standing for Leo, Taurus, Aquarius and Scorpio, the fixed signs of the Zodiac (these link the ever turning World card to the ever turning Wheel of Fortune), and so symbolic of the four elements, four compass points and the four corners of the universe. All within the Dancer's sight and power.

Thus, the World card, very aptly, represents a successful conclusion, all aspects accounted for and taken in. Simply put, this card tells the Querent that the end to a long-term project is in sight, and that it will be accompanied by well-earned praise, celebration and success. With Saturn as its ruling planet, this card can also indicate that the Querent, now an expert in their

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subject, is likely to become a teacher or sought-after lecturer. And, finally, on a more mundane level, the World card indicates travel, not short business trips, but long, fantastic trips. Maybe a lecture tour, book signing, or just a trip around the world. This is a wonderful card of wholeness, perfection, satisfaction and happiness.

Libra

(September 23 - October 22)

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.

The Three of Pentacles 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.

Scorpio

(October 23 - November 21)

Seven of Swords

Defined Meaning: A thief sneaks off with 5 out of 7 swords. This is the "Thief" card. It implies that someone is stealing something from you, your honor, your ideas, your time. They may be spreading gossip about you. How to take control of this situation? You have to be equally sneaky. Sometimes, to win a race or battle, the Charioteer must direct his horses around instead of straight on. You may feel like you want to go charging in, be confrontational, but this is not going to work. That is the out-of-control solution which will allow the thief to play the innocent. To catch a thief, you must be a thief.

Sagittarius

(November 22 - December 21)

The Emperor

Defined Meaning: The figure of the Emperor says much about the essential qualities of this card. We see a stern, commanding figure seated on a stone-slab throne. His back is straight, and his eyes meet ours directly. He is confident of his complete authority to rule.

The Emperor represents structure, order and regulation - forces to balance the free-flowing, lavish abundance of the Empress. He advocates a four-square world where trains are on time, games are played by rules, and commanding officers are respected. In chaotic situations, the Emperor can indicate the need for organization. Loose ends should be tied up, and wayward elements, harnessed. In situations that are already over-controlled, he suggests the confining effect of those constraints.

The Emperor can represent an encounter with authority or the assumption of power and control. As the regulator, he is often associated with legal matters, disciplinary actions, and official-



dom in all its forms. He can also stand for an individual father or archetypal Father in his role as guide, protector and provider.

As Aries, the Ram, the Emperor naturally follows the pregnant Empress. Aries is the infant, the first sign of the Zodiac. Like an infant, he is filled with enthusiasm, energy, aggression. He is direct, guileless and all too often irresistible. Unfortunately, like a baby he can also be a tyrant. Impatient, demanding, controlling. In the best of circumstances, he signifies the leader that everyone wants to follow, sitting on a throne that indicates the solid foundation of an Empire he created, loves and rules with intelligence and enthusiasm. But that throne can also be a trap, a responsibility that has the Emperor feeling restless, bored and discontent.

Capricorn

(December 22 - January 19)

Knight of swords

Defined Meaning: On the positive side, the Knight of Swords is a master of logic and reason. He has a keen intellect that grasps the fine points of any subject. He speaks clearly, directly and always with authority. His judgments are sure and free of emotion. Others rely on his lucid analyses of problems and solutions. On the negative side, this Knight is not a master of diplomacy. He can be downright tactless and rude. When he thinks you are wrong, you'll know it. He's convinced of his own superiority and has little tolerance for stupidity. He expects others to comply with his views. To him, feelings are irrelevant and illogical.

In readings, a Knight of Swords shows that his penetrating style is involved in the situation as an aspect of you, someone else or the atmosphere in general. you need to ask yourself, "Is this Knight's energy helping or hurting?"

If his style is evident, then balance is needed. Are you always forcing your position on others? Do you get in trouble for saying what you think? Is your partner too cold and aloof? Do your colleagues tend to be critical rather than support-

ive? It may be time for a change.

If this Knight's energy is missing, a dose of clear-sightedness may be called for. Are you too emotional? Let your head rule your heart next time. Do you overvalue the opinions of others? Trust your own authority. Are you afraid to offend? Speak your mind. Let the Knight of Swords introduce you to his world of reason and self-assurance.

Aquarius

(January 20 - February 18)

Temperance

Defined Meaning: There are certain people who exude a kind of quiet composure. They may not say much, but they go about their business with an air of calm deliberation. Their presence is comforting because they are so centered. For me, this is the energy of Temperance.

To be temperate is to show moderation and self-restraint. In a world full of enticing indulgences, it is often necessary to find the middle ground. Sensible, maybe, but also a bit boring? The energy of Temperance may seem unexciting on the surface, but it is the calm of a hurricane's eye. All around are swirling winds, but in the center is a still point that brings everything into balance.

In readings, Temperance can represent a need for moderation, especially when extreme cards are present (such as the Knights). This card can also indicate a need for balance. In conflict situations, Temperance suggests that compromise and cooperation are vital. Look for any opportunity to bring opposing parties together. In fact, to temper can mean to modify by adding a new component. By combining and recombining, we come up with the ideal mixture or solution. Temperance is the card of good health in all areas - physical, mental and emotional. When illness or dis-ease is a concern, Temperance holds out the promise of vitality and well-being.

It is hard, at first, to see where Sagittarius, the ruling sign of this card, fits in. Sagittarius is an



expansive sign and Temperance is, on a surface level, about "tempering." Butler points out that the original pouring from cup to cup might have been about cutting wine with water. So this is a card about moderation. There is, however, another angle to the card, that of merging seemingly impossible opposites. Sagittarius, the centaur, merges beast and man into a unique creature. And then there is the bow and arrow, one moving, one stationary, working together to point the way. Temperance may be, at first glance, a warning to the Querent to "temper" their behavior, to cut their wine with water. But it may also be a reminder to the Querent that seemingly irreconcilable opposites may not be irreconcilable at all. Belief that fiery red and watery blue cannot be merged may be the only thing standing in the way of blending the two. Change the belief, measure out each with care, and you can create otherworldly violet.

Pisces

(February 19 - March 20)

Knight of Cups

Defined Meaning: On the positive side, the Knight of Cups is a sensitive soul. He is a poet - a lover of all things romantic and refined. He uses his imagination in wondrous ways and taps the deepest levels of emotion. He knows how to create beauty and share it with others. On the negative side, this Knight is prone to flights of fancy and illusion. His melodramatic moods are legendary, and his emotions often get the better of him. He's too temperamental and takes offense easily. He can't stand unpleasantness and will always let others deal with it.

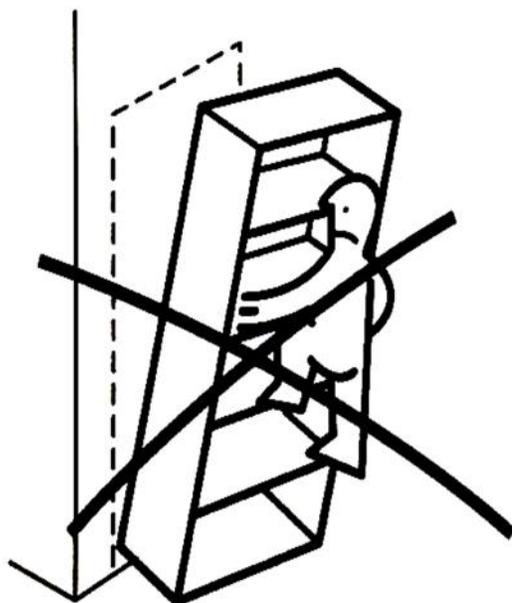
In readings, a Knight of Cups shows that his sensitive style is involved in the situation as an aspect of you, someone else or the atmosphere in general. You need to ask yourself, "Is this Knight's energy helping or hurting?"

If his style is evident, then balance is needed. Are your feelings appropriate or excessive? Are your daydreams unrealistic? Is someone's moodiness driving you crazy? Is your home life ruled by emotion rather than common sense? It

may be time for a change.

If this Knight's energy is missing, a dose of poetry may be called for. Are you too restrained? Express your feelings. Do you always make the most practical choice? Go for the extravagant one instead. Do you avoid introspection? Take some time to look within and think about your life. Let the Knight of Cups introduce you to his world of romance and beauty.

THE TÖWR



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Power Saturday



SATURDAY, JANUARY 30, 2021 AT 1 PM EST – 7 PM EST

Stepping up our game and starting 2021 with a bang, we will be hosting a Power Saturday With Aeson Knight - one of the top readers in the state. Providing clear answers to your questions with the help of Tarot and pure psychic abilities.

All day he will be providing 15-minute appointments by Zoom Video or Phone for \$20, pre-booking required.

Aeson provides readings for clients all across the world, and COVID-19 has not slowed him down. No matter where you are, he is still here and providing true answers to all his clients.

The only thing a pandemic did was stopped him from being there in-person. It hasn't changed the connection and insights you receive, or his ability to provide the answers you need.

For over 20 years clients across the world have relied on Aeson's guidance, without anyone having to travel. Not to mention putting on a mask, sanitizing a table, or suffering cracked skin from so much hand sanitizer.

Aeson is listed in the top three psychics for Best in West Virginia and is fully vetted, including by framed Private Eye Bob Olson. With years of experience, he provides professional service and accurate predictions you can trust!

PLUS: As time permits between appointments, Aeson will be going live to provide insights into 2021, and answering some of YOUR publicly posted questions.

Make sure you follow our Facebook page and subscribe to live video notifications, so you don't miss out!



Featured Article:

Cost of Tech: Microwaves and 5G Cellular, You're Not Going to Be Cooked To Death by Joseph B. Arrington

Cellular Data 5th Generation (5G) is simply a change from current 4G cellular data frequencies 600MHz-800MHz to 2.5GHz-3.7GHz for Low band (upgrade of existing towers, only a slight speed boost and similar, though not as far, range as current towers) and 25GHz-39GHz High (high speed, but also way shorter range than current 4G or 5G Low towers).

5G cellular uses frequencies in, gasp (cue pearl clutching), the MICROWAVE spectrum.

OmG tHe ShAdOw GoVeRmEnT oF lIZaRd PeOpLe ArE gOiNg To CoOk Us ALL! gEoRgE sOrOs, HiLaRy, aHHHHHHHH!!! HeLp Us, FrEeDuM, mErIcA!

The whole problem at the moment is a total misunderstanding of what microwaves are, and that not all “microwaves” are for cooking food in your kitchen. Microwaves are radio signals between 1-100GHz in some designations, or 300MHz and 300GHz in other designations.

Specifically, the microwave in your kitchen op-



erates at 2.4GHz at anywhere from 400watts-3,000watts. High power, in a beam formed around the antenna, scattered by a little metal fan. Yes, your microwave has an antenna.

2.4GHz, huh, that sounds familiar doesn't it? Where else in the home do we have 2.4GHz? Oh, right, your home WiFi, Bluetooth, and possibly your cordless telephone (if you still have a landline, and if it's not 900MHz or 5.8GHz).

All at a WAY different power level, about typically just a couple watts, or about 1-2% of what it takes to power a lightbulb.

And in entirely different methods of emission of that power, as it tends to be in an open (non-beam forming) antenna.

The reality is, we've been safely, and incredibly differently, using microwaves for years for communications and for cooking.

Just as we've been entertaining cats with laser pointers (whether I'm talking about your pets or coworkers is up to you) and using lasers for

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!



6 Things to Know about 5G



1 A G-Whiz Technology

5G stands for **fifth generation wireless** technology. It follows 1-4G, but 5G comes with a twist. 1G and 2G were based on delivering voice service; 3G brought us mobile data; and 4G the mobile internet; yet **5G will fundamentally transform the role that mobile technology plays in society.**



1G & 2G
delivering voice service



3G
mobile data



4G
mobile internet



transforming mobile technology in society



2 5G Is Freaky Fast

5G will **increase download speeds** up to 20 Gb per second compared to 4G's one Gb per second. That means **a full HD movie can be downloaded in a matter of seconds** versus an hour to download a HD movie in 4G.¹

4G 
1 Gb per sec

5G 
20 Gb per sec

3 More than Speed, Reliability

5G networks promise low lag time – preventing that annoying jitter and other experience-robbing issues known as latency. Under 5G, users should see a maximum latency of just 4 milliseconds, down from about 20 milliseconds on LTE cells. The 5G spec also calls for a latency of just 1 millisecond for ultra-reliable, low-latency communications.²



Higher Speeds



Lower Latency

5 Transformational Technology

Today, **mobile telecom technology isn't classified as a "general purpose technology."** GPTs like electricity, the internet, and the internal combustion engine drastically transformed both daily life and the ways business is conducted. 5G can potentially launch mobile communications into that exclusive realm, as it paves the way for massive innovation and gives rise to new industries that benefit entire economies. **5G will ultimately advance mobile from a set of technologies connecting people to people and information to a unified fabric connecting people and machines to just about everything.**⁴



4 Greater Efficiency

Not only is 5G faster and nearly lag-free, but it is also more efficient. **5G will consume less power on devices,** meaning longer battery life. 5G's greater network capacity also means that **the network will be able to handle the rapid growth of connected devices** driven by the demand of the Internet of Things.³

5G Efficiencies



Longer Battery Life



Growth Capacity

6 The Big Economic Bang

5G will unleash unprecedented economic growth. The 5G value chain alone could generate nearly **\$3.5 trillion in revenue and support 22 million jobs by 2035.** Over time, **5G will boost real global GDP growth by \$3 trillion cumulatively from 2020 to 2035,** roughly the equivalent of adding an economy the size of India's to the world in today's dollars.⁵

5G Value Chain Potential



\$3.5 Tril in Revenue



22 Mil Jobs by 2035



GDP up by \$3 Tril from 2020 - 2035

1. <https://gizmodo.com/what-is-5g-and-how-will-it-make-my-life-better-1760847799>; <https://www.theverge.com/2018/2/25/17046346/qualcomm-simulated-5g-tests-san-francisco-frankfurt-mwc-2018>
2. <https://arstechnica.com/information-technology/2017/02/5g-imt-2020-specs/>
3. <https://hackernoon.com/everything-you-need-to-know-about-5g-technology-non-technical-99cb095bde7f>
4. <https://cdn.ihs.com/www/pdf/IHS-Technology-5G-Economic-Impact-Study.pdf>; <http://www.nyu.edu/econ/user/jovanovi/JovRousseauGPT.pdf>
5. <https://cdn.ihs.com/www/pdf/IHS-Technology-5G-Economic-Impact-Study.pdf>



HOW DO MICROWAVE WEAPONS WORK?

The 'Active Denial System' deters attackers by sending a non-lethal millimeter-wave of electromagnetic energy, causing a burning sensation.



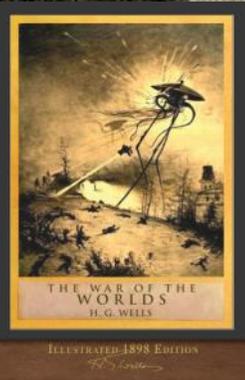
burning and listening to CDs, communications, engraving or cutting wood/leather/metal in your home, medically for tattoo removal and other treatments, commercially cutting fabric for fast fashion, commercial cutting and welding metals, cutting up light armored vehicles for defense, and recreating the environment of a star (no, seriously, the LFEX laser does that).

While lasers are always focused beams, differing in their color and the power they are run with, the same theories apply. And are not that much different than the infrared lights in a television remote (for those of you who still have such an antiquated remote, as many companies are using radio frequencies again, everything old is new again at some point.)

We can use one technology in a multitude of ways, through variation of how we use it. Where

we point it, how much or little power we apply to it, how focused or unfocused that beam is, proximity or distance to/from it, or what color the light is.

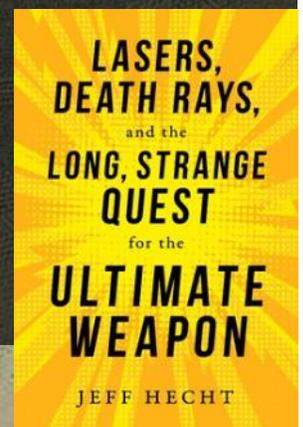




In 1897 H.G. Wells introduced the “death ray” in **The War of the Worlds**. Original illustration by Warwick Globe, seen here, conveys the “Projected by Means of a Huge Parabolic Reflector” concept, and the story began a search for the ultimate weapon.

Fortunately, while many death rays have been attempted, 10 years and a Boeing 707 later, in the 1970s the US Air Force was able to shoot down a few targets. The exercise became a joke. In **Lasers, Death Rays, and the Long, Strange Quest for the Ultimate Weapon**, author Jeff Hecht explains that “the laser was so big and so cumbersome that the only militarily useful thing you could do would be to drop it from the airplane onto the enemy.” While other weapons have been attempted, and rumored, many suffer the same fate, proving too costly, too bulky, too expensive, and ultimately too impractical to operate.

Active Denial Systems (opposite page) just make people run away because it is too uncomfortable to remain there.



WARWICK GLOBE





Moon Phases

January 2021





Jan 13--New Moon in Capricorn

First and foremost, this card suggests a new start for you professionally. Whatever has been going on in your working life, this card heralds the start of a new and improved work cycle. If you're unhappy in your current job, this is the time to either renegotiate your position or look for something new. Whatever your question, whether work-related or otherwise, a new plan and strategy is called for. You need to take a look at the long-term and think about where you want to be in 12 months' or even five years' time. That will inform your best course of action now, so think seriously about it. Drawing this card suggests it's a time for you to be ambitious about whatever it is that you want to achieve.

Attune to the Moon: Make a proper plan and execute it well.

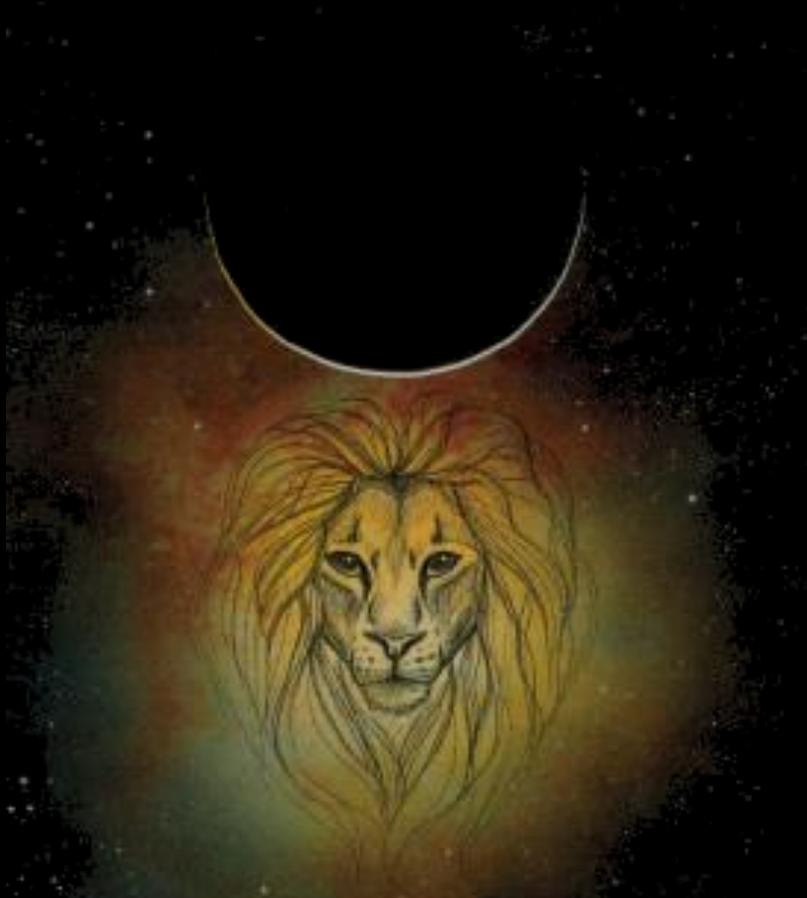
Additional Meanings:

- You need to be more disciplined to reach your goal.
- Hard work will make your dreams a reality.
- A very good omen for study or teaching.
- Don't be too controlling, and avoid anyone who is controlling.

The Teaching:

Capricorn is the sign of ambition, building and hard work — the energy is solid and rigid. The New Moon in Capricorn is a powerful lunation that comes towards the end of each year and marks arguably the best moment annually to make a list of your hopes, dreams, ambitions and intentions for the year ahead. Pulling this card at any time suggests that with planning and discipline you can achieve whatever you set your mind to.





Jan 28--Full Moon in Leo

Have you been letting your pride become an obstacle? Is the question you're asking based on your ego or is it from your heart? Leo energy is all about the heart (think of the big-hearted King of the Jungle, the lion). Its energy is magnificent, but when it's combined with the rush of the Full Moon it can become over the top. This card may have come to you because you need to end a deadlock that has developed — more love and thoughts for the greater good are the solution to this dilemma. If you've not been doing 'as you would be done by' lately, this is the time to find a balance between your own needs and the needs of the people around you. This will help all your relationships.

Attune to the Moon: Be magnificent, without being plain too much!

Additional Meanings:

- Self-esteem is good, vanity is not.
- Everyone is equally important.
- Creative urges should be followed work some magic!
- A friendship may be ending now.

The Teaching:

When the Full Moon comes into in Leo it can be a wonderfully bright time, where people feel more confident to show the world their talents and assets. That's the upside of this lunation and of this card (no matter when you pull it). However, take note that the Leo-Full Moon combination creates a sort of tension between your needs and the needs of people in your networks. Leo-Full Moon is a time to release pride.



Featured Article:

Books Everyone Should Read by Aeson Knight

Reading the written word has never been easy for me as I have dyslexia. Reading and the English language is extraordinarily complex, its characters have too many similarities, and the printed word is more a source of confusion than education and enlightenment. One of the greatest catalysts for exploring the world, while eventually easy for most, was a definite struggle for me. Until books on tape, screen readers, and Audible.

When you have the words moving and changing constantly while you are looking at them, reading takes great concentration and considerable effort.

In late high school I had a teacher finally get it. I turned in a paper that had five different spellings for the word “contention”. Ctentations, connotations, connections, conventions. Her red pen sketched out a crime scene on my paper. But the crimes were not ones of ideas or content, but my ability to communicate those ideas.

She asked me, “What do you like to read?”

I looked at her blankly, thinking, “People actually like to read?! Who are these people? Do they not know this is the twentieth century?”

She suggested that I pick a topic and read. Anything. Anything I enjoyed until I learned the connection to what my brain said the word looked like and what the word on the page was.

At first, I found it hard but after discovering some lovely titles, like **Rebecca** by Daphne du Maurier, **She Had to Choose** by Author Information Unknown, and **Interview with the Vampire** by Anne Rice.

Over the years I have read many books for both professional information, life inspiration, and pure enjoyment. Some titles, the ones I turn to repeatedly, if they were printed books would look like ragged textbooks, their insights have led me to return to them, and their messages, over and over.

And while I still enjoy a good trashy paperback, my taste has turned toward the genre of Gay Romance/Action Adventure. As a bonus book, or book series as it is, the entire PsyCop series by Jordan Castillo Price is [very](#) enjoyable, I guess unless Techy Joe is trying to sleep.

The following are books that I feel everyone should read at least once. Some are business based, yes, but anyone can read them and find the information to help you no matter your path. I also included some of my feedback on each.

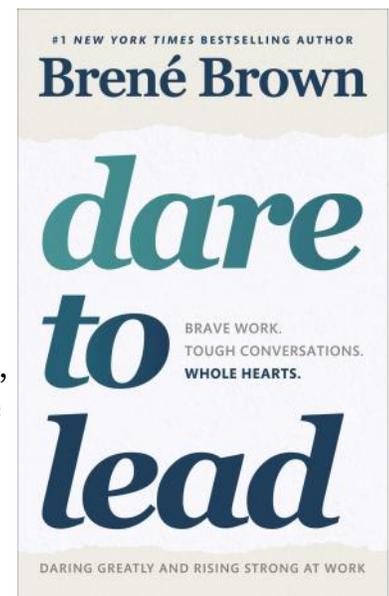
Dare to Lead: Brave Work. Tough Conversations. Whole Hearts. by Brené Brown

Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture

shifters, she’s showing us how to put those ideas into practice so we can step up and lead.

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas and has the courage to develop that potential.

When we dare to lead, we don’t pretend to have the right answers; we stay curious and ask the right questions. We don’t see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don’t avoid difficult conversations and situations; we lean

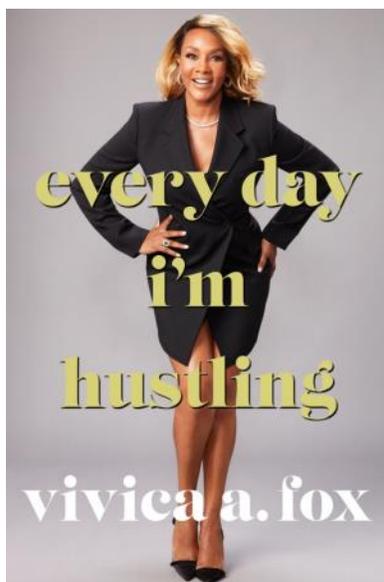


into vulnerability when it's necessary to do good work.

But daring leadership in a culture that's defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start....

AK: No matter who you are you are leading someone and with doing so you have to work out your own issues and idea to do it right weather it is a company of 20,000 or a household of three and a cat. This book breaks down leadership and the view of it.

Every Day I'm Hustling by Vivica A. Fox, Kevin Carr O'Leary
Vivica A. Fox is a dynamo who has created a lasting career on her own, through sheer, roll-up-your-sleeves DIY hustle. Every Day I'm Hustling is a personal book with a message Fox passionately believes in: that you make your own luck,



that you never ever wake up in the morning thinking somebody's going to call you and offer you that part or ask you out on that date that's going to change your life, that you have to wake up and put on your longest eyelashes and fiercest heels and go out and make your life happen yourself.

The actress provides start-today strategies for success in business and "been there" lessons in love, buttressed with stories from her early fami-

ly life all the way through to today. Always honest and always funny, Fox also tells behind-the-scenes tales from some of her biggest movies - such as Uma Thurman's life-changing advice during Kill Bill and Will Smith's downtime pep talk on Independence Day. And she maps out exactly what it took to come back with a role on the smash hit Empire and her own frisky show on Lifetime, Vivica's Black Magic. She also shares her "how is she 53?" secrets to looking your best no matter the age on your driver's license.

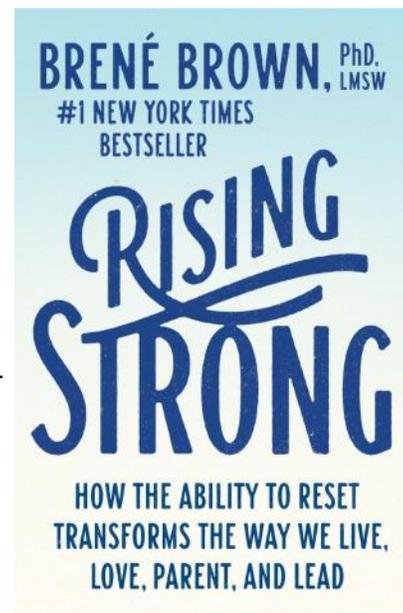
AK: This book speaks of following your dreams and using what the gods gave you to make them happen, but you got to hustle, work, and see the dream as week as the sky in the sky.

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead by Brené Brown

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth:

Vulnerability - the willingness to show up and be seen with no guarantee of outcome - is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall.

It is the rise from falling that Brown takes as her subject in Rising Strong. As a grounded theory researcher, Brown has listened as a range of people - from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents - shared their stories of being brave, falling, and getting back up. She asked herself, what do these people

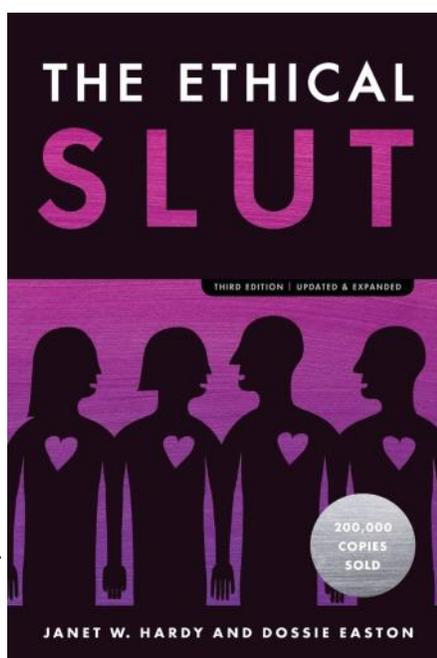


with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion, and they're not afraid to lean into discomfort.

Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested, and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what we're feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes, that teaches us the most about who we are.

We all have relationship, and we all have that little stab guy in or head telling us and filter what we hear more than Instagram filter. This book tells you how to tell him to shut and get in the bag.

The Ethical Slut: A Practical Guide to Polyamory, Open Relationships, & Other Adventures by Janet W. Hardy, Dossie Easton
For anyone who has ever dreamed of love, sex, and companionship beyond the limits of traditional monogamy, this groundbreaking guide navigates the infinite pos-

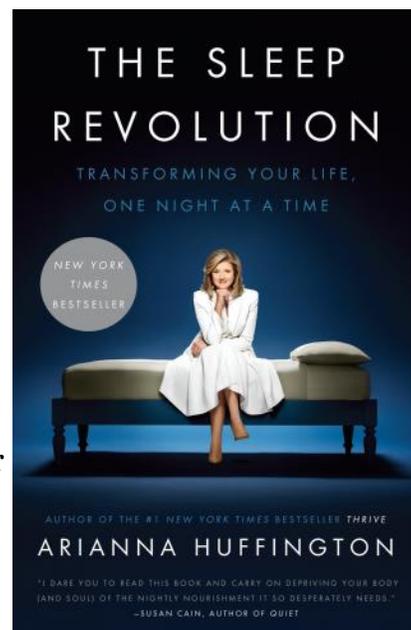


sibilities that open relationships can offer. Experienced ethical sluts Dossie Easton and Janet W. Hardy dispel myths and cover all the skills necessary to maintain a successful and responsible polyamorous lifestyle - from self-reflection and honest communication to practicing safe sex and raising a family. Individuals and their partners will learn how to discuss and honor boundaries, resolve conflicts, and to define relationships on their own terms.

AK: Every sexual relationship is a contract some may not see it that way but every time you have a partner be it for a couple hours or a lifetime you need to talk it out this book help you not only see it but also see how these terms affect the connection to having a better contract.

The Sleep Revolution: Transforming Your Life, One Night at a Time

by Arianna Huffington
In her new book, Arianna Huffington, the cofounder and editor in chief of The Huffington Post and the author of the number-one New York Times best seller *Thrive*, delves into the



sleep revolution that is happening all across the world - a revolution that can transform our lives.

In *The Sleep Revolution*, Arianna identifies the many ways our cultural dismissal of sleep as time wasted undermines our health and our decision making and ravages our relationships, our work lives, and even our sex lives. She takes on sleep from every angle, exploring the latest science on sleep, the manipulative and dangerous sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also presents scientific recommendations and ex-



pert tips on how we can all achieve better and more restorative sleep and learn how to make the power of sleep work for us.

Most important, by highlighting the many areas where sleep's benefits are being rediscovered - from the world of sports and technology to college campuses, the hotel industry, and even workplaces around the world - she points the way forward to amazing innovations, reforms, and inventions rooted in our new love affair with sleep.

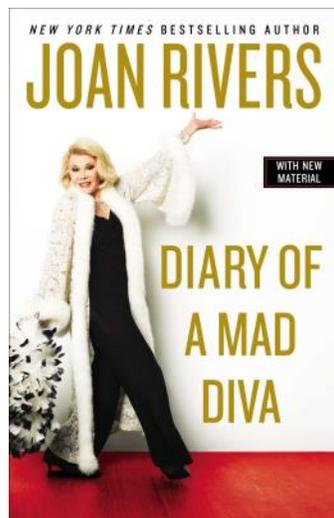
In today's 24/7, fast-paced, always-connected, perpetually harried, and sleep-deprived world, the hunger for sleep is only getting stronger. The Sleep Revolution both sounds the alarm on the worldwide sleep crisis and offers a road map for how we can take back our sleep and transform our lives and our world.

AK: You cannot run a car on a dead battery and so sleep is so important, but what is more important is the how, when, and why you sleep that keeps you from success.

Diary of a Mad Diva

by Joan Rivers
Winner of the 2015
Grammy for Best Spoken
Word Album

Following up the phenomenal success of her headline-making New York Times **bestseller I Hate Everyone...Starting With Me**, the unstoppable Joan Rivers is at it again. When her daughter Melissa gives her a diary for Christmas, at first Joan is horrified - who the hell does Melissa think she is? That fat pig, Bridget Jones? But as Joan, being both beautiful and introspective, begins to record her day-to-day musings, she realizes she has a lot to say. About everything. And everyone, God help them.



The result? A no-holds-barred, delightfully vicious and always hilarious look at the everyday life of the ultimate diva. Follow Joan on a family vacation in Mexico and on trips between New York and Los Angeles where she mingles with the stars, never missing a beat as she delivers blistering critiques on current events, and excoriating insights about life, pop culture, and celebrities (from A to D list), all in her relentlessly funny signature style.

This is the Diary of a Mad Diva. Forget about Anais Nin, Anne Frank, and that whiner Sylvia Plath. For the first time in a century, a diary by someone that's actually worth reading.

AK: Comedy is the best way to get through anything, but it also shows you how you must work to love and find the comedy in anything.

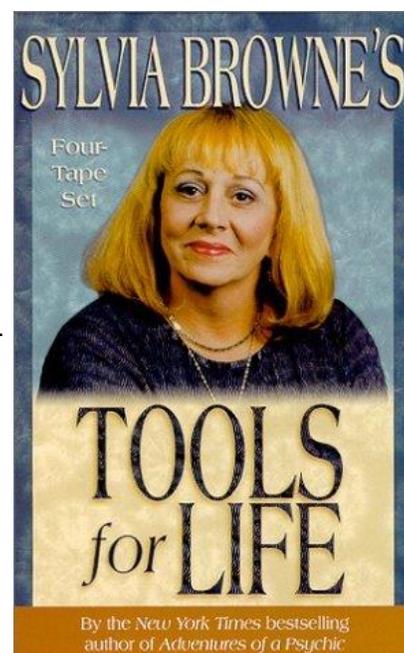
Sylvia Browne's Tools for Life

by Sylvia Browne

In this amazing audiobook, preeminent psychic Sylvia Browne helps you release the negative blocks to your intuition and instincts, letting them come forward to help you achieve anything you want in life.

Some of the tools you can use include visualization, hypnosis, and psychic intuition. She guides you through an actual psychic reading step-by-step in preparation to do your own, and also gives you three meditative prayers to help you connect with the Divine, ward off negativity, and ascend to God.

AK: Before The Secret, this book was the go-to guide for learning to use your own power to build your psychic self and find that connection to the divine energy.



Professional Psychic's Handbook by Alexandra Chauran

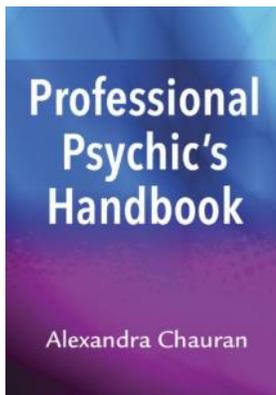
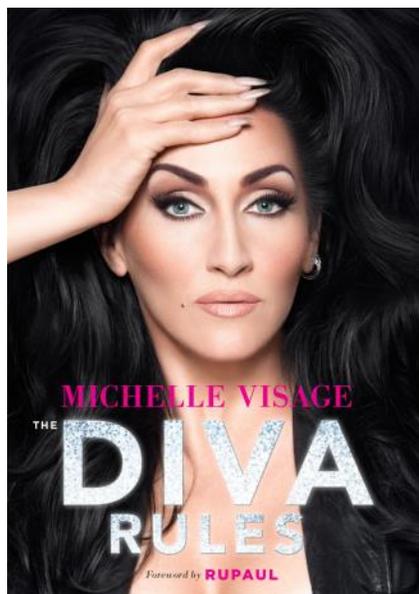
Professional Psychic's Handbook is a guide for anyone considering how to be an ethical psychic and includes tips for managing a successful psychic business. Combining the material of The Ethics & Responsibilities of Being a Psychic with How to Be a Professional Psychic, this combined audiobook provides priceless advice from an experienced source.

Psychics have the power to influence other people's behavior in deep and meaningful ways. In The Ethics & Responsibilities of Being a Psychic, professional medium and renowned author Alexandra Chauran explores practical tips for maintaining accountability.

AK: If you are helping with people's lives, this book is very clear about the ethics you need to understand in order to do that job.

The Diva Rules: Ditch the Drama, Find Your Strength, and Sparkle Your Way to the Top by Michelle Visage
Michelle Visage is not your average diva. Powerful, positive, and polished, this diva's not only glamorous, she's a savvy businesswoman with serious credentials who

works her tail off. From her days vogueing in the downtown Manhattan clubs in the '90s to her successful career in radio and her ultimate cult status as a judge on RuPaul's Drag Race, Michelle has achieved her dreams and then some!



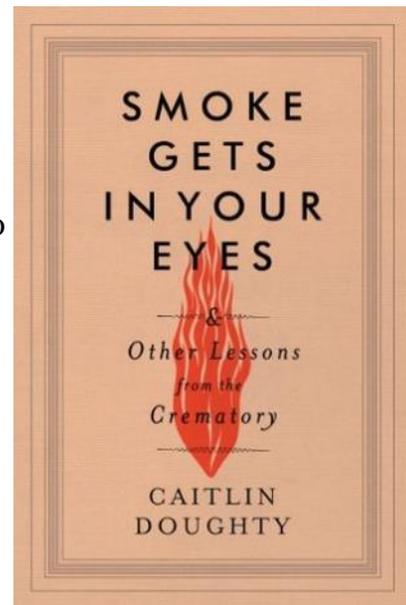
In The Diva Rules, Visage shares her rules and advice for living life to the fullest and finding success no matter the hand you're dealt. With her no-nonsense style and super sassy voice, Michelle tells listeners to "Keep Your Shit Together", "Give Good Face", and "Be Thankful You're a Misfit" in addition to 22 other invaluable life lessons on finding your power and sparkling your way to the top.

Smoke Gets in Your Eyes: And Other Lessons from the Crematory by Caitlin Doughty

Most people want to avoid thinking about death, but Caitlin Doughty - a 20-something with a degree in medieval history and a flair for the macabre - took a job at a crematory, turning morbid curiosity

into her life's work. With an original voice that combines fearless curiosity and mordant wit, Caitlin tells an unusual coming-of-age story full of bizarre encounters, gallows humor, and vivid characters (both living and very dead). Describing how she swept ashes from the machines (and sometimes onto her clothes), and cared for bodies of all shapes and sizes, Caitlin becomes an intrepid explorer in the world of the deceased. Her eye-opening memoir shows how our fear of dying warps our culture and society, and she calls for better ways of dealing with death (and our dead). In the spirit of her popular Web series, "Ask a Mortician", Caitlin's engaging narrative style makes this otherwise scary topic both approachable and profound.

AK: Caitlin Doughty, the host and creator of the "Ask a Mortician" Web series and the collective Order of the Good Death, is on a mission to change the way we think about death.

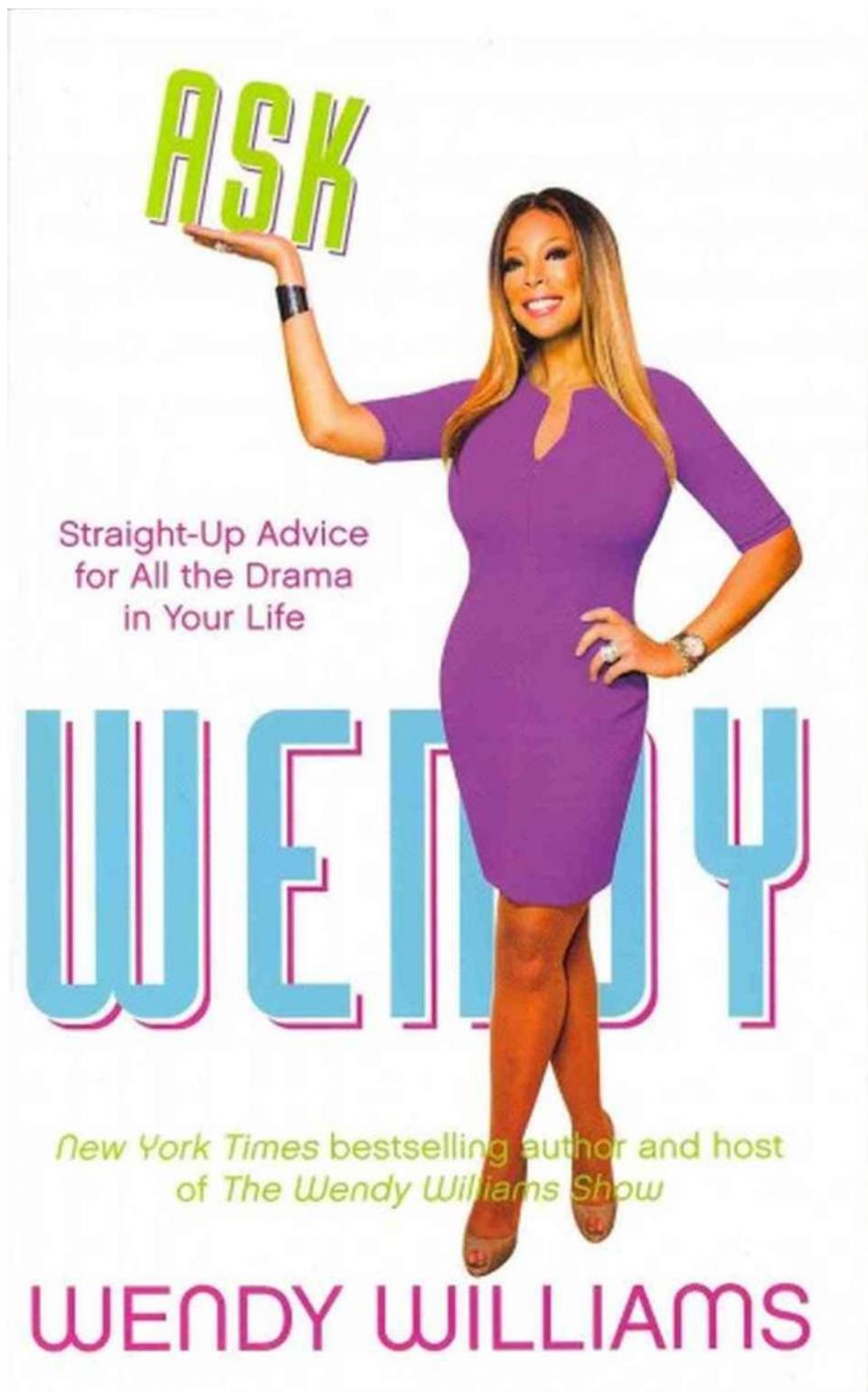


Ask Wendy by Wendy Williams

Go ahead... ask her anything. Over the radio and now on her popular TV talk show, Wendy Williams has always been approached for her blunt, in-your-face words of advice. How's she doin'? "Ask Wendy" has become more than just a fan-favorite TV segment; it's her calling card. Wendy has helped her viewers cope with everything from backstabbing girlfriends and dead-beat boyfriends to crazy mothers-in-law and jealous coworkers. Fans trust Wendy, even when her advice is tough to hear. She's earned her reputation as "the friend in your head."

On TV, Wendy only has a few minutes to respond to each audience member, but in Ask Wendy she goes deeper, answering questions sourced from viewers across the country. No question is off-limits and no situation is too outrageous for her to take on. Wendy shoots straight from those womanly hips of hers to help you manage all the crazy that comes into your life - keepin' it real by drawing on the personal experiences that have shaped her unique perspective.

Wendy reveals never-before-shared intimate secrets about struggling with weight, navigating rough times in her marriage, and learning to accept herself. Along with the usual girlfriend, boyfriend, and family drama, Wendy straight talks on topics like style, body image, and office etiquette, and of course she tackles your wildest sex questions. If you've dealt with it, Wendy has a solution for it. Filled with fun personality quizzes, Wendy's



laugh-out-loud anecdotes, and tons of spot-on advice, Ask Wendy will help listeners to end the drama in their lives.

AK: This book is a great advice book but also gives you insight into what to do when you are in the hot seat. Funny and relaxing but covers some good advice for life!

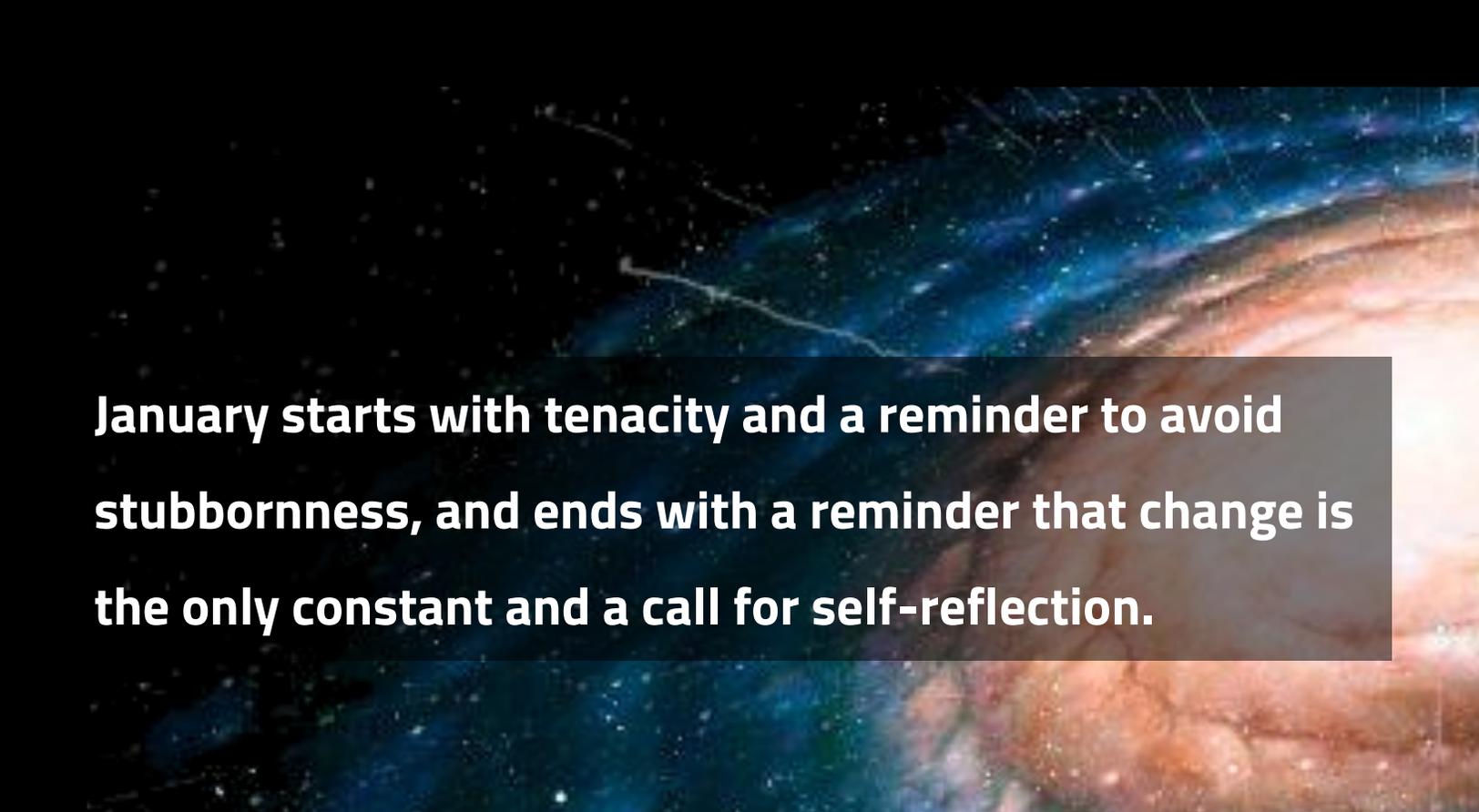




Astrology Forecast

January 2021





January starts with tenacity and a reminder to avoid stubbornness, and ends with a reminder that change is the only constant and a call for self-reflection.

06 MARS ENTERS TAURUS

Tenacity. Perseverance. Possessiveness. Dedication to the proposed goals. Avoid stubbornness and stick with routine.

07 FIXED T-SQUARE BETWEEN SATURN AND JUPITER IN AQUARIUS; MOON IN SCORPIO; AND MARS AND URANUS RETROGRADE IN TAURUS

Certain tasks can be overwhelming, and cause anxiety, especially if you are approaching the due date. In the event that you cannot negotiate deadlines, set priorities, to use the available time efficiently.

08 MERCURY ENTERS THE SIGN AQUARIUS

Freedom of thought. Original ideas. Fast mental processes. Separate emotion from reason. Connect with your intuition.

VENUS ENTERS CAPRICORN

Fidelity. Constancy. Prudence. Vanity. Difficulty expressing feelings openly. Cultivate companionship and honesty in personal relationships.

Pay attention to the events that happen during the transit of Venus in Capricorn, (from 01/08 to 02/01); On 11/05, the planet of desire will return to this location, where it will also retrograde on 12/19.

14 URANUS BEGINS DIRECT TRAJECTORY IN TAURUS

Practical creativity. Progressive changes. Tenacity. Eccentricity. Difficulty changing your mind. Embrace flexible thinking, and be honest about the status of your long-term finances and investments.





THE SUN ENTERS AQUARIUS

19

Innovation. Curiosity. Radicality. Unexpected events. Create the changes you want to see in the world. Update your network of contacts (professional and social), and knowledge in the area of technology and information technology.

MARS IN TAURUS SQUARE JUPITER IN AQUARIUS

23

Impatience. Arrogance. Superiority complex. Ambition. Lack of moderation. Obstinacy. Exercise patience, and channel your energy constructively.

SUN AND SATURN IN CONJUNCTION IN AQUARIUS

Self-control. Discipline. Awareness. Practical realism. Sense of duty. Trust in your right to worthiness, divine abundance, and the power of gratitude in the present.

SUN IN AQUARIUS SQUARE URANUS IN TAURUS

26

Coarseness. Unforeseen events. Individualism. Irritability. Disagreements with a partner or friends. Take time to enjoy your successes, before moving on to the next goal.

FIXED T-SQUARE BETWEEN MARS AND URANUS IN TAURUS; MOON IN LEO; AND THE SUN, JUPITER AND SATURN IN AQUARIUS

28

Financial demands and social pressure can frustrate the native's need for self-expression. In times of crisis, you will find emotional support in relatives, partner or best friend, as long as you decide to open your heart.

MERCURY BEGINS ITS RETROGRADATION IN AQUARIUS

30

Intellectual growth. Self-reflection. Self-fulfilling prophecies. Review of projects and ideas. Emotional distance. Disagreements with friends, collectives, and work groups. Disadvantages with electronic equipment. Remember: change is the only constant.





WEDNESDAY, JANUARY 13, 2021 AT 8 PM EST

Divination Night Co-Host Aeson Knight

Event by Rowan Temple of Light—Facebook Live

Getting together every Week.

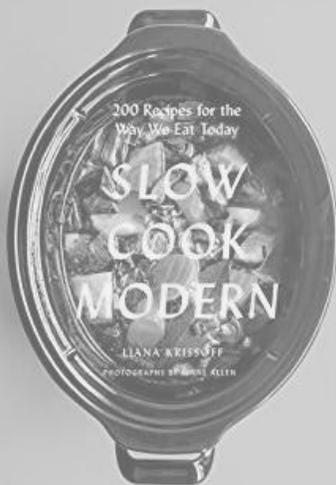
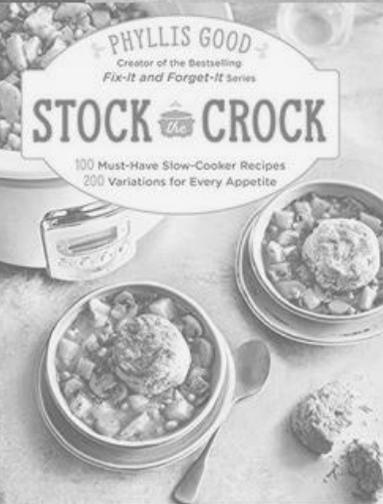
Tarot, Witches Rune, Oracle..ect. Take a Chance Tune in a see what is in store for you.

So Excited to Announce our First Guest Host.

Aeson Knight is a Master Psychic, High Priest, Astrologer, Teacher, Podcast Co-Host, Event Coordinator.. The list goes on.

Book a Reading at: <https://www.facebook.com/aesonknight/>

**“No thanks,
no substitute . . .
I WANT
THE BEST!”**



Slow Cooker Month





Aeson's Mississippi Pot Roast

Ingredients

- 3-4lb Chuck Roast
- 1 packet Ranch Dressing Mix
- 1 packet Au Jus Gravy Mix
- ¼ Cup Butter
- 4-5 Pepperoncini Peppers
(More if you like)



Instructions

1. Place roast in slow cooker and sprinkle the top with ranch dressing mix, au jus mix,.
2. Place peppers on top of roast and mixes
3. Add Butter.
4. Cook over low heat for 8 hours.
5. Serve over noodles, rice, or mashed potatoes.

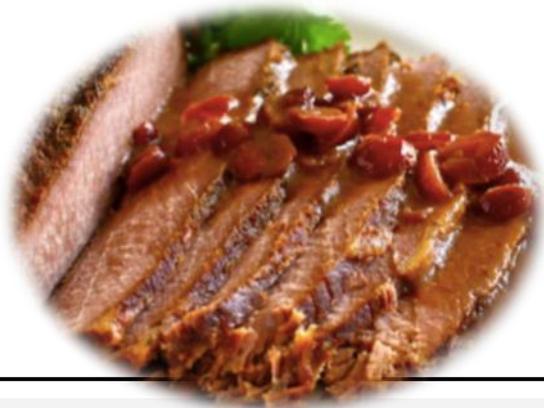
You've most likely encountered a **pickled pepperoncini** in an Italian antipasto platter, Italian salad, or served up on a pizza or sub sandwich somewhere. Pepperoncini peppers originate in **Italy and Greece**, though their popularity has spread throughout the world.

They are also known as **Tuscan Peppers, sweet Italian peppers, or golden Greek peppers.**

DO NOT add any water or broth to this recipe. It will make enough liquid as it cooks!

Sides Suggestions include potatoes and carrots.





Aeson's Cranberry Brisket

Ingredients

- 2lb Baby Carrots
- 1 Large Onion
- 4lb Corned Beef (or regular) Brisket
- 1 Can Whole Cranberry Sauce
- 1 Can Jellied Cranberry Sauce
- 2packets French Onion Soup Mix
- ½Cup Sour Cream
- 4 tsp Prepared Horseradish
- 2 Tbsp Chopped Fresh Parsley
- ¼tsp Fresh Ground Pepper

Instructions

1. Place carrots and onion in slow cooker.
2. Add brisket and sprinkle with corned bee spice packet if using corned beef.
3. In a medium bowl, mix cranberry sauces and soup mixes, spoon over brisket.
4. Cook on High head for 1 hour and reduce

If you're like us, when the holidays are over, we always find we got "stuck with" an extra cans of cranberry sauce. But what to fix with it? This simple brisket recipe turns an annual holiday purchase into a pantry staple.

to low for 8 hours until beef is tender.

5. In a small bowl mix Sourcream and horseradish. Refrigerate until serving time.
6. Remove beef to serving platter and rest 30 minutes. Slice, garnish with parsley and ground pepper, and serve.
7. **Don't forget the sauce in the fridge! :)**





Aeson's Slow Cooker Meatballs

Ingredients

- 48oz Bag Frozen Fully Cooked Meatballs
- 18oz BBQ Sauce
- 18oz Grape Jelly

Instructions

1. Add jelly and BBQ sauce to slow cooker.
2. Add frozen meatballs .
3. Cook on high for 2-3 hours or until warm. Stir periodically to ensure even coating of sauce and prevent sticking.
4. Serve!

From Toothpicks Appetizers to Hearty Subs dressed out with provolone and spicy mustard, this recipe provides a versatile base for dinners and parties alike!





SATURDAY, JANUARY 16, 2021 AT 2 PM EST – 5 PM EST

Unlock the Code Numerology Class

Numerology is the idea that the universe is a system, one built on numbers. These numbers can then be used to help us to better understand the world and ourselves, both as individuals and our relationships with others.

Discover higher insights about your purpose and personality traits. We will be working out things like your life path number and soul number.

From Pythagoras to Ruth A. Dryer, the secrets of numerology and the understanding of numbers have been used to find deeper meanings and guide their lives.

Join Aeson as he helps you understand how to use numerology in your life to find these hidden meanings and make those deeper discoveries from the numbers all around us.

Have you wondered why certain numbers keep popping up in your life? Are you constantly seeing the same time on the clock day after day, feeling a certain connection to a number but can't explain it? Join us as we unravel what the universe is trying to tell you.

The class fee is \$30.00

As this is a virtual class you will have access to re-watch the video as many times as you like!





January 25, 1921

Czech writer Karel Čapek 's play **R.U.R** debuts introducing the entire world, including science fiction, to a new word...

Robot