

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

July 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for June:

Witchy Tips By Aurora Raven Dragonfly

What Are The Keys To Right Relations? By Marjorie Baker Price

Box Breathing By Wendy Smith

How to Practice Soul Searching (7 Paths)

By Aletheia Luna & Mateo Sol

What and Where is Lily Dale, NY?

Poetry By Carolyn Chilton Casas

What Are You Doing While Waiting To Ascend? By Ronna Vezane

Synchronicity Is the Result of Unity Consciousness

By Dianne Robbins

ROC Metaphysical

Our Mission Is To Enlighten and Inform

WWW.ROCMETAPHYSICAL.COM

ROCHESTER, NY USA

Sections



Read Great Articles

Thanks to all the contributing writers who voluntarily share their wisdom, knowledge and guidance.



Alternative Businesses

Advertise your business on our business section. With our growing readership along with the use of our Facebook, LinkedIn, Pinterest, Instagram, Issuu and MeWe pages, we get the information out to the public.

And we also do cross promotional listings, contact us at rocmetaphysical@gmail.com for more info.



Calendar of Events

Peruse our calendar! Lots of events and is updated frequently.

If you have an event that you'd like to advertise email us at rocmetaphysical@gmail.com

Video About ROC Metaphysical



Here's a more personal look at why and how the magazine came to be.

Link: <https://youtu.be/jDBnPIsq-AY>

Just in case you didn't watch the video - here's the scoop.

Hi, my name is Pam and the creator of ROC Metaphysical. What is ROC Metaphysical? It's a metaphysical online magazine. Usually the first question is how did you get that name for the magazine. Since I live in Rochester, NY home of the FOX Sisters who made spiritualism popular, I thought about the name. Many businesses here use the letters R-O-C and the same for the airport. Using only three letters as part of the magazine name just seemed right.

The magazine has alternative health, spiritual and metaphysical articles, videos, event listings, advertising and an alternative directory. The first of each month the new edition is uploaded. Prior issues can be found on the bottom of the articles page with a list of pdf copies.

I have been a seeker of knowledge about metaphysical information for as long as I can remember. I have a metaphysical meetup which helped me connect with teachers and speakers about all kinds of topics. Because of running the meetup and knowing that my presenters also wanted to reach out farther, it seemed like the next logical step was to share the information on a much wider scale.

Every month the magazine is new because of the writers and their articles. The writers somehow magically find me and voluntarily share their articles. It's so exciting to see what comes to my email.

Some of the info may click with you and some may not. In my opinion it's always good to question your understanding. But we're all in a different

place in our knowledge and desire to learn.

I'm a studious soul, always reading books on all kinds of topics, checking out websites and you tube to find that right info plus I have attended loads of classes. I thought hmmm - what if I took all that and put it into a magazine to help you have a place where you can go without having to search high and low like I had to.

Here is the result - ROC Metaphysical. I hope you find the magazine wonderful, interesting and thought provoking. Our Mission is to Enlighten and Inform is our tag line.

And for folks who are techie, to keep connected in other ways, the magazine is found on Facebook, Instagram, Issuu, Pinterest, Linkedin and MeWe. Be sure to check us out on those platforms. If you have any questions email me at Rocmetaphysical@gmail.com

We have a growing a community that is dedicated to help you on your path with our directory of alternative providers and calendar of events.

We're Always Looking for Contributing Writers

Have a story idea for us, want to share your article? Your article should fall under metaphysical/spiritual/alternative health topics. The article can be up to 2000 words, provide a head shot, bio and web link. Inquire and or send your article in a word format to rocmetaphysical@gmail.com



We Offer Advertising



Have a metaphysical, spiritual or alternative health business or event? We can advertise. Be sure to email the details and jpeg or poster, and we can post it on the website along with our other media options. Email us at rocmetaphysical@gmail.com

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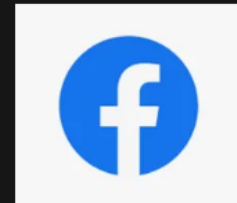
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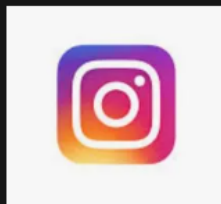
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Now that Google+ is gone the next generation is MeWe. Find us at:

<https://mewe.com/profile/5caba69765a0815f48d3d128>

ROC Metaphysical Interviews



Judy Lynn

ROC Metaphysical interview with Judy Lynn. Learn more about her background being a psychic medium.

Link: <https://youtu.be/rcCyz2HJYhs>



Sue Fiandach & Connie Wake

Interview with Connie and Sue to learn more about their background as psychic mediums. They share info in their articles to help us understand what these gifts are and how they can be used.

Link: <https://youtu.be/I6DdLY2dsj0>



Marjorie Baker Price

ROC Metaphysical interviewed Marjorie who has such a diverse background as a nurse, teacher, workshop facilitator, energy worker and much more.

Link: <https://youtu.be/aw5IFhVfhNc>



Learn more about the Buddhi Institute and its owner Melinda Johnston who offers classes on the yoga sciences.

Link: <https://youtu.be/gMHojmChdMQ>

Erika Buenafior has written a few books about healing and energy work especially from her healing heritage..



Link: <https://youtu.be/RLXyK8SXePs>

Discernment/Disclaimer

All ROC Metaphysical readers are encouraged to use their Discernment, their Inner Guidance for all the content on the site. We invite readers to take only what resonates within. Our mission is to provide information for thought and discussion.

ROC Metaphysical offers spiritual articles, blogs, videos and channelings. However, with information coming from so many sources, it is important for everyone to use discernment at all times especially in the case of channeled materials. The channeling may be coming from Spirit, but it passes through the human who acts as a filter with the potential to add their own views and opinions to the message. Channelled information should be positive, uplifting and useful to all. You are given free choice

and must choose what rings true in your heart.

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Lily Dale is Open



What and Where is Lily Dale, NY?

ROC Metaphysical Youtube



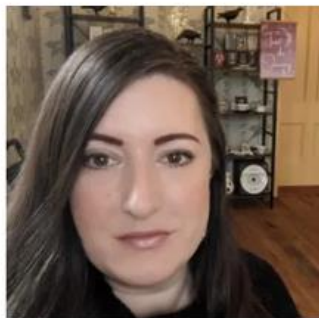
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Emmanuel Dagher



The Year We Set Ourselves Free – January 2023
By Emmanuel Dagher

Rev. Vanessa Hanks



Purposeful Poppets for a New Moon Lammas
By Rev. Vanessa Hanks

Sound Healing



What Can Sound Healing Do For You?

Sage Walker



Sage Wisdom
By Sage Walker



Carolyn Chilton Casas



Poetry By
Carolyn Chilton Casas



What is Channeling?

Channeling is a natural form of communication between humans and ascended masters, angelic beings, nature spirits, or non-physical entities. A channeler is very similar to a language translator or interpreter. They allow themselves to sense the non-verbal communication from another being and then translate it into human words.

Channeling is often defined as the act of allowing a spiritual entity (e.g., angel, archangel, ascended master, guide, deceased loved one) to merge, join, or enter your body and use your vocal cords to communicate directly with those on the Earth plane or provide knowledge and the channeler can write down the shared information. For some people who channel, the entity will also move the channeler's body (e.g., open your eyes, move your arms/legs, have you walk around).

Channeling can be done in two different ways:

Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as if they were listening from another room. When told about what was said, they often feel as if they are remembering a dream. There are many people currently alive on the Earth plane who consciously channel. For example, Esther Hicks brings through the group of entities that refer to themselves as Abraham (no relation to the Old Testament). They speak about the Law of Attraction.

Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as “The Sleeping Prophet” because he only channeled when he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.

Our channelers are providing their information to help us on our path.

Channelings

Patricia Cota-Robles



Mother Earth Has Ascended Into A New Solar
Reality
By Patricia Cota-Robles



Lee Carroll/Kryon



The Physics of The Next 500 Years
By Lee Carroll/Kryon

Ronna Vezane



What Are You Doing While Waiting To Ascend?
By Ronna Vezane

Shelly Dressel

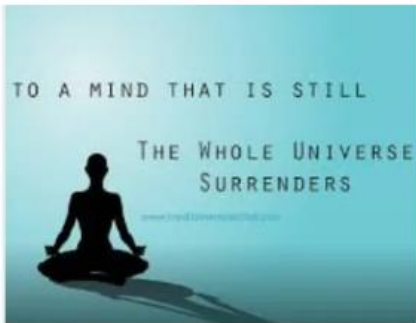


Illuminating Your Unconsciousness
By Shelly Dressel

Dianne Robbins



Synchronicity Is the Result of Unity
Consciousness
By Dianne Robbins



**“IF THE MIND IS
CALM, YOUR
SPONTANEITY
AND HONEST
THOUGHTS
APPEAR. YOU
BECOME MORE
SPONTANEOUS.”**

**EVERY TIME YOU ARE TEMPTED TO
REACT IN THE SAME OLD WAY, ASK
IF YOU WANT TO BE A PRISONER OF
THE PAST OR A PIONEER OF THE
FUTURE.**

DEEPAK CHOPRA



Witchy Tips with Aurora Raven Dragonfly



Dear Readers,

My last article was about candle magic. I want to share with you two easy spells using candle magic. Remember doing spells is a lot like prayer. We use different colors which correspond to different things we want to come into our lives.

Directions for ‘following your intuition ‘spell-

Get a black candle. Using write down what your gut is a pen you whether it be for your life’s purpose or a creative endeavor or a big decision. Remember that life is born in the darkness of the mother’s womb, that seeds germinate in the dark soil and too much sun would kill all life on earth. The darkness is important. Bury it into the soil of a favorite potted plant placing it on your altar Light the candle..

When working this spell ask for the good of all and let the Goddess reveal what you know from the depth of your soul. Go back to your musings and be inspired! Figure out one step to take to bring your wish into reality.

Directions for a love spell-

Get a red candle. Using a favorite pen write down you are ready to receive and give love.

Don't forget to add for the good of all. Hint-love is connected to free will so don't write down a specific name.

Place paper onto an altar with rose quartz on top of it. Buy your favorite flowers to place alongside your candle. Call on Aphrodite for her guidance and help. Then let it go and let the Goddess work for you.

HAPPY SPELLING, AURORA RAVEN DRAGONFLY

Do you have a witchy question? Send your questions to the magazine's email - rocmetaphysical@gmail.com. Each month I will answer questions only a witch can answer. Looking forward to your questions.

About Aurora Raven Dragonfly: Aurora Raven Dragonfly aka Julie Anne Stratton - The basis of my teaching is gleaned from over 34 years of practice based in Germanic, Dianic, Gardnerian and ultimately Reclaiming Witchcraft. There were Goddesses in every culture prior to the major religions and patriarchy. The belief in a Divine Feminine is essential to the healing of Mother Earth. Witches, Shamans and healers are demonized by the major religions to instill fear and take away our agency. The truth is we are all both female, male and all genders divine beings.

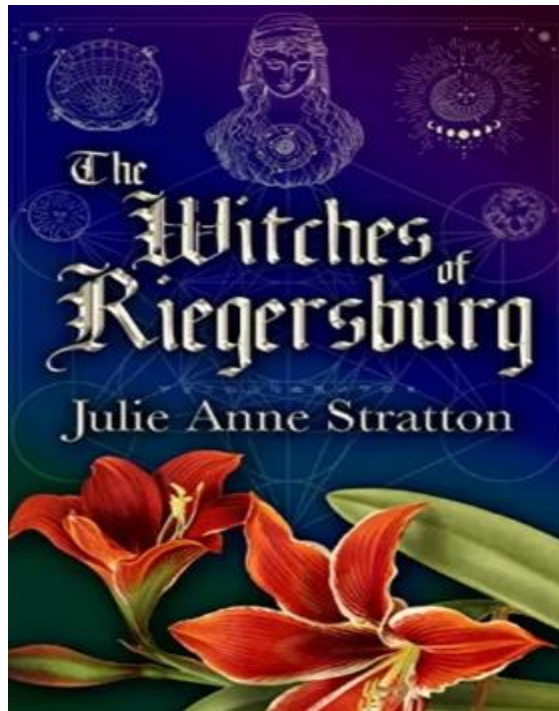
I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council as a representative for VWC.

Some of my teachers are Judith Jannberg, Lucia Francia, Angelika Aliti, Susan Weed, Starhawk, Pat Harmatuk and many more.

I have a close relationship with the Goddesses Aphrodite, Diana and Hekate. The Goddess in her many forms though, has been my greatest teacher and mentor. I love working with, people, dance and co-creating magical experiences. I also love gardening, writing and music.

Aurora Raven Dragonfly's website: <https://www.julieannestratton.org/bio-about.html>

Check out her book aka Julie Anne Stratton



For the fans of The DaVinci Code—with three generations of extraordinary women keeping alive the ancient Goddess faith.

“Whenever you are of need, come to Me when the moon is full and I, Hecate, Queen of all witches, will guide you, my daughter, to your heart’s desire.”

In 1665, Baroness Elisabeth von Galler is faced with the frenzy of the witch trials raging through Europe. Her son-in-law acquires dispensation from the Kaiser to hold trials in Riegerburg. As the “Faith-Keeper” of an ancient Goddess-worshipping community, can she save her loved ones from certain death and her faith from disappearing?

In 1938, Hitler takes over Austria, and Katarina Lilienthal fears for the lives of her Jewish husband and daughter. Armed with the secret Book of Shadows, her legacy passed down from Baroness von Galler, and her intuition will she be able to save her family before the horror begins?

Seventy years later, Sarah Lilienthal inherits her beloved Oma's secret book. Katarina's deathbed wish is for Sarah to travel to Austria—the place Sarah's grandparents barely escaped with their lives on the verge of WWII—and make amends with Oma's estranged family. Sarah is cast on a quest to find her true self and the origins of the book by traveling to Riegersburg, where the Book of Shadows' journey began.

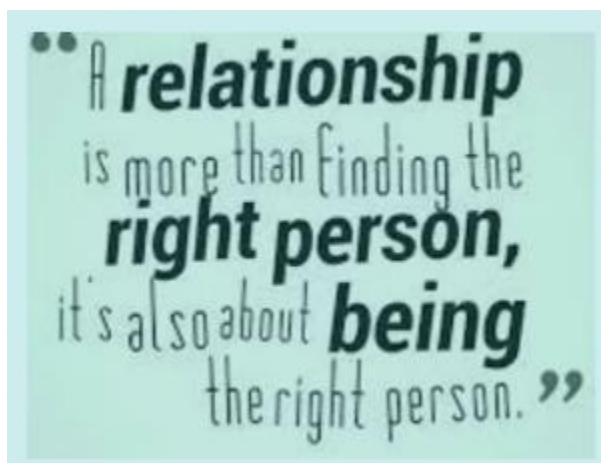
Find the book on Amazon: https://www.amazon.com/Witches-Red-Amaryllis/dp/1734172010/ref=sr_1_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&striprefix=julie+stratton%2Cstripbooks%2C97&sr=1-1

Interview with Aurora Raven Dragonfly aka Julie



Link: <https://youtu.be/xRosQCJ9H1A>

What Are The Keys To Right Relations? By Marjorie Baker Price



Do you experience right relations in your life ... romantically, within your family, your work, your community? Relationships change, sometimes in a moment, sometimes through an entire lifetime.

Are there simple, key tips for you to have right relations – and know when they're not? Here are five (the vibrational frequency associated with transformation) key “reflective roads” as guidelines to explore within your own self-healing and empowerment work to partner with your own sacred center, the universe and all others for right relations, as my Valentine’s gift to you:

Five Rules to Restore and Reveal Right Relations

- 1. FACE, DON'T FORCE by continuing to observe yourself and your behavior as you equally observe others, to acknowledge what's real by asking and writing about who, what, where, when, why and how, especially in situations that are challenging for you.**
- 2. KNOW WHAT'S RIGHT AND ACT THAT WAY . . . and if you're not sure, ask your heart and review the core philosophy of whatever spiritual traditions authentically “speak” to your heart.**

3. FIND THE REAL PLACE WITHIN YOUR CORE WHERE YOU UNCONDITIONALLY LOVE AND ACCEPT YOURSELF JUST AS YOU ARE; and relate accordingly in all possible ways to others.

4. ENVISION YOUR IDEAL RELATIONSHIPS, and then ask yourself how free and empowered you feel to participate accordingly . . . honestly considering specifically and in real terms what you identify you need to do to develop and become those qualities.

5. TRACK DOWN YOUR OLD GRIEF by journeying into your heart . . . and listening intently and courageously to what it shows you – then compassionately support yourself in all possible ways, including seeking help, to come to the final stage, acceptance, where forgiveness always occurs.

The Real Truth About Loving Relationships

Right relations are endlessly new; and meant to unfold and flow by being freely and fully present in each opening moment for all participants in order for the power of real love to heal, transform, and develop in all ways to support our greater good. They offer amazing life adventures with all the characteristics of heroic journeys, soul satisfaction, and miracles.

**I wish you these best inner and outer journeys, for love and light –
Marjorie**

About Marjorie Baker Price: Marjorie Baker Price, RN, Certified Hypnotherapist and Level III Reiki Master, is a psychiatric nurse with over 9 years of experience at the University of Rochester Medical Center Strong Memorial Hospital specializing in behavioral inpatient, community mental health, chronic care and emergency psychiatric care. In addition, she has developed stress management and recovery programs for a new outpatient alcoholism treatment center. She has taught at the State University of New York College at Brockport School of Nursing, Nazareth College Center for Lifelong Learning and St. John Fisher College community education center.

She has authored a nationally acclaimed series of audio guided meditation and self-hypnosis recordings as well as several related books and self-study courses. She is a featured columnist with Nature's Wisdom magazine on counseling and integrated health topics. Marjorie presents numerous related workshops nationwide on self-healing, wellness, recovery therapies, goal achievement, creative expression and empowerment, as well as counseling and consulting for individuals and small groups. She is a sought after public speaker and frequently makes appearances nationally on radio and television.

Marjorie's website:

https://centeringtools.typepad.com/centering_tools/media.html

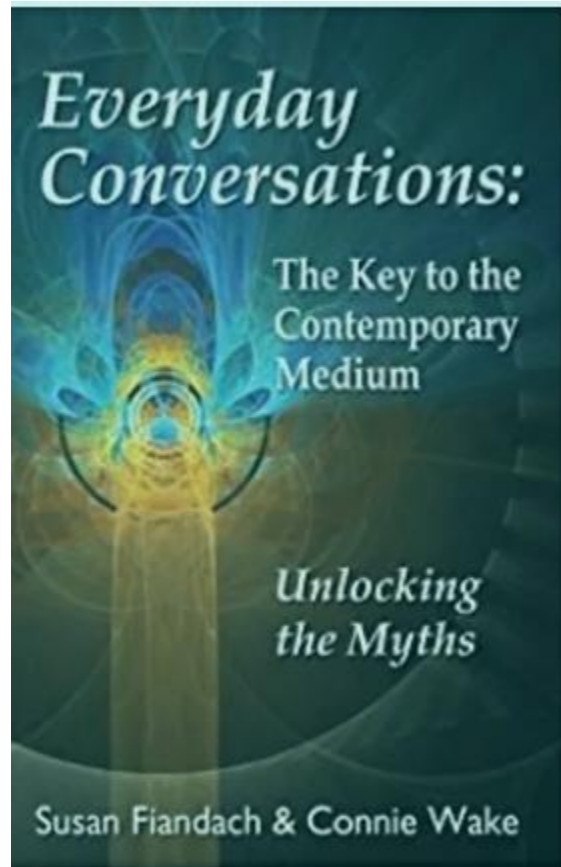
Interview with Marjorie



Link: <https://www.youtube.com/watch?v=aw5IFhVfhNc>

Psychic-Mediumship on a Foundation of Trust

By Susan Fiandach & Connie Wake



Psychic-Mediumship deals with all forms of our intrinsic connection to the seen and unseen worlds around us. From our natural intuition to sensitive, empathic responses to deep trance states, psychic-mediumship is the overarching process of receiving, interpreting, and delivering information through us without an understanding of how that connection works. And the key to all of it is Trust: Trust in yourself, trust in your mentors, trust in the information, trust in Spirit, and trust in your client.

Trust in Yourself

Trusting yourself is probably the most challenging of the trust processes. We continually get caught up in what we cannot do, cannot know, cannot understand. We are so worried that the client will say “no” to our offerings, or we will be wrong that we limit ourselves to avoid feeling like a

fool. Why are all these fears in ourselves?

We may have been conditioned to believe that to be wrong is to be ashamed, embarrassed, and pitied. It lies in a very deep emotional area for us from our earliest days as a child—to hear a resounding NO when reaching for a breakable item; or DO NOT touch, go, do or be as we learned what was too hot, too cold, too dangerous, etc. This volume of NO continued in our school days, experiencing public humiliation for offering an incorrect answer to the teacher’s question. It is human nature to avoid risk and we transfer this NO behavior as being safe, and to avoid remembering past embarrassing or risky experiences.

“A hope is more than resolve, and it is based on Trust in a divine faithfulness that operates not only within history, but also beyond history.” Oliver Wendell-Holmes 1858

Beyond the “NO” there is hope and faith as a firm belief in something for which there is no proof. The great philosophers and gurus of the world spoke of the great Source of power, love and wisdom and our connection to it, indeed it is within all of us. We can hold onto the hope that the information we are searching for and receive offers healing, peace, and comfort for another, and there is no reason to question it. Our intention as readers, and in our service, is in this goodness, and there is no reason to distrust this intention. Look forward to what you can achieve with trust and believe in yourself.

Trust your Mentors

As psychic-mediums we are life-long learners, and the diligent psychic-medium has chosen a path to hone the natural abilities of energy information through education and continuous improvement toward the highest and best expression of Spirit information. Choosing the person or group that you resonate with is important in your personal and professional growth. It should “fit like a comfortable jacket” and one that you feel great in. Your mentor should not only help you find your inner knowledge and ability but should be able to rejoice in your growth. A good mentor is one who helps you to see through your fears, doubts and works with you to achieve your best, through it all, supporting you when you feel most vulnerable. Choose a mentor that stands the test of time, experience, knowledge, and honesty. One who “talks the talk, walks the walk, and walks the talk!” as shown by their ethical service, successful reputation, and respected following.

Trust the information is Trust Spirit

The foundation of this trust is knowing that information, energy, and Spirit refer to the nature of consciousness, both as Universal consciousness and Individual consciousness. While it may not be conclusively defined or scientifically understood, we can see the results of this great connection to all that is and the infinite wisdom, love, and limitless power throughout history and life experiences. We can trust that it works...and that it works for us. Do you trust the energy that turns on the light when you flip the switch? You may not understand how that energy is transmitted through the wires to the filaments in the bulb that light the light but when the power is on, you trust that light happens! Create this as a visual for yourself as you connect to information, energy, spirit. The power is on and spirit as energy as information is flowing through the wires into your thoughts to create the connection and facilitate the authentic reading.

Trust the Client

Your reading client is in front of you and they may be feeling vulnerable. They allow you to move around their personal space. They may imagine the psychic-medium as plucking, squeezing and pulling out old dark secrets, yet there they sit there, trusting what you say. They trust that we are there for good, that we are offering the best we have to aid them in their personal journey, whatever that may be. Give that person your trust in the commitment to the good in intention and service and it will be repaid over and over again.

Engage the Trust!

Wave your hand high to answer the call to deliver Spirit information in a good and high-quality service. Fly like you have no need for a net to catch you if you fall. Go past the NO of doubt and fear from those past experiences and speak with abandon. Put your trust in the Energy...and your energy in the Trust...of yourself, your intention, your education, and Spirit energy information.

About Susan And Connie: Susan Fiandach and Connie Wake are owners of The Purple Door in Rochester, NY. They are professional psychic-mediums and teachers of psychic-medium studies on a mission to de-mystify our psychic sense. They are co-authors of “Everyday Conversations: The Key to the Contemporary Medium – Unlocking the Myths” and “The Student Guide to the Daily Medium – Unlocking Your 6th Sense.” They can be

contacted through The Purple Door, at their new location: 3450 Winton Place, Rochester NY. 585-427-8110.

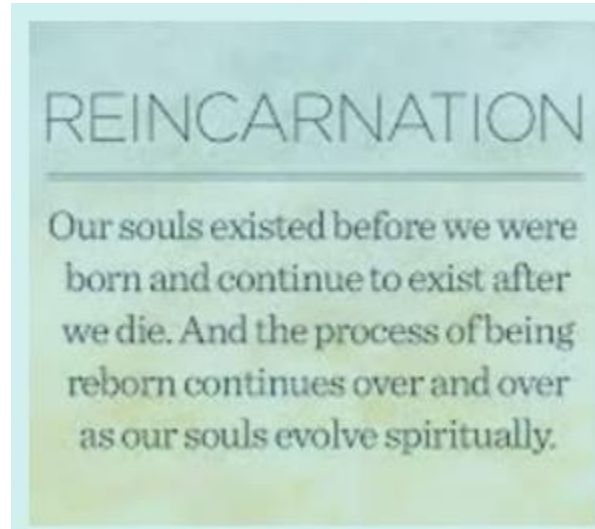
Susan And Connie's website - <http://www.PurpleDoorSoulSource.com>

Interview with Connie and Susan



Link: <https://www.youtube.com/watch?v=l6DdLY2dsjo>

Past Lives By Rachel Saxon



People often ask me what exactly are past life readings. Past life readings are supposed to be what a psychic picks up about previous lives you have lived. To be honest I am not sure I believe in them but I do know what they are said to be.

The psychic is supposed to be able to see what lives you have previously lived on earth and where you lived them. I have heard that occasionally people have actually managed to trace the people via grave yards in Britain and the people buried there. I once had a reading (Unmasked I might add) from a young girl who claimed I had been in Paris in a previous life and gave me a long story about it. As it meant nothing to me and I felt no connection I have to say I didn't really believe it.

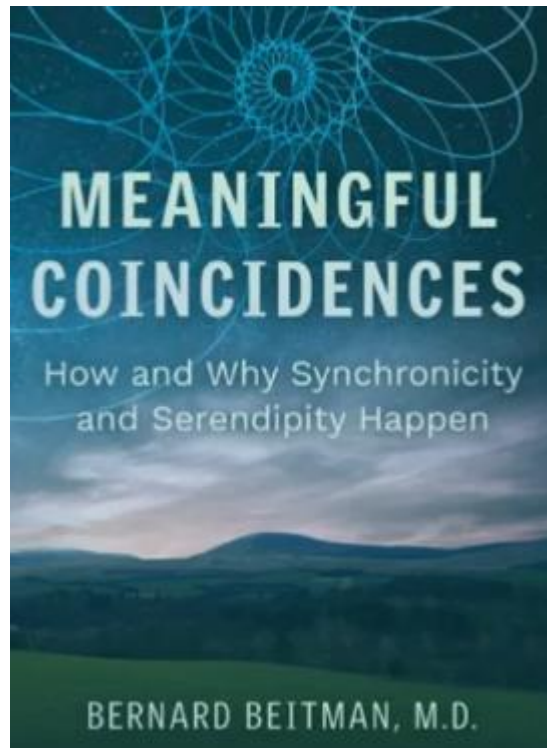
Do I believe in past lives? Yes I do. I have felt a distinct connection to certain places on earth as if I had known them intimately previously. For instance I knew my way round Rome without a map and believe me that is no mean feat. The main trouble I find with past life psychic readings is there is no way of proving them. I have listened to so many past life readings where the person being read seems always to have been someone famous. How many Cleopatra's and Maria Antoinette's can there have been? Now, if there were a few more kitchen maids and normal people in

these readings, I might find them more credible. I think when you walk an area and have Deja vu it is an indication of a past life memory. This I give far more credence to than most of the past life regression readings that I have heard. I am the most skeptical of psychics but unfortunately there are so many wanna be psychics out there you really do have to be skeptical until they prove themselves. There are people out there that are excellent readers and who can do past life readings but with what accuracy it would be hard to establish.

How are you going to prove you were Joe Blog of Birmingham who lived in 1652? I don't think you can. I think this feeling of disbelief in this is probably born of being a sceptic but I am open to someone proving me wrong.

Have you had a past life reading from a psychic? And how did you feel about it? It is always interesting to hear about other people's experiences and whether they believed what they heard. I might be completely wrong and you had a good past life reading that you believe to have been accurate.

About Rachel Saxon: Rachel Saxon is a Reiki Master and writes for the psychic & metaphysical industry, promoting the discovery of the personal spiritual path.



Be careful: Romance breeds coincidences, and coincidences fuel romance.

Ah, the joy of romantic love. Songs, poetry, novels, and movies celebrate this wonder-filled human experience. Emotions swing from ecstasy to isolation, from merging to abandonment. The intense emotions, needs, and changes breed coincidences, and coincidences quicken romance. Enhanced by the timeless feeling of synchronicity, the relationship feels like it will go on forever. And so comes this warning.

First, some stories.

Feeling Together at a Distance

One of my patients adored her romantic coincidences: “I really loved him, like no one else I have ever loved. We seemed to be able to communicate without being in the same room. I could tell how he was feeling when we were apart. When he was in the same building, I could feel his presence.

When we held each other, I melted into him. His mother's name was the same as my sister's. His brother's name was the same as my father's. These things felt like evidence that our love would last for all time. After about two years, our relationship was over."

Mr. Fox

A string of fox coincidences accelerated an intense relationship. Amelia sensed that the man across the room wanted to meet her. She boldly crossed the crowded room to start a conversation with him. After a brief conversation, she gave him her card, hoping he would call her.

He didn't.

Then her house burned down, and she accepted an invitation to stay at a friend's house. That same man happened to be there. He helped her through the [traumatic](#) loss of her house and her things. They became romantically intimate, yet she became suspicious of his ability to be monogamous. Because of his wily ways, she heard herself calling him Mr. Fox. In the rural area where she lived, the same day she anointed him Mr. Fox, she had seven fox sightings.

And, then, in her new home, a mysterious fox adopted her. Whenever the fox made his/her presence known, Amelia contacted Mr. Fox. During the calls, he often reported that he was involved with something related to her relationship with him. Once, he told her that he was with a woman who was wearing a fox fur.

Like most people caught up in the wonders of repeated romantic coincidences, Amelia wanted to believe that this relationship was meant to be. It wasn't.

The turmoil drove her to write [Synchronicity: Unlock Your Divine Destiny](#). In American Indian lore, the fox, a relative of the coyote, is the trickster. She was tricked into believing something magical was going on between them. Through her book, she teaches her readers and herself about the synchronistic machinations of that wily creature who had entered her life.

Brad and Jen*

The two previous stories were told from the point of view of only one of the participants. I interviewed a couple who shared several coincidences and wondered about they meant.

Brad and Jen met through an online dating site. Each was widowed. Her last name was also the last name of three of his cousins. Jen's mother-in-law and Brad's cousin had the same name. Although they both lived in Atlanta, each had gone to high school in Norfolk, Virginia. Also, one of Brad's college fraternity brothers in college was a friend of Jen's husband when they lived in yet another city.

They were at the beginning of their relationship. What did all these coincidences mean?

The Warning

Lynn C posted a false-promise coincidence series on Facebook: "I know someone with whom I share so many coincidences all the way back to childhood. The way we met as adults was also full of coincidences and long shots. Yet I need this person out of my life now. I wish we never met. So I'm wondering why the heck he was put in my path."

Swept up in a series of intense synchronicities psychiatrist Stanislav Grof dramatically married and soon divorced. He concluded: "I learned not to trust unconditionally the seductive power of such experiences... It is essential to refrain from acting out while we are under their spell and not to make any important decisions until we have again both feet on the ground" (See [When the Impossible Happens](#)).

If you are caught up in a synchronistic romance, talk with your partner. Do you share similar feelings and interpretations of the coincidences? Consider saying this:

“The synchronicities make us feel that fate has brought us together and that our relationship was meant to be. We have the power and responsibility to make it true. Let’s be alert to the inevitable conflicts that two people coming together will face. The coincidences don’t make our differences go away. No matter what happens, we can help each other grow psychologically and spiritually.”

For many people, coincidences are “all good.” Were it so simple! Coincidences offer possibilities, not promises. Your choices make the differences.

Sometimes, optimal coincidence interpretation requires nimble cognitive searching. Look for the unapparent positive in what seems to be miserably miscalculated expectations. “Sadder but wiser” could deprive future romantic entanglements of synchronistic elation. Clear-sighted expectations, encouraged by romantic synchronicities, can create a solid foundation for whatever is the best course for the two of you.

Sahmat, whose story appears in a previous post, was greatly disappointed when his low probability coincidence series failed to yield romance. The disappointment made him reflect on his recent failures to make new interpersonal connections. He realized he should instead revive older connections, specifically with his friend Larry.

It turned out that Larry was working on a project that needed Sahmat’s help. “So on the surface, my experience with the woman turned out to be a ‘false promise synchronicity,’ but, because I sought deeper guidance, it turned out not to be a false promise at all, but rather a necessary step to the next connection I needed to make.”

The Message

Amelia’s failed synchronicity romance helped create a book. Sahmat reconnected with an old friend. And I have been driven to write this post because of false romantic expectations driven by incredible coincidences.

The paradox presented by coincidences is described by cognitive scientists Thomas Griffiths of Brown University and Joshua Tenenbaum of MIT in their 2007 paper, [“From Mere Coincidences to Meaningful Discoveries,”](#) published in the journal [Cognition](#): “Coincidences] seem to be involved in both our most grievous errors of reasoning, and our greatest causal discoveries.”

Griffiths and Tenenbaum were primarily looking at the role of coincidence in scientific discovery. But their discussion may also be applied to romantic love: “Coincidences,” they wrote, “are events that provide support for a hypothesis, but not enough support to convince us to accept that hypothesis.” Let’s say the hypothesis is that a relationship, or even a [marriage](#), will work out very well. A person should not wholeheartedly believe that hypothesis based on the coincidences alone.”

The other extreme would be to ignore all coincidences out of [fear](#) that they are misleading. But as these researchers point out, some of the greatest scientific discoveries have been made through coincidence and some of the greatest romantic discoveries, too.

* Names and places changed

About Bernard Beitman, MD: Bernard Beitman, M.D., a graduate of Yale Medical School, did his psychiatric residency at Stanford University. The former chair of psychiatry of the University of Missouri-Columbia Medical School for 17 years, he writes a blog for Psychology Today on coincidence and is the coauthor of the award-winning book Learning Psychotherapy. The founder of The Coincidence Project, he lives in Charlottesville, Virginia.

Bernard's website: <https://www.coincider.com/>

Bernard's Youtube channel:

<https://www.youtube.com/@Coinciders/videos>

Interview with Bernie



Link: <https://www.youtube.com/watch?v=zUnfwnFlP-Q>

MBO's By Tom T. Moore

This Blog is for people who wish to learn how to use a very simple, yet powerful and effective spiritual tool every day the rest of your life. It will lessen the stress and fear of life in general, and will make your life easier. It's so simple a lot of people say "It can't be this easy," but it is, because IT WORKS!

This reconnects you with your Guardian Angel, or higher power, or whatever your belief is. You simply say, "I request a Most Benevolent Outcome for... thank you!" When you read the stories below, sent from all over the world, we use the acronyms MBO for Most Benevolent Outcomes, GA for Guardian Angel, and BP for Benevolent Prayers (what you ask for other people).

Be sure to participate when I ask you to say a Benevolent Prayer out loud, but are you also saying the Daily BP each morning as I do? Theo says this is one of the most important things you could do for yourself not only for this life, but all the others you have lived or will live on earth, as they are all happening at the same time. Print it out and put it on your bathroom mirror to remind you. Here is the link:

<http://www.thegentlewaybook.com/signs.htm>. Here is an example of a BP for everyone to say today: "I ask any and all beings to intervene in the most benevolent way to stop any terrorist attacks before they happen anywhere in the world, to respect other religions, and for there to be peace in the world, thank you!"

Editor's note. I think this is very important with the earth going thru so much at this time.

Tom asks that we do this each day:

Please say this out loud each morning: "I now send white light and love to every continent, every island, all the rivers, lakes and streams, and all the oceans and seas, and I release this light to go where it is needed the most to light up the darkest parts of the world, and I send white light and love to every single person and being I meet or encounter today, thank you!"

MBO FOR LUNCH WITH LONG AGO FRIEND

Lee writes: Good day Tom! I had a friend call out of the blue after 35 years apart, due to a misunderstanding that got out of hand. We reconnected and

made plans to meet for lunch. I said an MBO for everything to go well and for our meeting to go far better than we could hope for or expect. Today was lunch day and you would think we last spoke yesterday! We caught up on our lives and she apologized for the events that tanked our friendship. We have plans to meet again and continue where we left off. Thank you for MBOs and all the good they bring into our lives.

MBOs FOR SOONER DELIVERY OF PACKAGES

Laura writes: I've successfully used MBOs to try to get packages to arrive sooner than promised.

One package was due to arrive June 9, but came on June 5. Another large item was originally promised to arrive on the 28th of the month but came on the 20th, which was much appreciated because it was something I had to assemble and I needed the extra time!

Very nice to have a GA herding packages through the delivery system!

MBOs FOR WEDDING AND RECEPTION

Last weekend we attended the wedding of one of our friend's daughter. This was to be a big wedding, and we were all asked to wear appropriate clothes, even in the sweltering heat. Both Dena and I requested MBOs for the drive to the Episcopal Church, easy parking, then the drive to White Rock Lake to the wedding reception at a large venue right on the lake. We also requested MBOs for our interactions with our friends, parking at the reception, and eventually the drive home, which was over 45 minutes on the freeway.

The bride and groom spared no expense—one videographer and two photographers, lots of high end appetizers, open bar, and lots of food, plus a string quartet, and later that evening dancing, which we did not stay for. Met some really interesting people, as both the bride and groom have excellent jobs, and people came from as far away as Hawaii. At our table was the father of the bride, two of our other friends, and the bride's boss and his lady. This was a really enjoyable evening, since we had not attended a wedding in probably 15 years. Everything went smoothly, thanks to lots of MBOs.

MBO FOR LOST MONEY IN SCAM

Renee writes: So excited to tell you about my MBO and EGT (expect great things) moments that happened in the last few weeks.

My MBO happened a couple of weeks ago, when I fell into a scam operation that costed me \$3500 out of my bank account. So I immediately said an MBO and went to the bank and closed the accounts. The fraud department said that it could take about 10 business days to find out the outcome of this devastating situation. It turns out that I was refunded the whole amount within 3 days. I was very surprised and grateful and learned a good lesson.

My EGT happened just a week later when I received a medical bill owing \$260 from 18 months ago. I called my insurance company and they said that I was not responsible and they contacted the ambulance service explaining the situation. It was only a few days later that I received a check from them of “over payment” in the amount of \$414, which I recall never making in the first place. And, of course, I never expected this great thing happening to me!

MBOs TO KEEP ANIMALS OFF THE ROAD

Leah writes: Today in my neighborhood group someone posted that they had hit a male juvenile bear on their way to work. He scampered off but their car was dented. The bear population has grown as a result of the lock down, and it is the time for the male yearlings to start foraging on their own. They are learning about how to live with people and cars. I decided to post the MBO that I say whenever I get into my car (I also say one about arriving safely to my destination on time and having a parking place).

“I request a Most Benevolent Outcome to keep the animals off the road when I pass by, and people too! Thank you.”

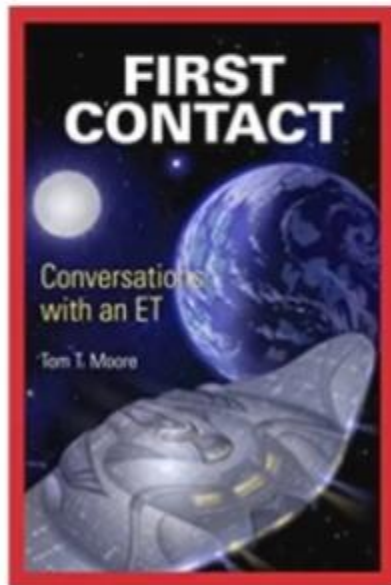
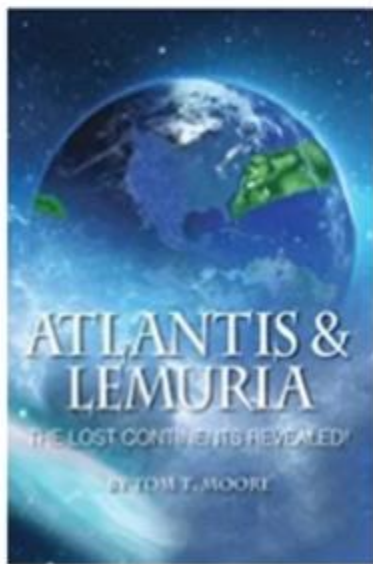
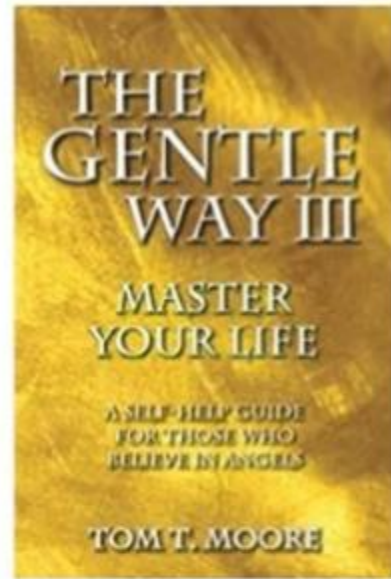
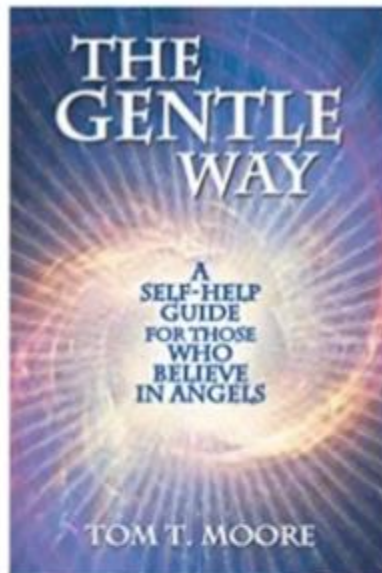
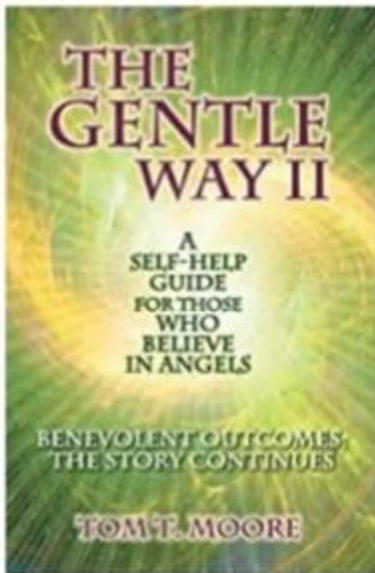
Tom, when we moved to the mountains from the city, I was disturbed by the numbers of animals I would hit with my car. We are at the end of a 7 mile forested very curvy road with no street lights that goes over the eastern continental divide. When I learned about the Gentle Way I was eager to apply it. It has easily been at least 10 years since I have hit any animals with my car. I watch them often as I drive by in my car, waiting for me to pass. I like living in harmony with nature and want to be respectful of the living beings around me.

Thank you for the gentle way.

About Tom T. Moore: He is an author and speaker. His books include THE GENTLE WAY series, plus FIRST CONTACT: Conversations with an ET and ATLANTIS & LEMURIA: The Lost Continents Revealed. He was voted "Best Self-Help Author" for the past three years by the readers of a health magazine. He is a telepath and answers questions sent to him from all over the world in his weekly newsletter, which can be subscribed to at www.thegentlewaybook.com. His series THE TELEPATHIC WORLD OF TOM T. MOORE is on YouTube. My new book, "ATLANTIS & LEMURIA—The Lost Continents Revealed!" has so much information that has NEVER BEEN PUBLISHED in any other book on the subject! Read the REAL history of two societies that existed for over 50,000 years each.

Tom's website - <http://www.thegentlewaybook.com/blog/>

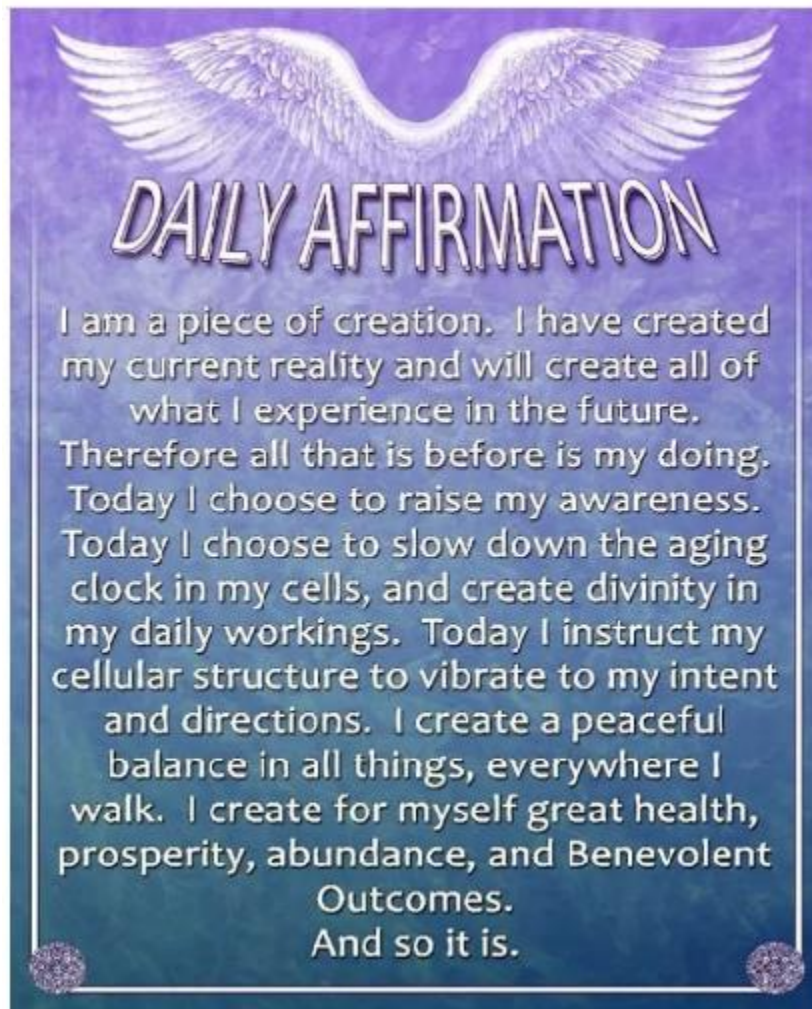
Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at: https://www.amazon.com/Tom-T-Moore/e/BooCR1C23I/ref=dp_byline_cont_book



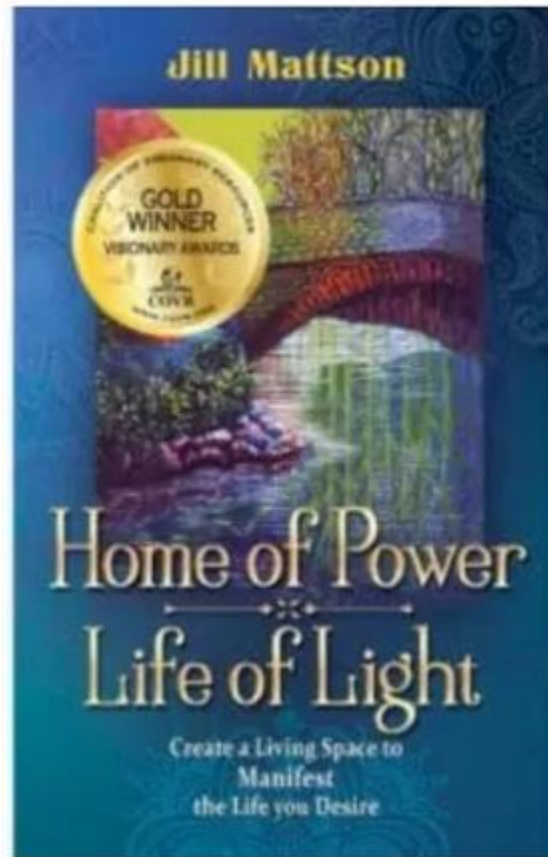
Link: <https://youtu.be/RJHpBt4sTv8>



<https://www.thegentlewaybook.com/PDF/1.pdf>

Find other signs on Tom's website

Musical Numbers By Jill Mattson



This is the first of a three part series of how numbers underneath music changed throughout the ages. In ancient times, numbers were NOT thought of as tools for adding and subtracting, but possessing energy that affected consciousness. For example, the "one" energy would be that of a loner or a leader, while the "two" energy represented the energy of a partnership of a couple. In this way as the numbers underneath music changed mankind got the opportunity to master and experience difference energies or states of consciousness!

The Sounds of Civilizations!

"Sounds can control civilizations!" wrote ancient officials. An outrageous idea at first glance, but many ancient dynasties lasted thousands of years, while we grow tired of our president in merely four years.

I planned to uncover why many rulers believed this. I hunkered down into the study of antiquity... for twenty some years, carefully recording musical and mystic secrets. Esoteric societies guarded their vibratory data, believing that whoever knew the secrets - could control people! They refused to document all of their secrets. Each esoteric school divulged a

few teasers, but I studied so many schools, I accumulated a wealth of diverse vibratory knowledge.

The musical system of the ancient Lumerians (early pre homo-sapiens on a land mass in the area of the Pacific ocean) listened to a descending musical scale, in which the smallest distance between adjacent tones was equivalent to nine of our notes! Most notes were out of our hearing range. Perhaps they listened clairaudiently. This music was believed to energetically connect the listener with the Divine. Later, the Atlanteans enjoyed a descending musical scale with the notes closer together, neighboring notes represented seven of our musical notes. The Atlantean music connected man to his own Divine Spirit.

The ancient Indian and Persian epochs boasted of a musical system built on the interval of six of our notes. Persian cosmetology, mingled with writings about Zoroaster, suggested that music escorted man towards the next lower hierarchy of spirit, the "Planetary Logos," providing a spiritual experience. The interval of a sixth approximates Phi, a fascinating number in sacred geometry. Intervals of a sixth when raised up octaves into light equate to complementary colors. The Rife technology uses a pitch approximately a sixth away from that of a pathogen to cancel it out.

Historical documents shed light on music of ancient Egypt and China. Music was believed to be a powerful controlling influence on the population. Rulers regulated and policed the music people heard.

In ancient Chinese music each note was five of our notes apart. Musical sounds floated like the sounds of wind chimes, with no beginnings or endings. Tones still descended and were said to augment the imagination.

In ancient Chinese rulers believed that each musical note was a connection to the Divine. The rulers orchestrated concerts with 10,000 players, making plentiful and powerful connections to the Divine. In a current example, the Latvian country of Estonia sponsors a weeklong songfest every five years. These historic concerts boasted of half a million singers... a good showing for a country of only one million people. Many credit the historic courage of this tiny nation in their struggles for independence - to the energy created by this vitalizing, musical experience.

As the stars in the skies journeyed across the horizon, changing astrological energy influenced people. Their music changed throughout the

year to provide support for personal and emotional challenges caused by the vibrations of planets. Instruments made out of the various elements were exclusively played at certain times, further engineering the balancing effect of the music.

Next message we will trace the unfolding of the “musical number” underneath the music.

About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners’ lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000’s I built a studio in my home to record my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

The field of Sound Healing is a rapidly growing discipline that is attracting great interest. As indicated above, many of the techniques that are employed stem from ancient traditions. There is also cutting edge research underway, which is expanding the understanding and promise of this field. My personal specialty in Sound Healing utilizes the intricate combination and interplay of numerous musical effects along with specific frequencies. It is the magical and complex interaction of special healing sounds with the human body and mind that give the impressive results that can be achieved with Sound Healing.

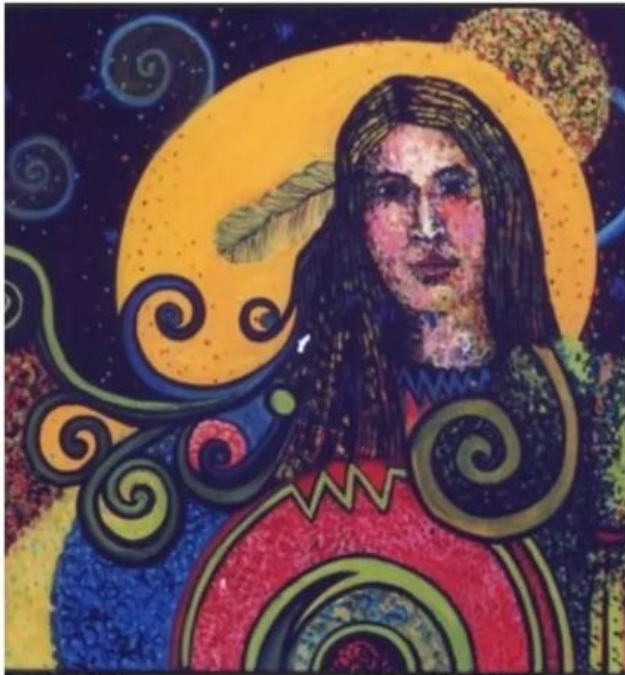
Jill's website: <https://www.jillswingsoflight.com/>

Interview with Jill



Link: <https://youtu.be/29jPxbXjI2s>

Jill's Art



Find her art on her website: www.jillswingsoflight.com

Jill's Video



Link: <https://www.youtube.com/watch?v=bBEog6rdZRg>

Take Control of Both Your Career and Personal Life

By Teresa Greenhill



As a busy professional, it's not uncommon to feel like you're constantly juggling work and your personal life. You may find that your job demands a lot from you, leaving little time for yourself and loved ones. While it's important to strive towards success in your career, neglecting your personal life can lead to burnout and an overall lack of fulfillment. The good news is that there are steps you can take to achieve a healthy work-life balance. In this article, [ROC Metaphysical](#) will explore tips for living a fulfilling life while maintaining a successful career.

Set Boundaries for Yourself

When it comes to achieving a healthy work-life balance, setting boundaries is essential. It's important to establish clear lines between work and your personal life. Set specific times for work and non-work activities and stick to them as much as possible. For instance, consider [turning off your work email notifications](#) after a certain time each day. By creating boundaries, you're also providing yourself with time to recharge and relax after a long day.

Prioritize Self-Care

Physical and mental wellness is key to living a fulfilling life. Make sure to take care of yourself by prioritizing self-care. This can mean a variety of things, such as engaging in regular exercise, getting enough sleep each night, and practicing meditation or deep breathing exercises. Additionally, take some time to indulge in activities you enjoy, such as reading a book, [taking a bubble bath](#), or spending time with loved ones.

Set Realistic Career Goals

While it's important to strive for success in your career, it's equally important to set realistic goals that won't lead to burnout. Take the time to assess your workload and set achievable goals that align with your strengths and overall career goals. [Don't be afraid to delegate tasks](#) when possible and take breaks throughout the day to prevent burnout.

Consider Returning to School

Going to school online for an accounting degree is a great option for those looking to sharpen their business skills while maintaining a flexible schedule. With the ability to study and complete coursework on your own time, online learning allows students to balance their education with personal and professional responsibilities. You'll learn about accounting principles and practices, which can be applied to a variety of industries and career paths. If you're someone who wants to advance your career in business or finance, [take a look](#) at pursuing an online degree.

Incorporate Mindfulness Into Your Day

[Incorporating mindfulness practices](#) into your daily routine can help reduce stress and increase focus. Whether it's meditation, deep breathing exercises, or simply taking a moment to be present, mindfulness can help you stay centered and calm throughout the day.

Reduce Clutter in Your Workspace

Clutter at home and in the office can lead to feelings of stress and overwhelm. Take some [time to declutter your workspace](#) and home to create a more calming environment. Not only will this reduce stress, but it will also increase productivity and focus.

Additionally, try to make your workspace as positive as possible by eliminating self-criticism, negativity, and complaining. When you [surround yourself with optimistic energy](#), it's easier to stay on track and do your best work. You also reduce the stress that comes with playing the blame game!

Implement Time Management Strategies

Managing time wisely is crucial for anyone striving to maintain a well-balanced and healthy lifestyle. The fast-paced environment of modern work demands us to be more efficient and productive. Luckily, various time management strategies [can aid in this endeavor](#).

Prioritization, scheduling, and delegating tasks are just a few examples of proven techniques that can help keep organization levels high and stress levels low. By adopting these strategies, individuals can make the most of their time without having to sacrifice their well-being.

As a busy professional, it's easy to get caught up in the demands of work and neglect your personal life. However, finding a healthy work-life balance is essential to living a fulfilling life. By setting boundaries, prioritizing self-care, setting realistic work goals, going back to school, practicing mindfulness, reducing clutter in your office, and implementing time management strategies, you can achieve both career success and personal fulfillment. Remember, it's all about finding what works best for you and making intentional choices that support both your personal and professional growth.

About Teresa Greenhill: Teresa Greenhill is the co-creator of MentalHealthforSeniors.com, which is dedicated to providing seniors with information on physical and mental fitness. Being a senior herself, Teresa, with some help from her granddaughter, manages the website as a way to keep her busy and help other seniors be active and happy in their golden years.

Tarot Tendencies for July By Doreen Scanlan



July is full of opportunities to take advantage of resources that are at your disposal. It might take a little bit of effort on your part to match up your needs with what is available but that effort can pay off.

You also may find that the effort you put in creates a momentum that brings new inspiration. If there is an aspect of your life that is not adding to it anymore it is time to close the book on it.

Try not to stress the next phase even if it is unknown. If you want someone to understand you, understand them. If you want someone to help you, help someone else. Focus your attention on the momentum you want to build and the Law of Attraction will bring you more of it. The same is true

though if you are focused on the problem not the solution.

It is time to work towards being care free and faith based. This 4th of July focus on creating your own emotional freedom from the binds that have held you back.

About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very eclectic spiritual background that I draw upon to guide and inspire.

Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you are interested in a personal, more in depth reading please email me at doreenscanlan at yahoo.com and we can schedule one.

Interview with Doreen



Link: <https://youtu.be/ILT-oPvKbcw>

Breathing for Stress Relief By Wendy Smith



Box Breathing

Similar to pranayama breath control, box breathing is a technique that helps you take control of your automatic breathing patterns to train your breath for optimal health and performance,” says Mark Divine, former US Navy SEALs Commander, NYT bestselling author and founder of SEALFIT. It combines the practice of optimal breathing with para-sympathetic activation, concentration and mindfulness training. All you need to do is picture a box with equal sides, where the inhale, the holding of the breath, and exhale are all four counts (four seconds approx.). When you find yourself in a stressful situation where you want a quick fix, click on this link and enter the flow of rhythmic breathing.

About Wendy Smith: I offer Qigong, Tai Chi, mindfulness training, stress management and personal training programs for individuals, groups, corporate and educational settings and customer service. I teach staff and teachers a variety of mindfulness strategies to cope with high stress work environments.

Together, these offerings equal a total wellness program covering Mind (Stress Reduction/meditation), Body (Mindfulness Personal training) and Spirit (Qigong/Tai Chi).

Wendy's Website: <https://agelessqigong.com/>

Wendy's Video



Link: https://www.youtube.com/watch?v=FJJazKtH_9I

Education or Wisdom By Barry & Joyce Vissell



Do you ever feel inferior to others because they have more education? Or do you ever feel superior to someone who has very little education?

In my family, including my brother, his wife and four children, and my family of Barry and three children, there are three PhD's, three college degree nurses, one master's degree, and the rest have college educations. My father had an engineering degree from a very good college and my mother was proud to have graduated from high school, the first one of her poor immigrant family with eight siblings. With all of the education in our family it was my mother that we all went to for wisdom and understanding.

Wisdom does not come from education, it comes from living a life with gratitude and being open to learning from each experience, whether hard or good, and allowing it to teach you. My mother allowed life to teach her, and there were many difficult aspects to her life. Her mother died when she was six years old, leaving behind a new born baby to be raised by the older siblings. Her father died when she was just sixteen. She had twin boys that died one week after birth. She had to support our whole family with her little church secretary job when my father got a recurrence of his childhood polio. There of course were many amazing positive aspects to her life as well. But in the good times and in the challenging times, she learned from it all and trusted God. So when the rest of the family had challenges, we all turned to my mother for her wisdom. It did not matter that she only had a high school education. She had allowed life to teach her, and drew upon this well of wisdom.

My parents moved from Buffalo, New York to live right next door to us when my mother was 75 and my father was 82. My mother lived here until her death at the age of 90 and my father until he was 89. It was wonderful having them live so close. Barry and I carried on our counseling practice in a small room close to where they lived. My mother would sit in her living room each week and watch a young man come to see Barry for counseling. My mother noted that he seemed so sad. One day as he was walking by her apartment, she called out to him, “I just made brownies. After seeing Barry, you could come up and have one.” Well, he did and then each time he came he went up to my mother’s apartment for fresh brownies and coffee. He would spend one hour with Barry and then one hour with my mother. One day, he came to see Barry and announced that he felt he did not need further counseling as he was doing so much better in his life. Then very shyly he asked, “Is it alright if I continue to come and see your mother-in-law? She is giving me so much right now, just what I am needing.” And so he continued to come and see my mother each week for perhaps two more months. We teased my mother that she was going to run Barry out of business.

Ten years ago, a couple came to me for counseling. The man had two PhD’s from Harvard and Stanford and the woman was a highly accomplished medical doctor with fellowships from Stanford in three different areas. They were the most educated people I had ever met. I started to feel inferior. What could I say to help them? I have a master’s degree, but it seemed like nothing compared to all of their education. Then I reminded myself that the wisdom I had learned from my life experience, as well as my decades of counseling experience, were what they needed from me. Once I realized that and stopped feeling inferior, the session went very well and I realized that I had a lot to give them that their education had not.

When our older daughter, Rami, graduated from her PhD program, we took my mother to see the graduation. At the close, when we were congratulating Rami, my mother asked if she could put on her black robe and the scarf of the PhD graduate. She explained to us that she had never worn a graduation gown as her high school was too poor to afford something like that. We helped her on with the robe and took her photo. She looked so proud. Then she said, “When I die, I want this photo used at my memorial. And I want you to tell people that I have graduated from life and have moved onto my higher education in heaven.” And so we did just that, and surely my mother had learned enough in this life to grant her a PhD in wisdom.

When the Hospice nurse came to help me dress my mother after she had died, she spent a long time studying the wrinkles on her face. Then she said to me, “I have been a hospice nurse for a very long time and I study the wrinkles on each person’s face. Your mother lived a good life and she did not have resentments or regrets. She learned from each experience whether it was challenging or easy. She died with much wisdom. “Then she pointed out to me the wisdom lines on her face.

May we all learn from life and die free of regrets and resentments, truly grateful for it all, and may the lines on our faces reflect a life well lived.

(For more about the wonderful lessons our family learned from the last weeks with my mother, please read A Mother’s Final Gift.)

About Joyce & Barry: Joyce & Barry Vissell, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at SharedHeart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

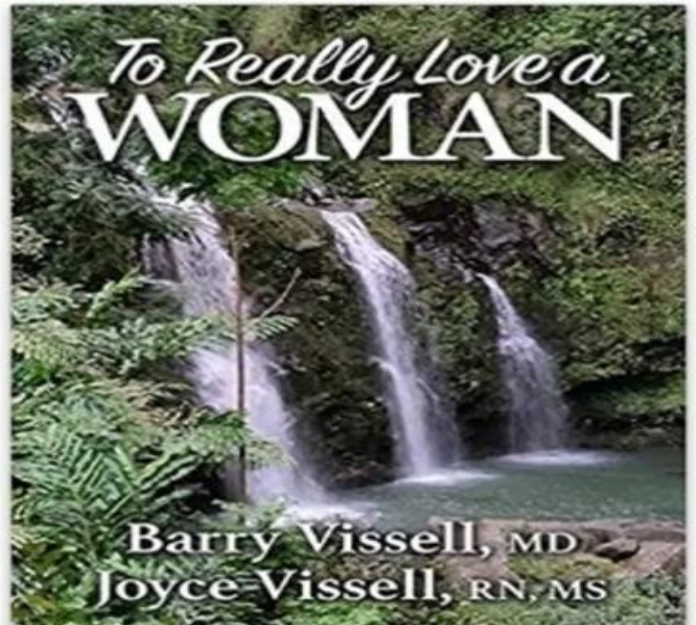
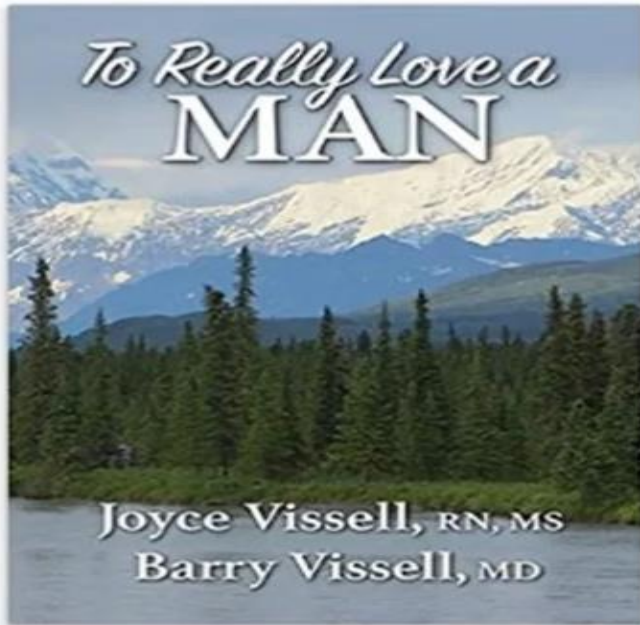
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



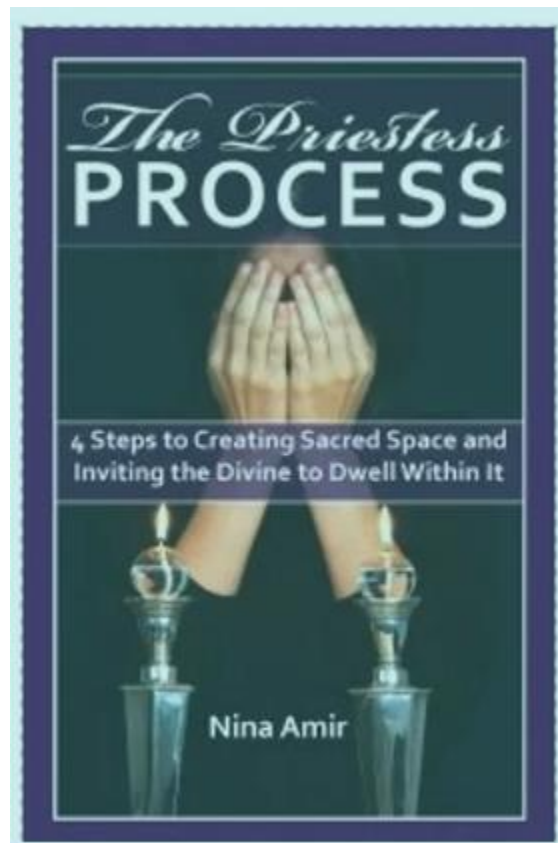
Link: <https://www.youtube.com/watch?v=cCdTXvsCThs>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref_=dbs_p_ebk_roo_abau_000000

Why Do We Have to Practice Being Spiritual? By Nina Amir



Much like athletic practice, spiritual practice allows you to strengthen the muscles necessary for feeling unity with a Higher Power. Learn how to incorporate small and short spiritual practices -- or larger and longer ones -- into your life, so your day becomes a constant spiritual practice and your life a continuous spiritual experience.

Have you ever wondered why we those of us on a spiritual path are told to have a "practice"? Imagine if we all joined a spiritual team and got together every day for practice. What would we do? Would we run prayer sprints? Would we stretch our beliefs? Would we scrimmage different religions? Truth be told, Guest Posting practice is just as important to becoming a spiritual person as it is to becoming a great soccer player, swimmer or baseball player.

A spiritual practice is much like an athletic practice except the focus lies on becoming more spiritual – more open to spiritual experiences, to connecting with our Higher Self or God, to tapping into the flow of Divine Energy – rather than on becoming a better athlete. Just as the physical

athlete must stretch and strengthen his muscles, spiritual athletes must stretch and strengthen their ability to quiet their minds, open to their spiritual nature, sense the part of themselves that is connected to the Divine, and experience a unity with All That Is. While some people have a spiritual or mystical experience without trying, the vast majority of people must exert effort daily to get just a little bit closer to feeling even a vague sense of something that might be called "spiritual."

What Does Spiritual Practice Look Like?

So, just like our friends who are in search of the ultimate peak physical experience, we spiritual seekers are forced to practice, practice, practice so we might actually have a peak spiritual experience. What does that practice really look like? For some, it involves daily prayer sessions. For others, it means meditating every day. For others, it might mean doing good deeds for others. And for yet others, it means performing God's commandments, walking in nature, having a conversation with the Divine, journaling, using Tarot cards or a pendulum, or gazing at the ocean. No matter what practice they choose, it almost always involves doing whatever it is they do at least once a day.

Why Is The Repetition So Important?

Why does spiritual practice have to happen so often? The answer comes down to habit formation. When our spiritual practice becomes a habit, we can relax and allow it to be part of who we are and what we do. It becomes part of our life. In addition, when we can do what we do without thinking – because it is a habit – we allow in something other than our thoughts about what we are doing. What we are doing takes no thought. And when we don't have to think about what we are doing, we open our minds to focus upon something else. We open our experience to something else. We stop doing and start being. And since our being stems from the Divine Being, we begin moving closer to unity with the Divine. We move closer to having a spiritual experience.

Additionally, when we form a habit – an action that requires little or no thought to accomplish – we can then take what might seem empty, rote action and instill it with meaning. We can think about why we are doing that action – what symbolism it has or what significance it holds for us personally – and the empty action becomes full of meaning or meaningful. If we also infuse that action with faith and belief, we fill that action with spirit, and it becomes spirit-full.

What To Do When Practice Feels Like A Struggle

I've struggled with having a spiritual practice. Often I'm too tired to get up early enough or to stay up late enough to spend time meditating and praying. Or I simply don't have the time for journaling, going inward, or going to a religious service.

For those of us too busy for a lengthy spiritual practice, I recommend small spiritual practices. Try 10 minute of prayer or meditation in the morning. Or light a candle and burn some incense when you get up and offer a prayer of gratitude. Just before you begin your work day, light a candle on your desk, quiet your mind, and ask that your work be karma yoga – holy work. Or set your wrist watch to sound an alarm once an hour; when it rings, stop for even 30 seconds and clear your mind and allow yourself to be in the moment – since God is in the moment.

Make these, or other short simple actions, your spiritual practices. You'll find your day and your life significantly enriched, and the experience will motivate you to find time for longer spiritual practices. Or you, if you like these short practice periods, you can add in more of them: a five minute meditation during your lunch break, a 10 minute journaling time before bed or a blessing before and after meals. In this way, your day will become one spiritual practice after another.

Making Your Whole Day a Spiritual Practice

The ultimate goal of a spiritual practice revolves around having your whole day (week, month, year, life) feel like a spiritual practice or, at least, like an extension of your spiritual practice. I believe that is the idea behind the enormous number of mitzvot, or commandments, Jews are asked to remember and to act upon each day. If you try to observe even five or 10 of them each day, you find that your actions are tied into a spiritual practice on an almost constant basis. You praise God for your body working correctly when you awake. You offer gratitude for a multitude of events each morning. You bless the food you eat, acknowledging that it comes from a Higher Source. You raise your hands after washing them and ask that they be used in God's service. As you go to sleep at night, you ask that your transgressions and those of others be forgiven. Mitzvot are actually connectors; each time one commandment is performed, it connects the person to a Higher Source. The action reminds them of God.

If you can't find time every day for spiritual practice, commit to having a practice every week. For Jews – and even for non-Jews – I recommend taking on the Friday night Sabbath candle lighting as a spiritual practice. Along with this, try giving yourself a sanctuary in time – 24 hours that are sacred, a real Sabbath. You can then build on this by developing a daily

hour of spiritual practice when you do something you feel represents a spiritual practice.

To a great extent, spiritual practice involves remembering God on a minute-by-minute basis. When we remember our Divine Source we allow ourselves to be aware of that Source. And when we are aware of Divinity, we can experience it. Without a spiritual practice, we go through each day or each week without awareness of God, and the lack of awareness makes it almost impossible for us to experience anything other than our own physical reality let alone our own spirit or the Spirit of the Universe.

About Nina Amir: Nina Amir, an acclaimed journalist, motivational speaker and Kabbalistic conscious creation coach, currently is writing *Setting a Place for God, A Woman's Guide to Creating Sacred Space and Inviting the Divine to Dwell Within It*. She also is the author of a booklet, called *Abracadabra! The Kabbalah of Conscious Creation*.

Nina's website: <http://www.purespiritcreations.com>

Nina's Video



Link: <https://www.youtube.com/watch?v=SseNotuN9hU>

How to Practice Soul Searching (7 Paths) **By Aletheia Luna & Mateo Sol**



It's because we feel separate from oneness that we begin to search, the search for completion, the search to come home.

It's easy to soul search in the modern secularized sense of the term. All we need to do is introspect a little and ask ourselves some pointed questions. Traveling is often touted as a great way to soul search for young, bright-eyed seekers.

– Jeff Foster

But soul searching, in the spiritual sense of the term, goes much deeper than just hopping on a plane to Bali. Nevertheless, to my knowledge, it is the most worthy and important pursuit in existence.

What could be more vital than connecting with your innate, fundamental, spiritual Essence?

If you're seeking to answer questions to mundane issues (like what job do I suit, should I get married, etc.) then perhaps the below recommendations won't satisfy you.

On the other hand, if you're looking to dive deep, learn how to find yourself and how to be true to yourself, and open a door to your True Nature, keep reading:

1. Make friends with solitude

Solitude will be your greatest ally when it comes to soul searching. Be a lone wolf. How else can you listen to the whispers of your soul in a chaotic, noisy world? The answer is that it's extremely difficult unless you have undergone years of rigorous meditation training (which, mind you, most people haven't).

So make regular time and space to spend with yourself away from others – no technology interruptions either (digital people are still people). Think about dedicating ten minutes to half an hour (or more) each day to an activity of your choice. You might choose something passive, such as meditation, or active, such as taking a stroll through the woods. Honor your level of energy and go with it. This is a simple but powerful way of learning how to find yourself.

2. Explore the nature of your ego

If your soul is your true individuated essence, your ego is your false self: it's the mask you present to the world.

Your ego is much like a cloud. It appears to have form, but it changes and morphs constantly.

Question: have you ever noticed that you put on different roles with different people? Yep. That's your ego in action – it's not solid, and essentially, it's a misrepresentation of who you really are.

Unfortunately, our ego genuinely believes it is who we really are. Because it's so convinced that it's real, it will reject any attempt to dismantle it because it perceives that as a death threat. And so, growth of any kind is extremely difficult because the ego is always trying to protect itself.

As we can see, exploring the nature of your ego (and learning to gently see through it) is a crucial step in your soul searching journey. In fact, it's the single biggest block to tasting and embodying who you really are.

To explore the nature of the ego we need a combination of inner work and soul work. Inner work deals with the dissolving the blockages in our psyches, while soul work is the practice of surrendering to the Divine.

Some ways to explore your ego that combine inner work and soul work include:

Journaling – writing down your thoughts, self-beliefs, habits, likes, dislikes, and so on

Self-inquiry – asking constantly “who am I?” and seeing what changes, fades, or dies (these are your ego elements); paradoxically, we discover who we are by seeing who we are not.

Meditation – learning how to witness your thoughts and the stories constructed by the mind

These three simple practices can have a tremendous impact on your ability to see clearly and experience the truth of who you really are.

3. Reconnect with your child self

As author and psychotherapist, Dr. Neal Marshall Goldsmith writes: The soul ... is this part of us that is the earliest, deepest, and the most authentic part of us.

Your inner child carries the original qualities of your soul that you were born with. And thankfully, it's not that difficult to reconnect with your inner child.

I've written a lot about inner child work on this website in the past, but to summarize, here are a few ways to tap into your childhood self:

Write a letter to your inner child

Do an inner child visualization (there are many for free on youtube)

Look at pictures of your inner child

Do something your inner child loved to do when you were little

Approach these activities gently. Make observations about your younger self: did s/he smile more? Was she more in touch with emotions? Did she seem more curious and creative?

Reflect on the you now and the you then. What qualities from your inner child can you integrate more into your life?

4. Reflect, introspect, and visualize

Soul searching is an inwards adventure. Therefore, the practices and steps you take toward finding your inner Center will often require reflection and introspection. Visualization enhances these two qualities and helps you to retrieve knowledge and guidance through the power of imagination.

Poet and philosopher, Mark Nepo, shares a beautiful visualization in his book The Book of Awakening:

Close your eyes and breathe your way beneath your troubles, the way a diver slips to that depth of stillness that is always waiting beneath the churning of the waves.

Now, consider two things you love doing, such as running, drawing, singing, bird-watching, gardening, or reading.

Meditate on what it is in each of these that makes you feel alive.

Hold what they have in common before you, and breathing slowly, feel the spot of grace these dear things mirror within you.

This example of reflection, introspection, and visualization is perfect for soul searching as it gets you in touch with your basic aliveness: the essence of your soul.

You can listen to or create any visualization that appeals to you, just make sure it's soul-centered.

**5. Connect with nature and the wildness within you
Nature is tremendously healing and revivifying to the human soul.**

We often think of ourselves as separate from nature. We're human and "above" nature, after all, right? Wrong. We're an inseparable part of nature. Our blood, bones, hair, skin, and entrails are all stuff of the earth: animalistic, carnal, corporeal.

Despite centuries of domestication, the human soul still retains its innate, fundamentally wild nature. We are not wild in the sense of 'uncontrollable' or 'feral,' but wild in the sense that the Center of our being can't fully be tamed: it is essentially free. We are, at our core, all free spirits. We see this in moments of heroism, in the primal screams of childbirth, in the grunts of lovemaking, and the belly-deep laughs of mirth.

To get in touch with our basic wildness, our inner wolf, is to unite with a fundamental quality of the soul – and that can easily be rediscovered in the domain of nature.

It's not difficult or taxing to reconnect with nature. All it requires is just a couple of minutes a day outside, mindfully observing the trees, the animals, the clouds, and the sun rays beaming through the clouds. If you're lucky enough to live close to a natural reserve, you might like to practice the Japanese art of Forest Bathing or take a blanket and have a picnic.

If you're in the city, there's still the opportunity to connect with nature. Go to the local park, listen to sounds of nature on your phone, buy a potted

plant. When your heart is open, there are endless ways for nature to creep, dig, weave, and sprout its way into your life.

6. Ask some soul searching questions

Questions are simple and direct ways of finding your personal truth. And living truthfully is living authentically: it is respecting the nature of your own soul.

Some questions you might like to ask during your soul searching journey might include the following:

Who am I?

What do I want in life?

What is the meaning of life?

What is my true purpose?

What is authentic within me?

What is inauthentic within me?

What does happiness mean to me?

What would truly fulfill me?

Where is my ego an obstacle?

What is a soul quality of mine?

What legacy do I want to leave?

These are only a few examples of soul searching questions, so feel free to create and ask your own. Also, you might like to turn these questions into journaling prompts to regularly reflect on and answer. Learn more about how to journal.

7. Find your soul space and place

Sound confusing? I'll explain.

A soul place is a physical location that deeply calls to you: it speaks to your soul. You might feel a sense of nostalgic longing for this place, a sense of deep resonance, and almost mystical significance.

Soul places can be mundane areas (such as your backyard), untouched areas (such as a place in the wilderness), or holy sites (such as Stonehenge, Uluru, Notre Dame Cathedral, etc.).

You will feel a sense of expansion in these places, deep peace, and like you have finally 'found home.' What has happened is that you've found an external representation of the inner heaven within you. That's why soul places touch us so deeply.

Your soul space (as opposed to a soul place), on the other hand, is an inner experience of your True Nature. We often inhabit our soul spaces in moments of prayer, contemplation, altered states of consciousness, and deep meditation.

As Mark Nepo writes,

Each person is born with an unencumbered spot—free of expectation and regret, free of ambition and embarrassment, free of fear and worry—an umbilical spot of grace where we were each first touched by God. It is this spot of grace that issues peace. Psychologists call this spot the Psyche, theologians call it the Soul, Jung calls it the Seat of the Unconscious, Hindu masters call it Atman, Buddhists call it Dharma, Rilke calls it Inwardness, Sufis call it Qalb, and Jesus calls it the Center of our Love. To know this spot of Inwardness is to know who we are, not by surface markers of identity, not by where we work or what we wear or how we like to be addressed, but by feeling our place in relation to the Infinite and by inhabiting it.

To inhabit this soul space, we need to break through the barriers of the ego through various methods of inner work – that is the doing side of things. The other side is being: we need a practice that helps us to cultivate inner stillness and silence (found through the practice of soul work). And the best method I know of for experiencing this state is meditation.

Therefore, I recommend practicing meditation (or dwelling in your soul place) as you discover your soul space in this world – one enhances the other in an electric sort of way. A few deep meditations you can experiment with include using a mantra such as “I Am,” using the self-inquiry method of “Who am I?” or practicing open awareness where you allow all sounds, sensations, and thoughts to rise and fall like waves in the ocean.

**I am the drop that contains the sea.
How beautiful to be an ocean
hidden within an infinite drop.
– Yunus Emre**

To soul search is to be fully human, to embark on the greatest journey that life offers us: the spiritual quest.

I hope this article and guidance I’ve offered inspires you to dive deeper and reunite with the Essence of your deeper Self.

In conclusion, I'll leave you with a beautiful soul searching quote by poet and novelist Herman Hesse:

All births mean separation from the All, the confinement within limitation, the separation from God, the pangs of being born ever anew. The return into the All, the dissolution of painful individuation, the reunion with God means the expansion of the soul until it is able once more to embrace the All.

About Aletheia Luna and Mateo Sol: Our names are Aletheia Luna and Mateo Sol after uniting on 11.11.11, we created lonerwolf in March 2012 and have been nurturing it ever since.

In an uncanny twist of destiny, we met each other, and run this website, from the most isolated city in the world on any continent, anywhere on earth – Perth, Western Australia.

We're spiritual educators and guides who blend a mixture of psychological and spiritual insight throughout our writings and offerings.

We believe in the value of teaching a down-to-earth approach to spirituality.

Our work has been described as refreshingly pragmatic, illuminating, and life-changing. To date, we have written about life, death, and everything in-between.

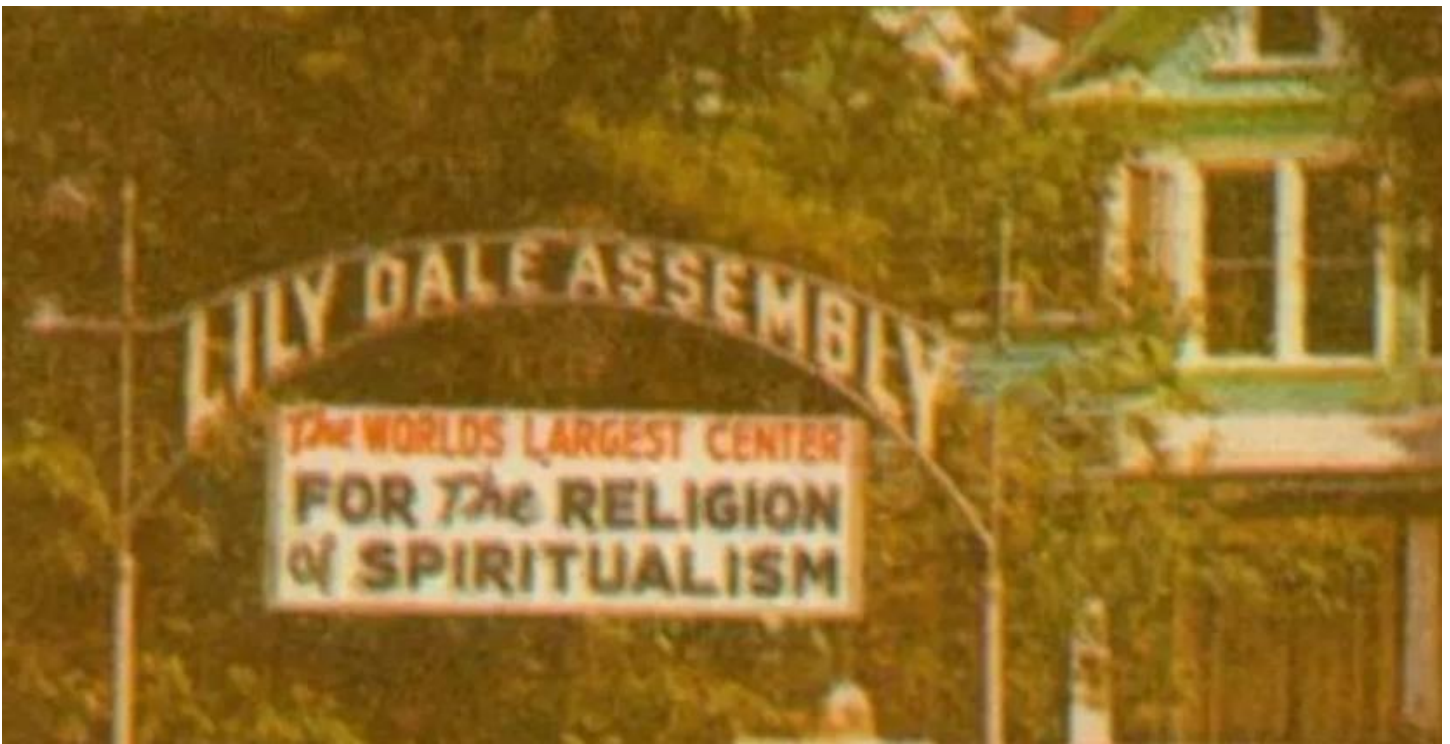
We have close to 30 years of combined intensive experience on the awakening journey

Aletheia Luna and Mateo Sol's website: <https://lonerwolf.com/>

Lonerwolf's Video



Link: <https://www.youtube.com/watch?v=iJJ4XvVyVD4>



Lily Dale - A Spiritual Community in WNY

Lily Dale is a hamlet, connected with the Spiritualist movement, located in the Town of Pomfret on the east side of Cassadaga Lake, next to the Village of Cassadaga. Located in southwestern New York State, it is one hour southwest of Buffalo, halfway to the Pennsylvania border.

Lily Dale's year-round population is estimated to be 275. Each year approximately 22,000 visitors come for classes, workshops, public church services and mediumship demonstrations, lectures, and private appointments with mediums. In recent years, guest lecturers have included Lisa Williams, Dee Wallace, members of Ghost Hunters, Tibetan monks, James Van Praagh, Dr. Wayne Dyer, and Deepak Chopra.

Lily Dale was incorporated in 1879 as Cassadaga Lake Free Association, a camp and meeting place for Spiritualists and Freethinkers. The name was changed to The City of Light in 1903 and finally to Lily Dale Assembly in 1906. The purpose of Lily Dale was to further the science, philosophy, and religion of Spiritualism.

For more info about Lily Dale and the events they're offering go to:
<https://www.lilydaleassembly.org/events-catalog>

ROC Metaphysical YouTube Channel



The magazine has started doing interviews with our contributing writers, advertisers, authors and more. This is just another option to help you be "Enlightened and Informed."

Go to: <https://www.youtube.com/channel/UCUckLvvdvS3djiMGuUR-muQ>

The Year We Set Ourselves Free – January 2023
By Emmanuel Dagher



Happy New Year, my Friend!

2023 will offer us the opportunity to set ourselves free from the misaligned reality that is not in harmony with who we are fully becoming.

This is the year we remember that we do not need to be freed, saved, or fixed by anyone or anything.

This is the year we remember that we are actually the freer and liberator, and that the only thing we are here to free and liberate is our mind, from the illusion that it needs to believe every thought it has about itself and the world.

What if the thoughts your mind chooses to identify with are just thoughts, and have nothing to do with who you really are?

What if who you are at your core is someone who is already free, and much greater than any thought their mind chooses to identify with?

Your Core Self, which is your Spirit Self, has been and always will be free.

The mind may not be comfortable with embracing the vastness that comes with knowing you are already free, because the mind has been conditioned to thrive within the self-protective parameters of control and safety.

The key to setting the mind free is to gently show it how to find comfort and safety through the daily acknowledgment of your Core Self / Spirit

Self. Creating space for your Core / Spirit Self to become more present for the mind, will allow the mind to build trust in you.

When we find ways to affirm for the mind that it is not losing anything by embracing and working harmoniously together with our Core Self, but rather showing it how valuable this can be, we free it to embrace its true role.

As we enter the New Year, let's reflect on whether or not we are allowing ourselves to be free in all ways.

Are we allowing ourselves to shine brightly? Are we speaking our truth fully?

Are we embracing and sharing all of our gifts, talents, and presence with the world, the way we truly desire?

Are we taking time to love, pamper, and nurture ourselves and others often?

Are we setting aside time each day to allow our mind to be fully acknowledge our Core Self / Spirit, the way our Spirit already loves and acknowledges our mind?

Are we expressing heartfelt gratitude for our blessings?

If you answered yes to these questions, then you are most likely already experiencing a great freedom in your life.

If for any reason you are still struggling with connecting to the vibration and experience of freedom, know that it's just feedback, to remind you that your mind desires to receive Love, acknowledgement, and support from you.

The Divine Feminine Heals

The resistance we are still seeing play out in the world right now is a residual from the collective mind of humanity. That collective mind still makes survival a bigger priority than being in the vibration of Love, and remembering our Divine nature.

This is due to humanity having long ago unconsciously agreed to build a system based on separation, lack, hierarchy, and control.

Humanity created that form of life to learn what inner growth we might gain by living in a survival-based society.

For thousands of years, this system served as humanity's default setting, giving us lots of important feedback as to what we as whole, sovereign beings do and do not desire to create more of.

Now this survival system is reaching its expiration date, and cannot continue the way it has much longer. That's why we are seeing such chaos everywhere.

Because this old structure has been the world's default system for so long, as the collective ego-mind senses great change, it's doing all it can to hold onto the survival-based methods it depends upon.

Remember, the ego-mind thinks it's doing the right thing by holding tight to what it's always believed it needs to stay safe and protected.

Many are now increasingly realizing that living in survival mode all of the time is harder than ever.

Yet most are still unsure as to how to make the leap from the old coping habits of control, lack, and fear, to ways of being that reflect an empowered state of awareness, where freedom reigns supreme, with respect for all life through fairness, peace, compassion, and Love.

As we move into 2023 and beyond, one of the most important roles of the Divine Feminine is to help humanity move beyond the miscreations of the unconscious Masculine, which long ago forgot its Divine nature.

For eons of time in third dimensional reality, humanity was influenced primarily by the aspect of the Masculine that had separated from its Divine source.

What has remained, is the aspect of the Masculine energy that represents the illusions of control and survival.

It's quite clear that this aspect of the Masculine that long ago forgot its Divinity is trying hard now, exerting a big push to keep its controlling grip on humanity.

This can easily be seen in many branches and sects of religious organizations, governments, and corporations that rely heavily on fear to promote their agenda.

It's through the Divine Feminine that this unconscious Divine aspect of Masculine energy will heal and return to its patterns of pure perfection.

It's through the Divine Feminine that the Divine Masculine will return to our Earth life experience.

The Divine Feminine represents Divine Love.

The Divine Masculine represents Divine Action.

Together, they are invincible, and create Universes that support all unconditionally.

Divine Love is the most powerful energy in all of existence. It's where everything comes from. It's the sacred heart and womb from which everything is birthed.

Divine Love knows no judgment. It only knows wholeness and completion.

Divine Love expressed, is compassion.

For eons of time, humanity was led to believe (through fear- and control-based teachings) that the Source/God of all existence was a man—a temperamental male figure who lived up in the sky somewhere, and passed judgment on everything.

This type of conditioning has perfectly fueled the fear-and-survival patterns that led humanity to give its power away to a select few.

But now, something tremendous is happening.

The fear bubble of humanity is popping, and the collective mind (though scrambling a bit) is now able to receive the nourishing Love of the Divine Feminine.

This is allowing the part of Masculine energy that has ignored its Divinity to finally heal, and to remember its Divinity once again, within all of humanity.

For the many who have been steeped in fear-and-survival patterns, there is a learning curve taking place, as they adjust to a new way of being that is in line with their I AM presence/Spirit self—their Divine Feminine and Divine Masculine aspects.

As some are finding it challenging to transcend their old fear-and-survival patterns, it's important for us to give them the space to integrate and to heal.

When fear no longer has a hold over the consciousness of humanity, we become free.

We can contribute to the healing of the Masculine, so that we can set ourselves free from its old paradigms.

We can do this by choosing to be a compassionate presence for ourselves and for humanity as a whole, as we all adjust to the changes that are shifting us out of the old, fear-based patterns.

Compassion is the ability to observe someone's resistance to change, without judging that stance, or trying to fix or save it.

From this space of compassion, we can embody and express unconditional Love for ourselves and humanity.

When we and humanity receive deep and nourishing Love through compassion, we see that the collective mind and our own minds are much less likely to resist the healing and transformation happening now.

Through compassion, we can support the Divine Feminine as She heals the aspect of Masculine energy that once chose to forsake the beautiful Divinity it is a part of.

A Strengthened Intuition

One of the many gifts the Divine Feminine offers us is the gift of intuition. In 2023 and beyond, our connection to our intuition will strengthen.

Our intuition works closely with the right hemisphere of the brain and the high heart, offering us insights that bypass the confines of left-brain logic and reasoning.

Our intuition is our natural inner Knowing. It transcends mental intellect, and connects us to the wisdom of the heart. It is the voice of our Spirit.

Our intuition speaks to us constantly, whether the mind chooses to be aware of it or not. It is always guiding us in the direction of our highest path, and nudging us toward greater expansion, so we can live the greatest version of our life in this fast-changing reality.

During 2023 and beyond, we will be given many opportunities to strengthen our intuitive gifts. We will also feel a stronger pull to feed ourselves spiritually.

All that is asked of us, is that we be mindful about staying present. This will allow us to be open and available to the insights and intuitive nudges that will help us gently move into the next phase of our personal and collective journey.

By having a strong connection to our intuition, we empower every aspect of our lives.

The more we listen to and honor our intuitive gifts, the more aligned we are to creating a life of fulfillment, joy, Love, peace, prosperity, freedom, and well-being.

2023 Astro Roundup

As we enter 2023, here's a brief overview of what to expect in the year ahead:

January

The year begins with a bang as Mars, the planet of action and energy, enters Aries, the sign of the warrior. This can bring a surge of ambition and a desire to take on new challenges. However, be mindful of any urge to act impulsively or take unnecessary risks. A gentle and steady pace will take you a long way.

February

Venus, the planet of Love and relationships, enters Pisces, the sign of romance and imagination. This can be a dreamy, romantic time, but it's important to stay grounded in reality and not get swept away by fantasy. This is an excellent time to also strengthen our ability to show up for and love ourselves.

March

Mercury, the planet of communication and travel, enters Aries, bringing a sharp, direct approach to communication. This can be a great time to assert yourself and get your ideas and desired intentions across. In those

moments however, offering grace and kindness will go a long way. It's important to be mindful and aware here, so that we not control or force our way forward in a confrontational way.

April

The Sun enters Taurus, the sign of stability and security. This is a time to focus on practical matters and building a strong foundation for the future. It's also a good time to appreciate the simple things in life, and to enjoy a more relaxed pace.

May

Jupiter, the planet of growth and expansion, enters Gemini, the sign of communication and flexibility. This can bring new opportunities for learning and connecting with others. However, be careful not to spread yourself too thin or take on more than you can handle.

June

Saturn, the planet of structure and responsibility, enters Aquarius, the sign of innovation and progress. This is a time to focus on building long-term plans and creating a vision for the future. It's also a good time to be open to new ideas and new ways of doing things.

July

Uranus, the planet of change and rebellion, goes retrograde in Taurus, the sign of stability and security. This can bring unexpected disruptions to your routines and shake up your sense of security. It's a good time to be adaptable and open to change.

August

The Sun enters Leo, the sign of creativity and self-expression. This is a time to embrace your individuality and let your unique talents shine. It's also a good time to take a break and have some fun.

September

Pluto, the planet of transformation and power, goes retrograde in Capricorn, the sign of ambition and achievement. This can bring intense focus and determination, but also a tendency towards obsession and control. It's important to stay balanced and not get too caught up in achieving your goals.

October

Venus enters Scorpio, the sign of passion and intensity. This can bring intense feelings, and a deep desire for connection. However, it's important

to be honest and upfront with your feelings, and to not let jealous possessiveness get in the way.

November

Neptune, the planet of illusion and spirituality, goes retrograde in Pisces, the sign of romance and imagination. This can bring a heightened sense of spirituality, and a desire to connect with something bigger than ourselves. It's also a good time to be mindful of illusion, and to not get too caught up in fantasy.

December

The year ends with the Sun entering Capricorn, the sign of ambition and achievement. This is a time to focus on your goals and work towards success. It's also a good time to be practical and disciplined in your efforts.

A Heartfelt 2023 Intention:

“From this moment on, I fully embrace, receive, and notice the freedom within and all around me. I intentionally choose to be open and in the natural flow of life, so that I continue to expand into greater joy, Love, peace, freedom, financial wealth, support, creativity, balance, stability, fun, play, fulfillment, trust, connection, Divine Remembrance, and pristine health, with ease and grace. This or something greater, and so it is!”

**Till next time,
Miraculously yours,
Emmanuel**

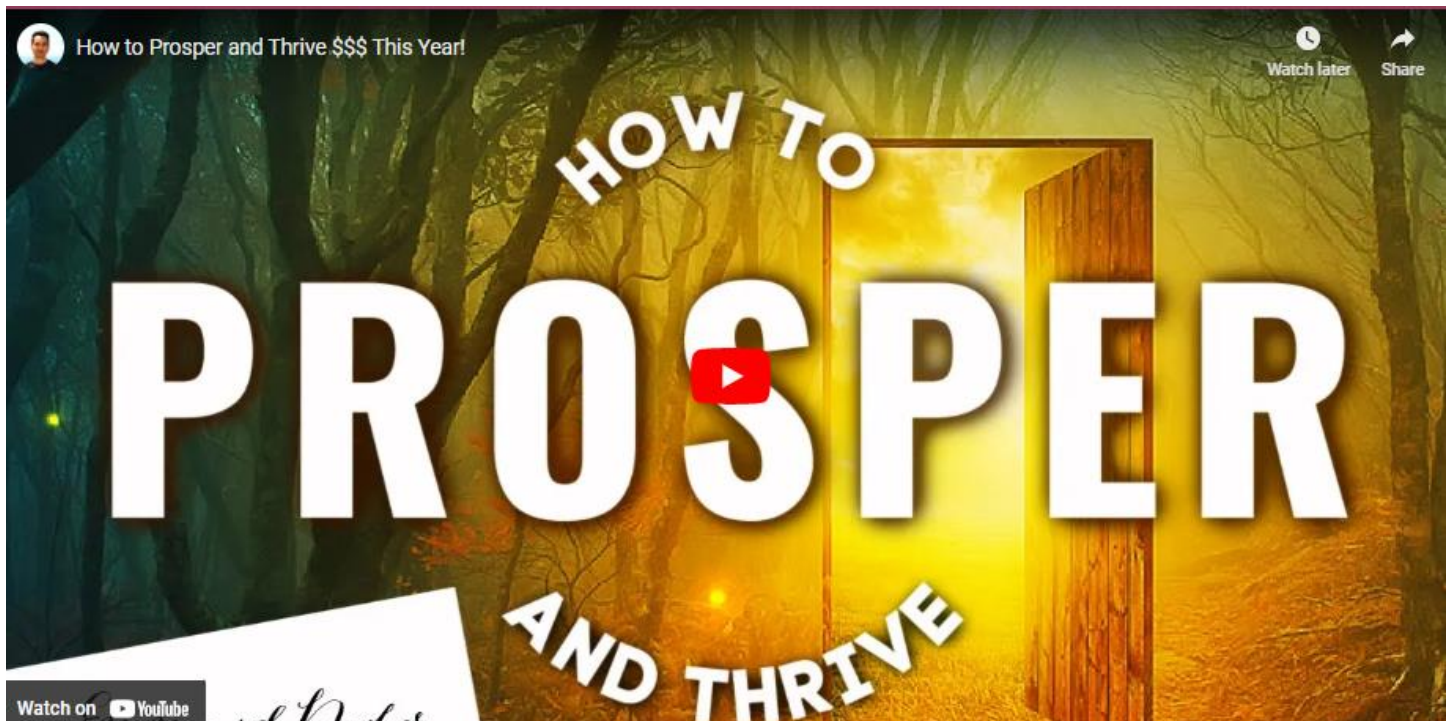
About Emmanuel Dagher: Emmanuel Dagher has had the honor of positively shifting the lives of thousands of people around the world through his work as an Intuitive, Personal Development Coach, and Advanced Holistic Healer. Emmanuel's exceptional skills have become highly sought after by people of all walks of life, including Fortune 500 companies and leading experts in the field of personal development. Emmanuel is recognized globally as "the healer's healer" for his ability to help even the most advanced healers positively transform what they might not have been able to do themselves. Emmanuel has the ability to instantly pin point and release deeply rooted emotional blocks that commonly prevent people from living their highest potential. The idea is that when the emotional blocks are resolved, the body moves back in to a state of homeostasis where it can easily heal itself.

Emmanuel's deep desire to help others live the life of their dreams started at a very early age, and was magnified when he was diagnosed with a 30 degree curvature of the spine (Scoliosis) at the age of 11 which doctors felt could only be repaired through surgery and a metal rod, leaving Emmanuel with having to live in pain for the rest of his life. Knowing that there had to be another way, Emmanuel decided to dedicate his life to learning many different natural therapies and combined them with his intuitive gifts to facilitate powerful and lasting transformations in other people's lives. Sure enough, Emmanuel was able to correct his spine naturally, and has used his experience as a catalyst to go on and help thousands of people positively transform their lives in areas of physical, emotional, spiritual, and financial well-being.

Emmanuel's website: <https://emmanueldagher.com/>

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Emmanuel's Video



Link: <https://www.youtube.com/watch?v=ZiLwEpf6ZU>

Purposeful Poppets For A New Moon Lammas By Rev. Vanessa Hanks



**** Note from Rev. Vanessa, the article was written in 2019. This year's Lammas will be on a full moon. This means if you want to create a poppet for this holiday, you would start the process on the new moon prior to Lammas for this year and then draw down the powerful, abundant Lammas full moon to empower your poppet and manifest your intentions.**

I have been all about moons and poppets this summer! I decided to combine my two summer interests into the Lammas holiday – the first of three pagan harvest holidays. Lammas celebrates Gaia's harvest of grain. Since this year's Lammas (often celebrated on August 1st) is close to the full moon on July 31st, I have made a Purposeful Poppet to manifest my intentions over the time period from the Lammas new moon through the winter months.

The idea just popped into my head in early July. And I am a firm believer that for magic and manifesting to be effective, our techniques must be inspired and inspire us! Then our passion fuels the strong and focused intentions we set.

So here is my poppet! Isn't she pretty.

I chose a simple goddess pattern. I was able to cut fabric, hand sow, add beads, and stuff my poppet in about two hours. So this was not a daunting project. I plan to add more to her before Lammas, including braided wheat to connect her hands.

On the Lammas new moon, I will activate her with my intentions and “feed” my dolly up until the August 15th full moon. Feeding will include holding my goddess poppet and continuing to send my intentions into her, as well as other typical spirit feeding practices such as lighting a candle for her and offering sacred smoke.

On the full moon, I will then add an extra punch of power to manifest my poppet’s purpose by not only drawing down the moon into me, but into my dolly. My intentions for my poppet are abundance to reflect the harvest season. I will seek to manifest an abundance of love, harmony, joy, inspiration and strong healthy bonds to follow my family into the dark half of the year. That the harvest of the sun continues to shine on us as the sun’s strength wanes and we enter the dark night of the soul.

If you do not have time to make the type of poppet above, making a simple corn husk or grain dolly is very traditional. You can find corn husks at most supermarkets and wheat stalks at some local farms and farm stands. When all else fails, you can buy a corn or grain dolly online.

If you chose to sow a poppet, it does not need to be elaborate. You do not need to add a lot of outward decorations but instead can stuff the poppet over the waxing moon with various items to “feed” it – and therefore your intentions. One day add some cotton, another day an herb, the next a small crystal, so forth. Keep your poppet for all long as you feel called and trust that it is alive with your intentions. When you feel your poppet has accomplished its purpose or it is simply time to part ways, always burn the poppet to set free the energy and spirit of the doll as the Japanese do. Thank your poppet for its assistance in manifesting positive energy into your life.

Happy Lammas! Blessed Be.

About Vanessa Hanks: Hello! Here is a little bit about me. I am a down-to-earth spirit medium, psychopomp, folk witch, pagan and shamanic practitioner, and energy healer, who believes that each of us is here to contribute to our world in beautiful and unique ways. I see the magic and spirit in all things and believe that of us is an incredible, intuitive and

magical being. I hope to share this perspective with you through my store and services.

Like many intuitives, I come from a spirited family line. On my mother's side, my great-grandmother Matilda read Lenormand and gypsy cards. I feel very blessed to have inherited her original set of Lenormand oracle cards from 1905. They are one of my most prized ancestral possessions. My maternal grandmother Francis saw spirits her entire life – and my father, was born an astral traveler who grew up with out-of-body experiences and shadow figures from the time he was very young. He often tells the story of waking up one night floating on the ceiling and watching his parents come into his room to check on him! All of these intuitive gifts manifested in me from a very young age. I grew up seeing spirits, and as I got older, these experiences became more intense until I decided to discover why the spirit world was calling me. I started my journey in mediumship but over time fell in love with shamanic practice and folk healing and magic. All of these experiences have blended into how I do my spiritual and healing work.

Vanessa's website: <https://vanessahanks.com/>

Interview with Vanessa



Link: [https://www.youtube.com/watch?v= HDuWExBGwg](https://www.youtube.com/watch?v=HDuWExBGwg)

What Can Sound Healing Do For You?



We would like you to have a sound break and listen to the video. Sound healing offers a lot of positive health options.

Some benefits of Sound Therapy are:

Changes our old patterns of behavior, habits and way of thinking that no longer serve us and are harmful to our health.

Soothes, purify and harmonize your emotions and feelings. Helps to recover after illness, traumas and invasive medical treatments. Increases vital energy flow, creativity, intuition and motivation.

Makes positive changes to our whole being.

Removes blockages and toxins.

Self-regeneration.

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

Connecting with your higher self. Helps to cope with life's challenges.

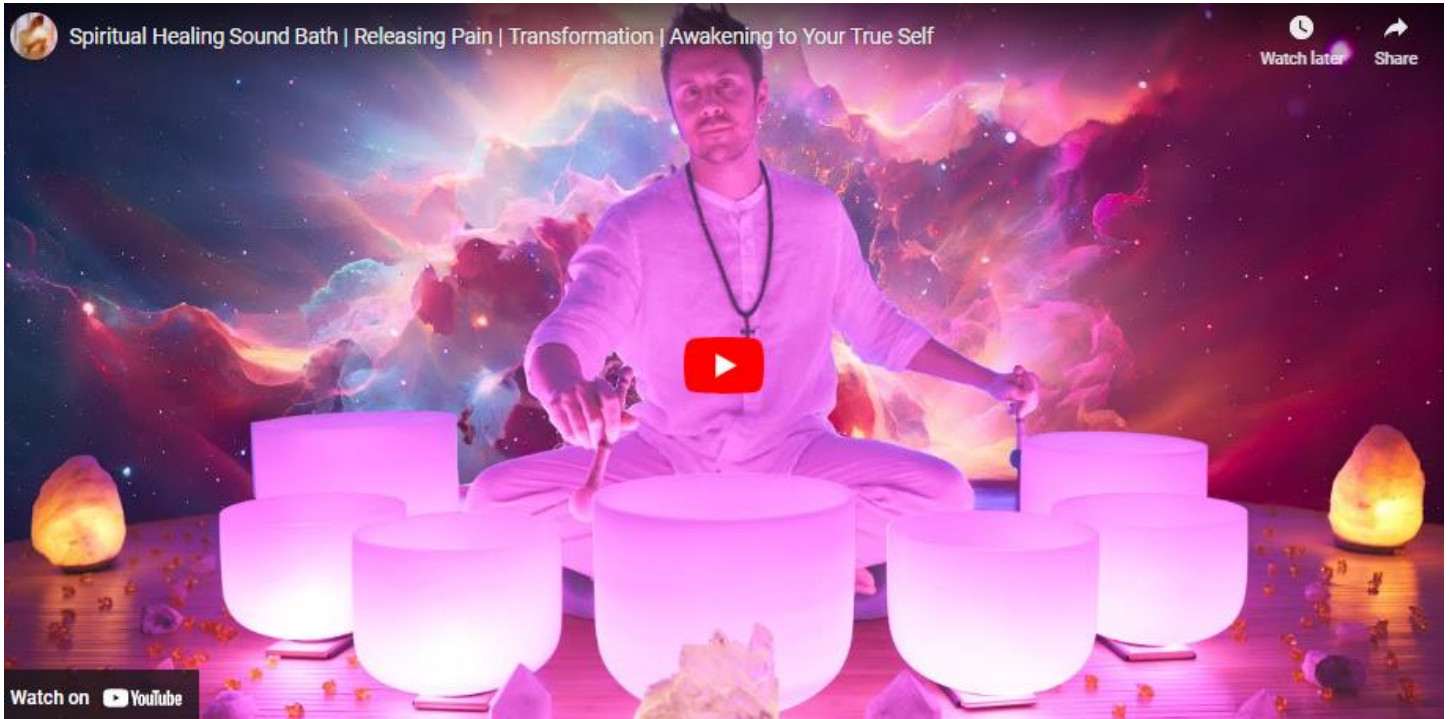
Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

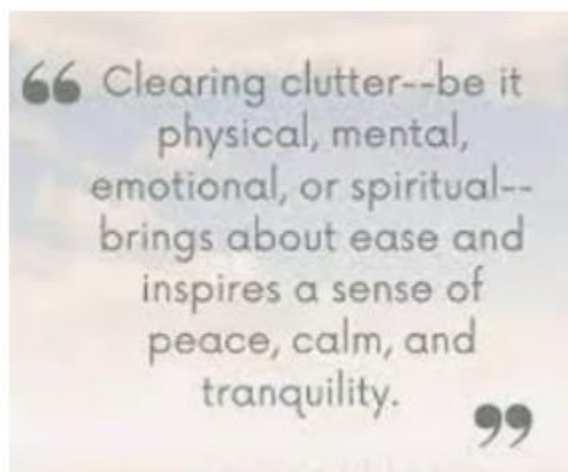
Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=FDuDgCZyGUg>

Sage Wisdom By Sage Walker



Recently I have recognized clutter in a lot of ways. It seems to be something we become use to or subconsciously think we need and can be large or small amounts of clutter. I decided to look at the clutter differently. As I have become aware of it I looked at it and tune in to how my body feels which is almost suffocating and my body curled inward.

I started looking for clutter and set up several ways to remove it. One bin is for donations, one for a person who just left their abusive boyfriend and is looking for an apartment. Another is donating my work clothes I no longer need, to a place helping women find employment. A friend also helped me with releasing bulk email which was sending me into overwhelm because I did not have time to look at them.

Doing this is helping me release even more as it is helping others which is motivating. I also looked at what I would gain from releasing clutter. Doing this I felt myself and open breathing deeper and felt a greater need to continue. I have committed to doing this in daily and throughout my day asking if I need various items.

One day as I starting to do this I went into my bedroom and a bin had fallen off a shelf it has been on for a year. It spilled everything onto the floor. It amazed me because I could not see how it could fall as it had set way back on the shelf. I realized it was a message to look in places where things had been packed away and forgotten about.

Releasing clutter gives us freedom and clears our body, mind and Spirit. This allow more joy to come into our life.

About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.

Sage's website: <https://www.theangeliclink.com>

About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.

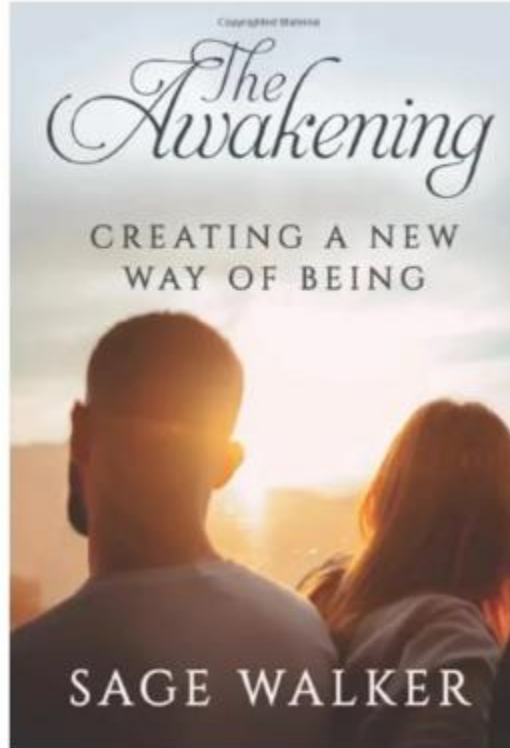
Sage's website: <https://www.theangeliclink.com>

Interview with Sage



Link: <https://youtu.be/v9AzKAJx7Lg>

Sage's Book



Here's Sage's new book with lots of new channeled messages. You can find the book on Amazon. https://www.amazon.com/Awakening-Creating-New-Way-being/dp/1641842385/ref=sr_1_1?crid=6V705QUD1F6Z&keywords=sage+walker+the+awakening&qid=1580588937&srefix=sage+walker%2Caps%2C163&sr=8-1



Touch

**Hands with knotted palms,
where fingers begin to pull
inward like my father's
and my brother's did,
reach out, wishing to ease
my dear friends' pain.**

**As I dry tears from the weary
faces of my fellow humankind,
I understand dread,
that uninvited guest,
unwashed,
dressed in tatty clothing,
knocking on our hidden doors,
pressing to be taken in.**

**Sorrow rouses the pulses
of creation's life-force
to flow from heart through hands—
my way to love the world.**

~Carolyn Chilton Casas

Time Left to Give

**A woman sits at a bonfire
on a quiet beach waiting for me—
she who has made me all that I am.
Maybe I should have given more,
I say to her. Does the opportunity
continue into the next world?**

**She opens her arms, holds me
like her long-lost child.
Taking my hand, she leads me
to the water's edge,
and we swim in sure strokes
to an island not far from shore.**

**There she tells me I am not yet done.
I will have many more years to give.**

**Share your whole heart—
with the plants, animals, and people,
no matter what happens.
She urges me to let life sift
gently through my fingers.
To be in love with the world,
and when the time comes, release it.**

**Once more in my earthly body,
I continue to feel her embrace,
her soft hand, the lulling of waves,
knowing one day I will be her.**

~Carolyn Chilton Casas

About Carolyn: Carolyn Chilton Casas is a Reiki master and teacher whose favorite themes to write about are nature, mindfulness, and ways to heal. Her articles and poems have appeared in Braided Way, Energy, Grateful Living, Odyssey, Reiki News Magazine, and in other publications. You can

read more of Carolyn's work on Facebook, on Instagram @mindfulpoet_, or in her first collection of poems titled Our Shared Breath.

Interview with Carolyn



Link: <https://www.youtube.com/watch?v=7s5LCnNtfF4&t=28s>

Mother Earth Has Ascended Into A New Solar Reality By Patricia Cota-Robles



Due to the shifts of energy, vibration and Consciousness that Mother Earth and all Life evolving upon her experienced, during the powerful Eclipse Series we were recently Blessed with, the Heavens are Rejoicing.

That Eclipse Series began with a New Moon Solar Eclipse on April 21st the day before Earth Day. Joining in that Global effort were the Solar Logos from Suns beyond Suns. As billions of Lightworkers around the World focused on Healing the atrocities that Humanity has inflicted on the Elemental Kingdom and the Body of Mother Earth, the Solar Logos bathed the Earth with unparalleled Solar Flares, CMEs and Coronal Mass Ejections. This monumental influx of NEW Solar Light Codes built in momentum throughout the entire Eclipse Series.

On May 1st, Saint Germain and Mother Mary began their month-long Activity of Light involving the Violet Flame of Cosmic Forgiveness and Humanity's Initiations in Mother Mary's Temple of the Immaculate Heart in the Inner Planes. This Divine Intervention prepared the masses of Humanity at a cellular level for the events that would take place on the Wesak Full Moon Eclipse on May 5th.

On that sacred day, through the unified efforts of Heaven and Earth, Mother Earth reached a Critical Mass of Comprehensive Divine Love. That event Created an unstoppable shift that allowed the Mighty Elohim to Inbreathe Mother Earth and all Life evolving upon her a quantum leap up the Bridge to Freedom, which is the mighty Shaft of Light that connects Heaven and Earth. This Cosmic Inbreath Breathed Mother Earth into the initial frequencies of her brand NEW SOLAR REALITY. The Company of Heaven has revealed that the success of this phase of Mother Earth's Ascension process changed the course of history for this blessed Planet.

Our Father-Mother God have acknowledged that the magnitude of just what this means for each of us and our Ascension process is truly beyond the comprehension of our finite minds at this moment. However, we are being assured that this lack of comprehension is a temporary situation that is being remedied, moment by moment, as our I AM Presence translates the Solar Light Codes we are now receiving into our Conscious minds.

I know that from outer appearances this seems impossible, but our Father-Mother God and the Company of Heaven have confirmed that it is true. In order to help Humanity comprehend that Truth the Beings of Light are reminding us, as they have many times, that the unawakened souls who are committed to wreaking havoc on Earth and are desperately trying to block Earth's Ascension process, involve a miniscule fraction of the 8,000,000,000 Sons and Daughters of God embodied on Earth who are adding their Love and Light to the World in myriad ways every single day.

A few days after Mother Earth Ascended into the initial impulse of her NEW Solar Reality, Astronomers reported spotting the largest Cosmic explosion ever witnessed. It is ten times brighter than any known exploding star or supernova. This is just the beginning of the Celestial events we will now be able to perceive from Mother Earth's new, more rarified, position in the Cosmos.

On June 4th, we will experience the third Full Moon Festival of Spring which takes place each year during the Full Moon in the Sun Cycle of Gemini. This Global celebration is known as the Goodwill Festival of Humanity. During this Full Moon, the Path of Divine Love that was greatly amplified by Jesus during the Full Moon in the Sun Cycle of Aries and the Enlightenment of Gautama Buddha that was greatly amplified during the Full Moon in the Sun Cycle of Taurus will join together as One buoyant, joyous influx of Light. This Gift from On High will be received and acknowledged around the World through the Goodwill of Awakening Humanity and it will continue blessing all Life on Earth until the amplification of Light on the June 21st, Solstice.

Dear One, please ask your I AM Presence to help you comprehend the full magnitude of the following information through the Flame of God's Illumined Truth in your Heart.

Our Father-Mother God and the Company of Heaven want us to KNOW that the elevated shifts that have taken place within the Prana and Life Force of Humanity's newly balanced Masculine and Feminine Holy Breath

is what allowed the miracle of Mother Earth's Ascension into her new Solar Reality to be God Victoriously accomplished. Now, it is this frequency of Prana and Life Force within Humanity's Holy Breath that will hold and sustain the Presence of Mother Earth and all her Life in the vibrational frequency of her NEW SOLAR Reality.

Remember, our Holy Breath is our direct connection to the Source of All That Is, Our Father-Mother God, the Cosmic I AM. For this reason, our Beloved God Parents are now Breathing a higher level of DIVINE INTELLIGENCE through the Prana and Life Force in every Holy Breath we take. The Divine Intent of this assistance is to help each and every one of us stretch our Consciousness into higher and higher levels of Divine Perception and Comprehension, so that we will fully understand on a Conscious level the Guidance we are being intuitively given now that will help us to sustain Mother Earth in her New Solar Reality.

Today, we have been given a powerful Visualization that will assist us in comprehending what is occurring now through our Holy Breath in this New Solar Reality. Initially this Visualization may seem complicated, but with a little practice you will become familiar with it step by step. Once you are familiar with what is occurring with every INBRATH and OUTBREATH you can just Breathe normally and ask your I AM Presence to take over the multidimensional control of this Breathing process.

As you focus on this Visualization KNOW this is both a wondrous opportunity and a tremendous responsibility that we are being Trusted with by our Father-Mother God. This Gift from On High is stated in the 1st person so that each of us will KNOW that every word is referring to us personally and collectively. And we begin.

I AM the Holy Breath of God Sustaining Mother Earth's NEW Solar Reality.

I AM my I AM Presence and I AM One with my Father-Mother God. My 5th-Dimensional Crystalline Solar Light Bodies are pulsating within the scintillating Flame of the Immaculate Concept that is blazing in the Crystalline Lotus Blossom in the newly Ascended Heart of Mother Earth.

My I AM Presence is also One with the I AM Presence of every man, woman and child on Earth. Collectively, Humanity's I AM Presences now merged into One Luminous I AM Presence which is cradling Mother Earth and my 5th-Dimensional Crystalline Solar Light Bodies within the Divinity of Its Unified Heart Flame.

My individual I AM Presence now expands and expands into a Luminous Being of Light that is cradling the collective I AM Presence of ALL Humanity, Mother Earth and my 5th-Dimensional Crystalline Solar Light Bodies within Its Immortal Victorious Threefold Heart Flame.

Now, the Heart Flame in my 5th-Dimensional Crystalline Solar Light Bodies pulsating in the Heart of Mother Earth, and the Unified Heart Flame of all Humanity in our collective I AM Presence, and the greatly expanded Heart Flame in MY Luminous I AM Presence are all three merging into One Glorious Immortal Victorious Threefold Flame. Now, with every Holy Breath I take this Trinity of God's Infinite Light is bathing Mother Earth and sustaining her in the vibrational frequencies of her NEW Solar Reality.

Breath by Breath, I AM Consciously aware that Humanity, the Elemental Kingdom and Mother Earth are now Breathing in unison with me as I affirm:

I AM INBREATHING through my newly merged Immortal Victorious Threefold Heart Flame the highest frequencies of God's Divinely Intelligent Prana and Life Force that I AM capable of assimilating. This Holy Breath Ascends into my spiritual brain centers and my physical brain structure Restoring, Renewing and Resurrecting every facet of my brain to its full Divine Potential.

My Holy INBREATH now Ascends through the fully open Crown Chakras in my 5th-Dimensional Crystalline Solar Light Bodies, in Humanity's Collective I AM Presence and in MY expanded Luminous I AM Presence, into the very Heart of my Father-Mother God. Instantaneously, my Holy INBREATH absorbs all of the Infinite Light in the Heart of my God Parents.

Now, on my OUTBREATH this Infinite Light descends back through the Crown Chakras of my Luminous I AM Presence, Humanity's Collective I AM Presence and my 5th-Dimensional Crystalline Solar Light Bodies, into my newly merged Threefold Heart Flame. As I continue my OUTBREATH, the Infinite Light I absorbed within the Heart of God now flows through my Heart Chakra into Mother Earth's Crystal Grid System of Comprehensive Divine Love Blessing every facet of Life belonging to or serving Mother Earth.

I AM now Consciously aware that with every INBREATH and OUTBREATH my Father-Mother God's Infinite Light and Comprehensive Divine Love are

now Creating the foundation for the tangible manifestation of the patterns of perfection for Mother Earth's NEW SOLAR REALITY.

As I continue this Living Breathing Activity of Light day by day, with every Breath I take, my I AM Presence will take control and perpetually Consecrate my thoughts, feelings, words and actions with Loving Gratitude for my Gift of Life and the selfless service my Father-Mother God and the Legions of Light serving the evolutions of Earth are rendering to Humanity, the Elemental Kingdom and Mother Earth.

And so it is Beloved I AM That I AM.

**God Bless You,
Patricia Cota-Robles**

About Patricia: Patricia is co-founder and president of the nonprofit, educational organization New Age Study of Humanity's Purpose, which sponsors the Annual World Congress On Illumination. Patricia was a marriage and family counselor for 20 years. She now spends her time freely sharing the information she is receiving from the Beings of Light in the Realms of Illumined Truth.

Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, a free monthly email newsletter, global meditations, and YouTube presentations, all of which are designed to help Humanity add to the Light of the world.

Patricia's website - <https://eraofpeace.org/>

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A

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The Physics Of The Next 500 Years By Lee Carroll/Kryon



***** Editor's Note: These articles are older and I feel still have value. Some info may have been updated since the date of the channel. Included is the actual date when the channel was shared.*****

Saturday, 17 May, 2014

Greetings, dear ones, I am Kryon of Magnetic Service. Approximately three hours ago, I gave information to my partner about the subject of tonight's channelling. I always like to warn him in advance if we're going to have a science channelling. This is a test for him, to see if he can avoid being nervous. So, indeed, this channel is about physics. It's not going to be a very long channel, but it's going to be remembered. I have selected this time in this place [Moscow] to give this information.

There are always those who would ask, "What does this have to do with my spirituality? Why does an angelic form come in and then talk about science?" Before I am done with this information, I think you'll know. Dear ones, are you really willing to separate physics from God? Is the bias of your three-dimensional existence so structured that you would leave God out of creation? Of course not. But when we start to put these together, there are some who are not interested in the scientific portions. So we're going to make it simple.

My partner often becomes nervous in these discussions because his background does not include physics. So each time we begin to speak of these things, he thinks he's out of his league [not trained]. He is far more comfortable speaking of things of the heart. When we speak of the love of God and the personal attributes of love that each Human has, my partner

sees and feels it. He knows it and experiences it. But when we start talking about atomic structure, he gets nervous.

What do you know about physics? Most of you will say, "Very little", but for some of you, "Quite a lot". So for most of you, let us simplify and demystify the attributes of what we will speak of tonight. Physics is the way physical things work in your reality. So up to now, it has not encompassed more than that. For instance, you don't have a segment for spirituality in physics, and in all fairness, you have yet to see a correlation for this. So there are no classes for that in your schools. In the "boxes of study", your institutions separate chemistry and life science from physics, but here will come a time where the very center of all learning boxes will start with physics, because eventually it will be the common denominator for everything.

I would like to attempt in these few moments to present to you the potentials of your physics discoveries for the next 300 to 500 years. These things happen slowly for you, and right now you think that is a long time, dear ones. However, the lifespan of a single Human Being in what we would call the first-world countries of health is creeping toward an average of 80 years. If you take an 80-year life, how many of those would you have to live to make approximately 300? The answer is less than what you would count on one hand. So in those terms, it's not really that long, is it? Four lifetimes for you. So let me tell you what may occur in that span of time, or what you might see only returning three more times.

You've heard of quantum physics? Let us simplify that and not use the quantum that often. Instead, let us substitute multidimensional physics. So today, most of your physics is single-dimensional physics, up to four dimensions. You live in four (even though you call it three), and it is your common reality - linear 4D physics. The quantum physicists' work beyond the four with multidimensions. Simple. So right now, as you sit here, you're used to certain kinds of things and the way they work. This is about to change.

I'm going to present to you four major discoveries to come, and I'm going to simplify each one so that anyone can understand them. I won't go into the technical minutia of them or the hard science of them. Instead, I'll explain the concepts of them.

Intelligent Design: A New Premise

My partner [in his lecture] mentioned a physicist and astronomer who has looked at the development of life in general and the evolution of the

Universe, and he realized it could not have happened in the way you were told [random chance]. The math overwhelmingly proves this new discovery and the statistics of it happening through chance are off the charts. More and more, scientists will start to realize this. At every stage of the evolution of your Universe, your galaxy and all planets and life, there will be a realization, from the staggering statistics alone, that there had to be a design or bias. Therefore, the term that was used, intelligent design, actually represents a future discovery. We'll talk about that one later.

The ones who visit you from other star systems are smiling, for they know what I'm about to tell you. The "hidden physics" is the basis of their ability to travel and be here. It is also the basis for their ability to have enlightenment. You see, it's multidimensional physics and it is the core of their reality and spirituality. They also know that you won't understand most of it, since it is beyond what you currently will allow yourself to perceive as truth. Where do I begin?

The Quantum Lens

Let us begin with what I have told you before. The first major discovery, which is not that far away, is what I have been talking about for two years. It is an idea that is not new, and it's the ability to see and measure quantum energy. Let us rephrase that. It's the ability to clearly see and measure patterns in multidimensional physics. As soon as you get out of four dimensions [your reality], the perception of it is like a non-defined swirling bubble of things that don't make linear sense - and it's very confusing to anyone who simply wants to stay in 4D. Can you imagine seeing things behave in ways that are "impossible"? This would be a multidimensional reality. The brain must get used to this, and it will. Imagine telling a citizen living in New England only 200 years ago that eventually they could throw voices and moving pictures through the air, and the entire world could hear and see them instantly. Today, you are not impressed by that, for it is your reality. But they would not even believe it, and you would be considered unbalanced! It simply wasn't in their perception of reality for what they were used to.

Human Beings want to count the dimensions. They see many potentials, and they group them into boxes with numbers attached. Now, this is a linear concept and not accurate at all for multidimensional future thinking. However, it's fine to do it, for it suits your "physics comfort level". It helps you to identify the energies that you're feeling and helps you to compartmentalize things. But the truth is this: When you get past four dimensions, everything that follows modifies itself constantly. It's all dynamic, so it may seem uncomfortable for those who need consistency of

linearity. It is not linear and it is not countable [you can't count dimensions past the four linear ones you have]. It is a soup of dimensional energy that is constantly changing and interactive with itself. You will eventually see these energies as "quantum patterns".

These quantum or multidimensional patterns will be seeable with an instrument that will be designed with a quantum lens. This will involve what we will call cryo-energy. This is the technology of super-cooling and we've said before that the science of super-cooling has the potential to allow this invention, and the actual lens will be made of plasma. Now, this is part of what we have discussed before, so it's not new. What is new is that we are putting these things together so you'll see a better flow of what is coming and why.

Why is this invention so important? Let us reveal yet again that when this invention happens, this quantum lens, it will not simply be used for physics. It will actually start with astronomy. But eventually, when it is smaller and when it is turned to look upon life, science will see quantum patterning everywhere! Humanity will see it in all of nature and it will be seen in the Merkabah of the Human Being! Imagine seeing an 8-meter wide quantum patterning around each Human! Can you see the beginning of some new, basic science questions? "Is it life or physics? Do we have to re-define life?"

Two More Laws

The ability to see quantum patterning will lead to the second major discovery in physics - the discovery of two more laws. Those laws, as we have told you, are a strong and weak multidimensional force. This will bring the laws of known physics to six (you only have four now) and will bring the concept of multidimensional laws into being. These missing laws will begin to explain a current mystery - missing energy in the cosmos. It's also the beginning of understanding spirituality in physics, but that's going to be later.

These two new laws will finally give a full explanation of the energy you see in the Universe and in your galaxy. Now, I'm going to give you some information that we have not really explained before. You tend to use the word Universe and galaxy as the same; they are not. The physics in your galaxy is not necessarily the physics in all galaxies. Therefore, my advice to you is to constrain your knowledge and your study to your own galaxy. Believe me, there is plenty to see here!

What do the two new laws bring you? The first is the explanation of what dark matter is in the vastness of space. Multidimensional energy is powerful, but it does not match linear models. In the past, the dark matter attribute was seen to be vast energy [based on what it did to things around it], but it was mislabeled as part of a Newtonian 4D-based system, and it's not. It is a nonlinear system that is part of multidimensional physics. The multidimensional part of the atom is not yet understood. There is energy there, tremendous energy, and the truth of it will explain that which the astronomers see in the sky as dark matter.

The second thing will be the acknowledgement that these two new laws of physics will finally bring you what you have always wanted - Free energy. You have known it intuitively, have you not, that the energy you create on the planet is accomplished in an archaic way? Digging into the earth to burn things for heat is archaic. Everything is about heat, isn't it? Everything is about creating motion with heat, isn't it? These are the things that you understand to make energy. I'm going to make a statement. Everything you think you know about energy right now will someday look like the time when you invented the wheel or even fire. It's that archaic! When you unlock that portion of multidimensional physics, you'll be able to create unlimited energy in a very refined way, without explosions or heat.

Now, there are those who would say that certain inventions on the planet right now have already done that. Not even close! Believe me, not even close. You don't understand the finesse of how to tap into multidimensional forces. You don't have the instruments and you can't see what you're doing yet. You're simply not there yet. "But Kryon, we know how to unlock the energy of the atom. We have nuclear power." [Kryon laugh] Really? You know what nuclear power is? It is a controlled explosion so that you can make heat! It's not elegant, it's dangerous to you, and there are byproducts that can hurt Human Beings. Is this your idea of a good thing? Just think: It's controlling a very dangerous explosion to make steam - the world's most expensive steam engine! Nuclear power. You have no idea.

Let me give you an example of this. Let's say that someone on another planet discovered a piano (pretend with me). They discovered that it could make a very interesting sound. Let's say that this sound was new to this space creature that had discovered it and he found that he could really make this fun sound happen if he pushed the piano off the second floor of a building! The crashing noise, and all of the strings breaking, made music. That's nuclear power. You don't have the elegance to know how to play the

keys of the atom. You don't know how to find the multidimensional vibrations that work together, which slowly and elegantly release as much energy as you'll ever need - a concerto of coordinated energy! Now listen, because here's a hint for a physicist who will read this message in the future: You're not going to release energy to make heat. Instead, you're going to make energy that pushes objects around. You will be controlling mass! Imagine that.

Coherence with Create Source

The third discovery will be what I call coherence with the creative source. It's the attitude of benevolence in creation - intelligent design and more. It's in atomic structure. It's "God in the atom". It's a discovery that will be so profound that it will rock the religions of the planet, and not in a negative way, for God will simply get bigger for everyone.

The discovery that God literally has a part in physics will be provable. Coherence with the creative source creates a benevolence in the way physics works. Physics with an attitude! There will be acknowledgment of divinity in matter. Oh, this is just the beginning! I can't tell you when it's going to happen, for this is the beginning of proof of God in everything.

"Kryon, is that going to upset organized religion?" No! It's going to bring it together. The planet is already a monotheistic planet - one God. In all of the doctrines in all of the religions, one God. You're very ready for what comes next. Religions all over the planet already acknowledge creation from one God. This will be music to their ears! The proof of God in all matter will not upset spirituality, but rather it will bring it together. There will be commonality to celebrate and doctrines will slowly change. Commonality and synchronicity of belief. You see? Now, before this can happen, however, there must be a coherence with each other. These things will not occur while you are still killing each other and hating each other on a large scale. But then, you knew that, didn't you?

What happens to Human Beings when they have nothing in common? They tend to separate and even war with each other. What happens to Human Beings who find they all have something in common? They tend to unite, share resources, and celebrate what they have. Do you see how this might affect planet Earth? Do you see how this might affect you? Old soul, this is what you've been waiting for. Did you really expect it might come from physics? It will! Why wouldn't it? Why wouldn't it? If the study of all things and how they worked revealed God in everything, wouldn't it unite? It makes sense. The common denominator for all things is love.

The Physics of Consciousness

The fourth major discovery on the planet will be the one that happens perhaps last. It will be the realization that Human consciousness will be an attribute of multidimensional physics. Human consciousness, that elusive energy, will be seen as multidimensional quantum physics, with laws and rules that can be understood, applied, and used.

Do you see how far you can go? Do you see what the Pleiadians have done already? Do you understand why those from the stars will stand back and wait until you discover the things they know? They are not going to give them to you. With free choice, you have to make these discoveries into your reality. But the potentials are already there. These new discoveries in physics have been waiting for you, but you had to pass the marker of the precession of the equinoxes. This was the marker that indicated you had passed an old energy and were able to start a process of solving Earth's problems. This would include the potential to actually change Human nature, allowing for very little propensity for war.

We have told you before that there will be a flurry of old versus new energy and smallish wars all over the planet between both old historic enemies and old historic consciousness. It's after these have finally been settled that these discoveries will take place. Don't worry about the timing, since often an older generation with old ideas has to leave to allow the clearing for the new. We've said it before. The reason why these inventions can only be given to you in a new energy is because with a more mature Human nature, you won't have the propensity to weaponize these things! Instead, you will have the propensity to find out how they can feed you and clothe you and create energy for a population that has decided to live side-by-side in cooperative tolerance.

It's beautiful, isn't it? If you could ask a Pleiadian, they would tell you what it's like to have these things and draw them right out of the atom, including the benevolence of God.

Finally, you'll also have to look at chemistry as a branch of physics. After all, all chemicals on the planet, all substances on the planet, follow the laws of physics. The quantum lens will show multidimensional life in all things, so the chemistry of biology will follow new physics rules. DNA is very special. It is a combination of all the sciences on the planet. It has multidimensional attributes; it is quantum and it has the seeds of the creative source within it. It locks into its memory all that you ever were and will be. It is the most complex multidimensional creation on the planet and, eventually, you will make another discovery - coherent DNA.

Ah, the doctor wants to know [referring to Dr. Todd Ovokaitys, who is present] what this is. Coherent with what? "You can't leave it like that, Kryon. You can't say coherent DNA without labeling what it is coherent with." So I will reveal a little of what he has already seen in his work. Multidimensional DNA, if it has coherence with certain specific dimensional attributes, will create what you see as magic! You would call it magic because you will see Human DNA start to seemingly evolve. The differences literally will extend life up to four-fold. The difference between DNA working at 30 percent and 90 percent is a dimensional alignment that we will call coherent DNA. Now, I know most of you didn't understand any of that, but he did, and that's the reason he is sitting here, and also for those who will listen to this message in the future.

Finally, let me tell you this: The channels of Kryon will be held [archived] forever. They'll never go away. Long after my partner is gone, there will be an esoteric library, and among the things in it will be the channelling I give you today.

Now, old soul, here is your challenge. When you return, I want you to find it, and I'll give you the reason. It's because the things that I have told you about today will be the proof that this is a real communication. If you see even one of these things come about in the way I have told you, it will push the envelope of discovery - and then you will look for the others. You may not understand any of this today, but within the next life or perhaps the next one, you will. This information will never get old. In the future, there'll be ways of hearing, seeing and reading this message that you cannot even conceive of. The future will be very different, but this information won't go away. The things that I'm saying and presenting today will be proven in time and you will be here to see it. When you hear the word "Kryon", I want your Akash to ring! In this way, you'll go find out what that word represents, and then you might even be reminded of the energy of this day, in this place, in this meeting, where I told you that there would come a time when you'd discover God in everything.

Do you see how this begins to shape an ascended planet? Once you have discovered this, you cannot deny it. You cannot erase what you find out. You cannot suppress it, for everyone will know together, and no one can ever use it against you. The whole planet will slowly start to change its view on who is here and why.

Ask a Pleiadian, for they went through all of this. You might ask, "Do they have these inventions? Do they know all these things?" Of course! These

**and many, many more. I didn't tell you about the following 500 years!
[Kryon smile] The next 500 for you is good enough for today.**

There's so much here and it all revolves around you. All of it. It's the Human who is going to make the discoveries. It's the Human who is going to benefit from the discoveries. You have waited a long time, old soul, for this beginning. Celebrate it!

Kryon

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Lee Carroll

About Lee Carroll: After graduating with a business and economics degree from California Western University in California, Lee Carroll started a technical audio business in San Diego that flourished for 30 years.

As an award winning audio engineer, where does channelling and Indigo children fit into all this? As Lee tells it, Spirit had to hit him "between the eyes" to prove his spiritual experience was real. The year 1989 was the turning point when finally came together, after some years earlier a psychic told him about his spiritual path and then three years later the second unrelated psychic told him the same thing! Both spoke of Kryon... a name that almost nobody had ever heard.

Timidly, the first writings were presented to the metaphysical community in Del Mar, California, and the rest is history - with a total of sixteen metaphysical books being released in a twelve-year span. There are now almost one million Kryon and Indigo books in print in over twenty eight languages worldwide. Lee continues to visit other countries regularly see it here.

Lee and his spiritual partner, Jan Tober, started the "Kryon light groups" in Del Mar in 1991 and quickly moved from a living-room setting, to a Del Mar church. The Kryon organization now hosts meetings all over the globe with audiences of up to 3,000 people.

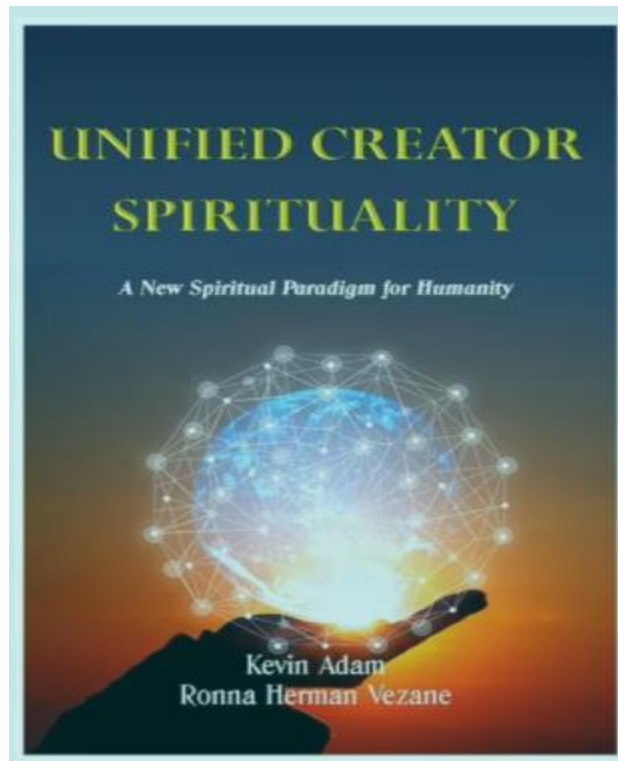
Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>

Lee Carroll/Kryon Video



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What Are You Doing While Waiting To Ascend? By Ronna Vezane



Beloved masters, as we monitor your progress, measure the “Light Quotient” of your thought patterns, and observe how valiant and stalwart you are in your endeavors to integrate the wondrous energies of Creator-consciousness, we are most gratified, as well as amazed, at your astounding progress. The maelstrom of negative thought forms that have swirled throughout the three lower astral planes, and which have affected humanity for eons of time, are gradually being replaced by uplifting thought forms of hope, inspiration, joy. This will allow the reality that scarcity is only an imbalanced, negative thought form, which can be replaced with an assurance that abundance is everyone’s Divine birthright. All you have to do in order to claim your heritage is to accept as your truth that you are worthy, and then to solidify that reality via your positive thoughts, deeds and actions.

A wondrous new vision, a powerful probable future for humanity and the Earth, is awaiting your entrance into a Fifth-Dimensional environment. It is being strengthened and magnified moment by moment. It is a future whereby all humanity, as well as the mineral, vegetable, animal, human, Devic and Elemental kingdoms will peacefully co-exist on Earth. Envision an Earth which is pristine in its beauty, and which has sparkling clear water and clean healthy air to breathe. It will be a world of abundance and

plenty, whereby no one will suffer from lack of adequate food, shelter or opportunity. It will be a world whereby different races, cultures, beliefs and traditions are honored and respected - where no one tries to force his/her beliefs on others, or deny others the right to live their own truths and follow their own customs.

As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. Have we not told you over and over again, “your thoughts have energy – positive or negative – and what you focus on, you magnify”?

Many of you are so caught up in the desire to ascend, and to live in a perceived paradise of the higher dimensions, you are forgetting and neglecting the beauty, joy and the benefits of experiencing the magnificence and wonder of the journey. Each phase of new awareness or expanded consciousness has its special miracles and benefits, which are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you, and a new reality opens to you whereby you have access to many new concepts, as well as many new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfolds around you.

Those of you who have followed our teachings over the years are aware that the major theme for the Spirit/human experience on planet Earth has been separation, duality and polarity, with an ultimate goal of returning to balance, harmony and oneness with your multi-dimensional Self, and unity consciousness with ALL.

Each of you fragmented your Divine Self into hundreds of individual Sparks of consciousness as you ventured forth to fulfill the Divine Mandate of the Creator, “Go forth and create new worlds without end in my name.” Along the way many of you forgot that there is a Universal Law that states, “You must experience that which you have created.”

The great multitude of seekers who have moved back onto the path, which leads to harmony and a reunion with Spirit, have primarily done so because each of you were tired of the pain and suffering of the past. And so, your Soul-self finally got your attention so that you were ready to listen to the whisperings of Spirit. Those of you who have diligently sought your

higher truth, and have striven to live and exemplify that truth, are now reaping the rewards. You are learning that you are in control, and you are not being tossed around by the whims of fate. You are not being punished or rewarded by anyone, for you have realized that you are responsible for your thoughts and actions, and you create your own reality – ALL OF IT! – via the harmonious or discordant frequency patterns you emit. You have finally realized that you are not surrendering anything, but when you align your will with the Creator’s Will, you make way for unlimited miracles and possibilities to enter your life.

We have discussed in depth about bringing all the Facets of your multiple chakra system back into harmony, and the importance of integrating and balancing the virtues, qualities and attributes of the Rays of God-Consciousness. If any one Facet of your Being is out of balance, none of the others can function at its maximum potential. You are meant to be a composite Spiritual/human being with a unified consciousness. In most human beings, the physical senses and desires of the body have overridden the more subtle senses of their spiritual nature.

A person who lives mostly in a mental world is lacking or missing out on the wonders, strength and delight of the heart, refined emotions and the Soul. A person who is driven by his/her emotions is living in an unstable world, which has no foundation or structure, and is susceptible to the emotional highs and lows of everyday occurrences and those around him/her. A person who has disconnected from Spirit lives a life without hope, and no matter what he/she may attain or accumulate in the physical world, he/she lives an existence that does not sustain the Soul, a life without the luster of lasting, heart-felt gratification. Humanity has focused on the emotions of spirit for thousands of years, and has neglected the science or mental aspects of spirituality.

The Universe and all creation function under the immutable Universal Laws as decreed by the Supreme Creator. Know the laws and live in harmony with them, and you will exist in alignment with Creator Will. As a result, you may be assured that all the beauty, bounty and abundance of the Universe will be yours for the taking.

Returning to harmony and balance within what we call the four lower bodily systems, physical, mental, emotional, and spiritual, is the next vital step after coming to an understanding about the energies, qualities and attributes of each chakra and how they affect the four bodily systems.

It is imperative that you stimulate and work on your emotional intelligence and your mental intuition. You need to redefine your altered ego-desire body, and re-establish the proper relationship between your ego and your Soul-self. The ego was designed to function under the direction of the Soul, not the other way around, whereby you are to focus your attention on your inner world of reality instead of the illusion of the outer world. You will no longer look for some event, some person or some thing to give you a moment's satisfaction or happiness – things that are usually fleeting, and often fall short of your expectations. When you turn inward to validate your self-worth and to feed your emotional and spiritual yearnings, you will tap into that wellspring of unlimited sustenance.

Many of you have chosen to experience strong First, Third or Fifth Ray energies, which often lead to a tendency to function almost exclusively within the left (mental) hemisphere of the brain structure, with a linear, outward focused, analytical mind-set. A major focus of your life's lessons is to learn to use the abstract / emotional right brain structure, and to explore and integrate the emotional facets of your nature.

Second Ray people are apt to be more balanced in their bodily nature, whereby they explore and use both the right and left hemispheres of the brain, but this is not always the case. However, those who have chosen to experience and balance the Fourth, Sixth and Seventh Rays during this lifetime are inclined to function mostly within the right brain structure, and they tend to be very emotional in nature. Their world is often perceived as an emotional roller coaster, and it is very difficult to find a balance or to live a harmonious existence.

Your goal is to blend and harmonize the major bodily chakras of your physical being– to balance your mental and emotional energy fields and OverLight them with your Spiritual Essence. We will define each category so that you may quickly identify what you need to focus on and rectify.

MENTAL BODY FOCUS * When the mental body is the major focus, your beliefs, attitudes, and knowledge are derived from text book and historical/traditional facts without the benefit of emotional or spiritual validation. You tend to be very analytical, often rigid, judgmental, and you must maintain intellectual control. You have limited visionary abilities, and you only believe what is tangible and what can be proven scientifically.

EMOTIONAL BODY FOCUS * When the emotional body is the driving force within you, you are vulnerable to the strong emotional tide of the mass consciousness and your altered ego. You must examine and discover how

your emotions drive and control you through your desires and wants, and you must closely examine your motives.

MENTAL BODY with SPIRITUAL BODY OVERLIGHT * You have learned to utilize the wisdom of your superconscious mind as you integrate all the attributes, qualities and virtues of your God Ray and Soul Ray, and you have learned to focus on the Still Point of the NOW. You have perfected the process of healing the past, scripting the future, and living in the power of the moment.

EMOTIONAL BODY with SPIRITUAL BODY OVERLIGHT * As the mental and emotional bodies are harmonized, you will have learned to rely on your mental intuition as you seek to validate and integrate the higher truths you are accessing in your never-ending quest for en-Lighten-ment. You validate your truths through your heart/Soul monitor, and then you live by those truths to the best of your ability. New expanded thoughts and concepts become the norm.

EMOTIONAL/MENTAL BODY UNITY = EMOTIONAL INTELLIGENCE * The emotional energetics you radiate along with your focused intent are some of the most important components in the creation process. When there is a balance of power between your emotional and mental bodies, you begin the process of understanding yourself, and you learn to identify the driving force behind your actions. You learn to harmonize your will with God's Will as you begin to understand the workings of the Universal Laws. The desired mode is emotional detachment, as you move gracefully and surely toward your desired goal.

SPIRITUAL/MENTAL BODY CONSCIOUSNESS * When you begin to use the intelligence of your Soul-Self, you tap into the unlimited possibilities of the Cosmic Stream of Divine Light. You learn how to bypass the distortions of the Third/Fourth Dimensions as you create and use your Pyramid of Power/Light in the Fifth Dimension. That is when the miracles truly begin to happen, and you will know without any doubt that you are partnering with Spirit in all your endeavors.

SPIRITUAL/EMOTIONAL BODY CONSCIOUSNESS * Love tempers your emotions, and although you still have a human nature, you have learned discernment, and you become detached from all the negative life drama going on around you. You now view the events in your life from a higher vantage point – that of a Self-master.

HARMONIZED SPIRITUAL/MENTAL/EMOTIONAL/PHYSICAL CONSCIOUSNESS * You derive nurturance from your indwelling Spirit, and from our Father/Mother God via your God Ray. You stop looking outside yourself for validation of your self-worth. You no longer experience the sharp highs and lows as you move into a state of joy or bliss. You learn to live in the world, surrounded by a sphere of higher frequency Love/Light that you have created, as you expand your consciousness to incorporate the great variety of multi-dimensional expressions now available to you.

You are now living in an ascended state of consciousness as you unite with the multiple Facets of your God Self. You move out of a state of becoming into a state of BEING. You have developed clear-seeing and pure intention, and the fog of illusion no longer affects you. You mold and create your greatest visions and desires from the storehouse of Divine unmanifested potential, and you live in harmony with all Creation.

You develop an unerring assurance that you can have or become anything you can envision, if you are willing to put forth the effort to accomplish your goals. You have learned to rely on your angelic helpers, and you gain strength and sustenance from their presence. You will then be seen and defined as a unified, radiant SPIRITUAL BEING IN HUMAN FORM.

Brave hearts, we can offer you tools and knowledge, and we can encourage and inspire you; however, you must be willing to turn the knowledge into wisdom, and take the necessary action to reclaim your Divinity and the glorified state that awaits you. I am your faithful companion on the journey, and you are loved beyond measure. I AM Archangel Michael.

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RONNA / SACRED SCRIBE

CREATOR ESSENCE ** ENERGY FIELDS OF LIGHT IN PYRAMIDAL FORM:

Our Father-Mother God, the Elohim, and the Archangels created living Pyramids of Light within every level of Creation so that we may access the White Fire Memory Seed Atoms of life (Adamantine Particles of Creator Essence). These life-giving forms give access to the frequencies of Light, which are necessary components of transformation so that we, as human beings, may return to a state of higher consciousness – our Divine State.

ETHERIC BODY:

The golden etheric web contains the perfect blueprint for the human body – it is the invisible replica of the physical body, which is also known as the astral body or etheric body. It contains the perfect blueprint for our three lower physical bodies. It sustains and vitalizes the material form, and it controls the digestive and assimilation processes. It also repairs the damages in the physical form caused by the “wear and tear” of living. The etheric body is the memory body, and it is susceptible to our thoughts and emotions – both positive and negative. Disease or debilitation occurs first in the etheric body, and then gradually infiltrates into the physical vessel. It is also true that the balancing and harmonizing of the physical vessel begins within the etheric body, and then gradually manifest in the physical body.

OUR MENTAL BODY IS A TRINITY OF CONSCIOUSNESS CONSISTING OF:

The conscious mind, which is composed of the intuitive right brain hemisphere, and the linear thinking, reasoning, analytical left brain hemisphere. The mind controls the brain, which was designed to be an extension of the superconscious mind and our OverSoul/Higher Self.

The subconscious mind or our subjective mind records and stores everything we experience: what we see, hear, think and feel emotionally. The subconscious mind takes everything literally. It does not matter if we have experienced an event or just imagined it vividly; the subconscious mind registers it as a fact. That is why it is so important to change negative, debilitating past memories into positive memories. Our thoughts and intent resonate to specific frequencies, and by changing the frequency patterns we project through the use of will power and conscious effort, we can create the life, physical health and circumstances we desire.

The superconscious mind: As we raise our frequency patterns and vibrational field of consciousness, we are able to tap into higher and higher levels of Creator-consciousness. The superconscious mind has a direct flow of wisdom from the Divine Mind, once we have cleared the static and distortions from the column of Light that connects us to our Higher Self and to our OverSoul / Higher Self and our Fifth-Dimensional Sacred Triad.

Beloved friends: During these stressful times of dramatic change, chaos and turmoil, it is more important than ever that we stay HEART CENTERED AND SOUL FOCUSED. The thoughts we think and the emotions we feel create the cause and effect or karmic reactions in our worldly experience. When we raise our vibrational patterns and return to

harmony within our emotional and mental bodies, we step off the wheel of karma and move into a State of Grace. Over the years, I have integrated more and more of beloved AA Michael's words of wisdom into my "memory bank of knowledge." This has helped me tremendously in understanding my own "idiosyncracies and dis-empowering habits" so that I now have the wisdom and tools to gradually become the "master of my destiny." My fervent wish is that these "wisdom teachings" will assist you to move forward gracefully on the path of en-Lighten-ment. Forever love and angel blessings, Ronna

About Ronna: She teaches a common sense approach to the basic principles of spirituality. Thousands of people around the world testify that her books and seminars have changed their lives for the better. Ronna established her company/website *STAR*QUEST* in 1994 and is currently known worldwide for her inspired monthly messages from Archangel Michael, and for her life-changing seminars and workshops.

Although Ronna is now in her ninety-third year around the sun, she enjoys excellent health and vitality. Ronna rarely travels anymore; however she, along with her business partner /spiritual brother, Randy Monk, periodically hold a series of very popular webinars called Archangel Michael's Wisdom Teachings.

Ronna is a living example of what she teaches: to integrate the subconscious, conscious and superconscious minds, to heal the physical, emotional and mental bodies, and to partner with Spirit to become a Self-master and a cocreator of love, abundance, peace and joy.

**Ronna's website: <https://www.starquestmastery.com/>
Ronna's Youtube: www.youtube.com/c/StarQuestmastery**

Ronna's Video



Link: <https://www.youtube.com/watch?v=fJt8QsoKquw>

Illuminating Your Unconsciousness By Shelly Dressel



I know that the Goddess has channeled about our Unconscious minds in the past. This meditation is different in that it came at a perfect time for making changes. This was during the Full Moon and we were able to access the energies of the moon to assist with change.

This began with each of us looking toward our choices and what we seek to manifest. Just about everyone has had trouble in the past with manifesting exactly what they seek every time. As this came up for everyone, there were multiple reasons why things have not always worked out. It was interesting to see these many different manifestations.

The Goddess then creates a space where we could connect with our unconsciousness as if side by side with our consciousness. It was interesting to see how some people easily accessed their unconscious, whereas for others it was like trying to slide a massive metal door!! However, once each person tapped into this area, they were able to receive all sorts of information. Some were not able to be changed, some were able to be shifted through healing or focused intention. We were also able to use the full moon to create even more change than what we were aware of.

As each person continued to create their intention, clearing the energy, clearing what was stuck; there was an immediate transition in the conscious awareness. When you allow for transition to take place in the unconscious aspect of your reality, you are allowing a change that will continue to have an impact on all aspects of your life.

I greet you, beloved family. I reach out from my heart to yours. I reach out in this now moment to embrace you in all that you may have within your life.

There is so much happening on the Earth right now. There is so much that each one of you are tapping into, sometimes you may be conscious about it sometimes you may not. But this is the now moment where I invite you to just let go of anything and everything that may be a distraction; that may keep you from being in this now moment.

As Shelly is speaking these words, she's really beginning to feel a lot of emotions that are coming up. Perhaps it is that this is a very wide-open time for the flow of energy on Earth and it is perhaps a time in which you can understand more so about who you are, what you are doing, what your purpose may be, and all that is happening.

We are in a time in which a gateway is opening up. The Solstice will be here in another couple of weeks and that is going to be a massive portal that will bring in a great deal of this energy for change. You are right now in the midst of a full moon and this full moon is illuminating everything that may be going on within your life, and creating an opportunity for you to find clarity, so that as you step into this Solstice energy you will be in a place that will more fully support you.

Take a deep breath in breathing all the way down within you and send that energy down into the Earth. You are accustomed to creating a ball of light within your heart center this evening I wish to give you another opportunity with which to connect. Simply allowing your breath to be what takes your focus within and then imagining those energy bodies you allow that breath to literally link into each energy body and then send a column of light, or a column of energy, that connects you with Gaia.

As you feel that energy of alignment it spreads out in different directions. Allow your presence to simply absorb the energy helping you to feel the resonance with Gaia, helping you to feel yourself as you anchor into this space. It is almost as if I can feel many of you just simply sinking into the Earth.

Allow that to come back up within you. You feel that stream of energy coming up through your energy bodies and then it goes up through your throat, your third eye your head center, out through your light body center

and it goes all the way up until you feel yourself connect with your Higher Self.

As you connect, what does this feel like to you? As you look around can you perhaps sense, or see, or feel the energy or the essence of things that may be happening around you? It may be some issues that you have going on in your life. It may be various things that you are attempting to manifest. But your Higher Self is here as a means of expanding your consciousness so you may feel your Divinity. However, it is directly linked into you in your everyday life. You easily flow up and down within this space.

You send your energy even further. It just naturally follows that stream of your alignment to your Soul or your Divinity and as it follows this up it comes directly into you as you as your Soul.

I just had this beautiful vision that some of you as you hit this alignment. It was like you came through a doorway and just burst into these many different particles of energy and light. As if you were a starburst that just expanded in every direction as you connected with your source. Your Soul is your source. It is your alignment with God. It is you in the highest light frequency available to your human self, right here. Take a minute and consider what this may feel like, look like, or make sense to you. Open up your unconscious energies and feel that flow that moves coming forward into your consciousness.

I the Goddess walk it in amongst each one of you. I merge our energies together as I embrace you. I embrace you as a human you are in this lifetime. I embrace you as I see you as your Divinity. Our merging expands and we shift so that we are moving into the All That Is.

I invite you to take a moment and feel what this place of the All That Is, is to you. We come here all the time. Just as your Higher Self can sometimes become cluttered so too can your space here within the All That Is.

I invite you to open up in front of you all of what is here. As if you are consciously opening up the curtains that may keep you from seeing what is important for you to see. And for many of you as I say that I have a perception that you are able to perceive even more about what is here.

I invite you to consider your life in this now moment. I spoke at the beginning about shifting things that are in your unconscious forward into your consciousness. With that in mind consider something that you have wanted to manifest that simply has not happened as yet. When you

consider what you seek to manifest some of you it's like you have it all laid out in front of you; for some of you it's like I see a list of things; for others I feel this pulsating energy that is somewhat unformed as if you know you want change but you don't know what it looks like. Of course, your perception of what you seek may be completely different than any of those. It is as if you have in front of you say on your left-hand side what you seek to have, then at least you are opening the door to your unconscious crack that door open and ask why hasn't this manifested? What is it that I need to know?

My goodness, the answers that I was hearing are so very different. I would therefore invite you just move along the pathway if you were able to hear or know what that is. Some of the things that were most common was 'it's not the right time'. If you seek to manifest something and it's not the right time resonates with you take a deep breath in and as if you were merging together, 'it's not the right time' and what you seek to have shift the energy, phew, clear them out.

Others of you I could hear very practical things like you have to finish steps A B & C, perhaps it's education, perhaps you need to move to a new location, perhaps you just haven't met the people that are going to help you accomplish this next step. So, if there are just too many steps that need to happen before you can manifest what you seek to have, take this moment and take what is in your unconscious and your conscious, merge it together, phew, and let that energy shift. As you breathe in, breathe in the essence of what you seek to have.

Let us come back around and All That Is once more. Perhaps there is something else you seek to manifest. Perhaps you're going to say the same thing again. So once more breathe down into your heart and then put forth what you have been seeking to manifest and open up your heart.

I still see many of you with a specific manifestation so as if we are pulling back a curtain – I have to smile because for some it's as if it's a heavy metal door that you have to slide back meaning that there's something really solid keeping you from your unconscious thoughts at the beliefs. So, this time, let's look at that. When you wish to align with your unconsciousness; meaning the emotions, the thoughts, the beliefs, the patterns of energy that are there hidden from you and your everyday life let us open up the door, open up the pathway, and have an intention that you have access to whatever's there.

For some it's as if you are suddenly in this densely populated library where there is multiple different opportunities for you but it's unknown what you are looking at. For others, it was just blank. For others, they had a perception of waves of energy without that knowledge to interpret what is there. I would therefore invite you to once again breathe down within yourself and as everything is here in front of you from within your unconscious breathe forth an impulse of light asking for this to be made clear to you what it is that you see.

For many of you, it is as if things that were blurry come into shape. Things that were hidden are now being shown and there are still others that have that sense that there's something there but they have no idea. Breathe in deeply and put forth a clear intention that you understand what this is.

Excellent. For the majority of you ideal this sense of walking amongst potentials, real experiences that you've had in this lifetime and other lifetimes. And for some, it is as if there are just these pillars that camouflage whatever it is so that you have no idea what is there.

I invite you to go deep within your heart which is another way of going deep within your Soul and allow your consciousness to touch on whatever is here so that you may understand perhaps why your life is as it is. Perhaps why you have certain personality traits. Perhaps why those things you seek to manifest have remained in limbo. I feel in many of you this brings up a great deal of emotion. Within your unconscious, I invite you to receive whatever messages or in your highest and best interest. It may be downloaded and you actually get the messages at a later time.

I invite you to have a sense of acceptance. Acceptance that whatever this unconscious programming may be related to can be cleared out so that you yourself can be in this higher light frequency.

Some of you may choose to remain within this space of your beliefs, emotions, and thoughts that are here within your unconscious. You may come back at any time that you so choose. Allow for everything to just move so that you are once again detached from whatever that is.

As you are once again here within the All That Is after walking amongst the energies, the vibrations, the frequency of your unconscious look again at what you seek to manifest. What I noticed for many of you that there is the manifestation that you have been seeking and yet around it even bigger or more vibrant are alternatives to you that are perhaps in your best interest to consider. Let that go within you. Be open to consider anything that that

may be for you. As you are here in the All That Is send any healing energies from your consciousness into your unconsciousness so that it may transition and clear out anything that may be holding you back, phew, send that out.

As you consider your life allow for perceptions and potentials to come forward and as you do so merge back together that which is of your consciousness and that which is of your unconsciousness. Sometimes you don't really want your life to change and that may be an unconscious reality. Sometimes you may desire things that are different but your current known pathway to achieve that keeps you from getting there.

We are here in the alignment with your planet to the full moon. I am opening up the energies of the All That Is so that it is as if the full moon is coming within this space. The moon has a pulsation and a vibration and the frequency that has an impact on Earth. As you were here within the All That Is specifically working with your unconsciousness allow that vibration and the energy of the full moon to illuminate and just let it heal or transform anything that you already don't know about that is creating blockages and you don't need to know about them in the end.

Just let it move through. Let it clear out. There you go.

Feel the essence of what this is for you. Allow the opportunity that you can truly manifest what your heart desires and that it is in alignment with your Soul, with your Higher Self, with your human existence, and within this massive full moon you allow the pulsation of energy of the moon to help to realign whatever particles of energy may best benefit from that.

As was spoken towards the beginning we are coming into the energies of the Solstice and there will be a massive portal opening up that will continue to flood the earth plane with the higher frequencies. Choosing to tap into the energies of this full moon and even though it will be gone you will still have the ability to clear out old beliefs, old thoughts, old relationships, whatever it is that no longer serves you.

These energies are very powerful at this time on the Earth and things will continue to become more and more powerful. What I mean by that is that it can work much more effectively for you in your everyday life.

So, in this moment clear out everything that is here phew, and then as if you were just releasing allow the Universe to send to you what your Soul, what your Divinity, what the Universal Light can offer you that is in your

highest and best interest. Ir-regardless to whatever it is that you want open and received the messages, it may be a frequency adjustment, and it may roll down the line and affect all that you see you have been seeking to have. It may also take you on a completely different course. Simply be open to receive and know what that is.

I invite you to come back together as a group. I know the last time there was a sense of the energy being too big to be contained within a group but I could see that there were certain things that this a group of people that listen to this, tap into this, and work with this energy consistently; that there were things that were important for you to have in support of one another.

So, I would ask you to consider a group. You may allow it to be as big as your own perception may be. Some feel it's huge and massive, others feel it is small. Together look at the Earth itself as it comes up within this Hologram. Because you were open to receive what this is infuse your own clarity that you received from connecting to your unconscious. As you send your clarity into this Hologram it creates this massive impulse of energy.

You as a collection of souls a way more powerful than what you realize. You do have an amazing ability not only to create change for yourself but to create change for the World. We never force anyone to do anything, however as this change is made available then there are those that are sliding into it unconsciously and it is allowing them to create changes perhaps of which they do not comprehend but this is how energy works.

As this is completed there is that stream that goes out into the Universe. It is anchoring with various mother ships, with various ports and portals in the Universe. The remainder comes down into that Hologram and it goes down into the Earth. As it does so it merges with the energy of the Earth and it is clearing out some of the confusion that has been rampant upon the Earth. It is clearing out the Collective Consciousness that may still be stuck in old energy. Then it goes down into the center of the Earth into those crystals that make up the core essence of Gaia. You can see or perhaps notice how they are becoming so much more activated than what they were in the past.

As it anchors these energies of opening the unconscious so that you may become more aware that merges in with the energies that are available upon the Earth. These come out, it's as if it sends out in concentric circles in every direction and it comes up to the layers of the Earth.

Your own energies are coming up within you from where you are linked with Gaia. It is also going wherever it may need to go for those open and ready to receive. For those that may not be quite ready, it still remains as a vibration in energy.

You allow the remainder of your own energy to flow back down within you and as you once again take that deep breath in breathing down into your heart center, opening up, take a moment and consider how you feel. Consider if there is more available around you.

Be present in your life. Be openly active and create the life that you seek. Tap into this full moon no matter when it is. Tap into this full moon and any other and allow that energy to illuminate and expand all that is present within and around you.

Here you are living your life. Do you feel as if you live your life in a routine? Does it feel as if everything is just do this, then this, then this, then this without any true connection to whatever those tasks may be? I invite you to find that balance or alignment within you that truly allows you to connect with your intuitive self and also connect to your unconscious energies so that you may release whatever

About Shelly: Shelly began her ascension process in 1993. She followed her inner guidance becoming a Reiki Master, a channeler, and someone who can facilitate communication between others.

Channeling is communicating with other energies, physical or nonphysical, of the earth or the universe. Shelly works consistently with a group of Angels, Light beings, Star beings who create her foundation. This foundation creates an alignment with anyone or anything that has a life force essence.

Shelly went public with her channeling sessions in 2003 when she created Goddess Light with the Goddess of Creation for her website: www.goddesslight.net Shelly also channels Archangel Michael, St. Germain, Metatron, Melchizedek, Yeshua, Mother Mary, Kwan Yin; the list is truly much longer. Her relationship with all of these beings has been a part of her growth through the ascension of the Earth's consciousness.

This is Shelly Dressel channeling the Goddess of Creation; the feminine aspect of source essence, for the free teleconference offered on the first and third Sundays of each month. All rights are reserved. You are welcome to share this information; we just ask that you keep it intact. For further

channels and information on both the Goddess and Shelly please see our website: www.goddesslight.net

Shelly's website: <https://goddesslight.net/about-goddess-light/>

Synchronicity Is the Result of Unity Consciousness By Dianne Robbins



I am Mikos, and today I will talk about our lives within the Globe, and how synchronicity guides our every movement and thought, for we are within the Unity Consciousness that prevails in our Universe. And once within this frequency of consciousness, you have access to all thoughts and information that exist within this wave band. This is the path that is opening to all surface dwellers. It is this path that, if you follow it, will lead you into emergence with all of us underground, and all life in the Universe.

Once you are within Unity Consciousness, all falls into place, as you are in synchronicity with all life everywhere in the Universe—not just on Earth. This is how opportunity comes to you, "out of the blue". Well, the "blue" is the Universe, and once your path becomes known to "All", "All" is at your beck and call to arrange the instances and occurrences and resources you need to complete your mission on Earth.

It is being in the Universal flow of our Universe. This is where We exist, as We live Underground. We are in contact with all life in our Universe, and can see and hear and feel all that occurs. This is why our lives are so magical Underground; it's not the depth of the Earth that determines this, but the width of our consciousness—and our consciousness expands with our Universe. The Universe and We are ONE.

And so are you ONE with All That Is. And as the incoming energies flow and integrate within you, your connection with life will increase, until you become fully connected—resulting in Unity Consciousness. Once this occurs, MAGIC BECOMES COMMONPLACE, as your life absorbs the magic of being connected again to all life, everywhere. And you suddenly find yourself in God's arms— fully secure and fully protected.

This is where the intense energies, being directed to you from the Great Central Sun of our Galaxy, are taking you. They are taking you back home to the frequency you all left behind when you came to Earth. We, in the Hollow Earth, carried this frequency with Us, and because of our seclusion we were able to maintain our Unity Consciousness, and have been waiting for you to join us. Once you make this connection, all Earth goes up in flame—the Ascension Flame—and moves up into a higher dimension of evolution as quick as a wink. No time elapses between being "there" (on the surface) and being "here" in Unity Consciousness. So make this trip with us, for the journey will take your soul to Nirvana.

In the Hollow Earth, all we think, we create; for we are conscious of each thought and conscious of its outcome. Therefore, we can create exactly what we desire to enhance our already perfect lives. It's not "hit" or "miss" like it is on the surface, where you create both what you want and what you don't want, thereby bringing confusion and difficulties into your lives at the same time you're trying to perfect it—and it then seems that you are "going nowhere". We understand this process you go through, as we've been watching you for millennia, on our underground computer screens. You take one step forward and one step back, as you try to resolve all the difficulties and break through all the obstacles in your life.

Soon all the destructive forces will be revealed and removed from the surface, so that you are not picking up and reflecting their negativity into your lives. The veil of Maya has been pierced, and you will begin seeing the politicians and laws for what they really are—which are barriers to life, not promoters as they profess to be. We have no negative interferences in the Hollow Earth, this is why our lives mirror perfection. And soon the surface will have no negative interference, for God's energy will not integrate with negativity, and these negative entities will not survive the influx of energies which will only increase in intensity. The Earth's ascension is now assured, and your desire to live only in the Light is fully assured too. Once you cross this "energy line", you will suddenly discover Us and all life everywhere in our Universe. It has only been the veil of Maya that has caused this separation in your perception of what exists and what doesn't exist. It is your field of vision that has been blurred—for we have always been here in your time—waiting for you to put in the corrective lenses of higher consciousness that will allow you to "see" us.

We know you as our brothers and sisters who have temporarily lost your way over the last 12 million years of surface time. Through your consciousness, you are finding your way back to who you really are, and defining the kind of life you would really want to live. The life you live now

seems like freedom to your blurred vision, but as your higher consciousness focuses the "lens of life", you are seeing that this freedom is really slavery in disguise. When you have to work long hours for basic necessities that are really free, then you are in slavery—you are chattel. The electromagnetic grids surrounding Earth can supply you with all the energy you need for free. Your governments know this, and they use it for themselves. It is their way to keep you in debt. Indebtedness is slavery, not freedom.

The longer the hours you spend daily on your jobs, the more unbalanced your lives become. It isn't the money you need, it's the time to reflect on your lives and time to spend outdoors in Nature. This is the meaning of Freedom—having the time to bring your lives to fruition, to bring your dreams into your reality, to bring your lives back into balance and to bring your families back together again into a strong framework of unity.

In the Hollow Earth, our families are in total harmony and we support one another fully in everything we do. We always have our evening meals together, and always have time to sing and dance after dinner. We really understand the term "fun", and it is a large part of our lives.

We dictate these messages to you, to give you "life support" from the Hollow Earth. We are your "life support system" from Underground, and we will continue our flow of energy to you, until you have fully "recovered" from your surface life and make the transition in consciousness to our higher realm of existence.

~ I am Mikos

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About Dianne: Dianne Robbins continues her connection to the civilizations of Inner Earth, the Elementals and Nature Kingdoms for over 25 years. Her transmissions connect our hearts to the hearts of Beings in advanced civilizations, Whales, Dolphins, the Tree People, the Crystal Nation and Earth's Elemental Kingdoms. In service to Earth, Dianne continues to provide her channelings to keep people informed of the vital link between our surface world and other realms of existence who share our planet with us. As we merge our consciousness with these other realms, our perceptual range expands and our inner sight opens.

Dianne's website: <https://www.diannerobbins.com>

Dianne's Video



Link: <https://www.youtube.com/watch?v=WBlrKH1g7Po&t=38s>

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For more info about the Sunday Service and other events go to their facebook page: <https://www.facebook.com/PlymouthSpiritualistChurch>



Usui Holy Fire Reiki III Class

The Class will be held on Friday July 28, 2023 9 - 4pm. Cost is \$244

The course is being taught By Maureen Law who is a Holy Fire III Reiki Master Teacher. The Course includes a manual, meditation, Holy Fire Experience, activation of symbols, placement of symbols and the Reiki Touch Kit.

If you'd like more info and sign up please call Maureen at 585-734-9232.

About Maureen: I am a Holy Fire III Reiki Master Teacher and a retired LPN after over 45 years. I now am pursuing my dreams and soul's purpose of bringing energy wellness to you with Reiki and meditation. I truly believe that integrating holistic care with your traditional health care are complementary to each other and can lead you on your path to peace and wellness from within

I was first trained in Usui Reiki in 2014 and in 2017 I trained as a Holy Fire Reiki Master. In 2021 received training in the Usui/Holy Fire Reiki 1&2 and Holy Fire Master with William Rand. I recently upgraded with William Rand to the World Peace Energy with The Holy Fire.

I am a Swamini and live in an Ashram in Rochester, NY. My daily practice is a Kriya Yoga lifestyle and meditation.



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**Vicki Snyder-Young
<http://www.vickisnyder.com>**

Vicki Snyder- Young, Holistic Practitioner offers services such as psychic medium readings, Shamanic Healing, Reiki and Integrated Energy Therapy. HypnoRegression and Ignite Your Light Life Coaching are also available. Book your appointment at www.vickisnyder.com



ONE Wellness Center
2349 Monroe Avenue, 2nd Floor (REAR)
Rochester, NY 14618
<https://www.onewellnesscntr.com>
585-645-4221

The ONE Wellness Center is located on Monroe Avenue, Brighton, on the 2nd floor of the historic Cherry House building. The Center's practitioners are focused on working with clients to promote greater health and well-being. This is accomplished via bodywork, classes, workshops, and events. Several of ONE's licensed professionals have extensive experience in more than one holistic modality. Our featured services include Wellness Samplers for small groups, Crystal Bed, Harp Healing and Color Therapy, Hypnosis, Acupuncture and a variety of body and energy therapies.



The Purple Door
The Plaza in Win Jeff Plaza
3450 Winton Rd South
Rochester, NY 14623
Connie Wake and Sue Fiandach
585-427-8110
<http://www.purpledoorsoulsource.com>

The Purple Door opened in March, 2007, offering retail, reading and energy healing services. Since then, it has morphed into a Learning and Services place, and good stuff too! We focus on the following elements of expanding the self: Divination – From our exclusive “Unlocking your 6th Sense” step-in program, you explore your natural connection to higher guidance for self and others, and classes and a certificate program to take it to any level you choose. Energy Healing – Our natural connection to life force healing, from crystal, sound or traditional Reiki...for ourselves and certification classes to offer to others. Empowerment – Walk into your own “a-ha” moment by expanding awareness on self growth, the power of sensitive intuition (empathic) and life coach sessions. Our products offer an array of books, CD’s, crystals, home décor, candles and incense... to power your intension, space and everyday place.



Lightways Journey
7 Main Street
Brockport, NY 14420
585-281-8670
Karen & Judy

<http://www.lightwaysjourney.com> <https://www.facebook.com/Lightways31/>

Lightways is a natural environment that promotes personal and spiritual growth and contentment. Lightways Community is located at 31 Market St in Brockport, NY. We are part of A Different Path Gallery and several other small businesses that occupy an old historic building. The energy is amazing and perfect with our mission and beliefs. Our store specialized in large variety of stones and crystals. We also have incense, angel stones, candles, smudge & shells, statues, dream catchers, jewelry, meditation tools, essential oils, books and CD's. We offer a variety of workshops and classes, as well as retreats, Calendar events include Mindful and Angel Meditations, Psychic & Mediumship Readings, Tarot Readings, John of God Crystal Healing Bed, Integrated Energy Therapy (Angel Hands-on Energy Healing), A Course in Miracles Study Group and more!



Mythic Treasures
727 E Main St
Rochester, NY 14605
585-266-8350
Sue Stephens

<http://www.mythictreasures.com>
<https://www.facebook.com/MythicTreasures/>

Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you. Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store has a new location - so much bigger with a wide variety of all kinds of items, there is shopping carts to help with your shopping.



The Lotus Blossoms



The Lotus Blossoms
100 White Springs Ln
Geneva, NY

315-789-4650

<http://www.thelotusblossoms.org>

<https://www.facebook.com/TheLotusBlossoms5/>

Jean Hinzmann is a Reiki Master and Psychic Medium. She offers individual Reiki sessions, Tarot Card readings and Reiki Certification Classes. All of her readings are private and confidential. Other services include Couples Reiki, special spa events and classes on a variety of metaphysical topics taught by guest practitioners. Call to schedule your appointment.

Learn more about Jean at: <https://youtu.be/4iiuA6YEHik>



Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

Sage is a powerful spiritual guide for change. With divine energy for your body, mind and spirit she is committed to guiding you to create an empowered and happier life.

Sage offers divine guidance, energy healing sessions, spiritual consulting, energy healing, crystal message session, angelic information provided either in person or thru Zoom. She also does house cleansing, and private parties.

I also offer Life Release sessions. where I read your aura for issues or situations that are keeping you stuck. The Angels, Guides and Masters give guidance (homework) to release and move forward.

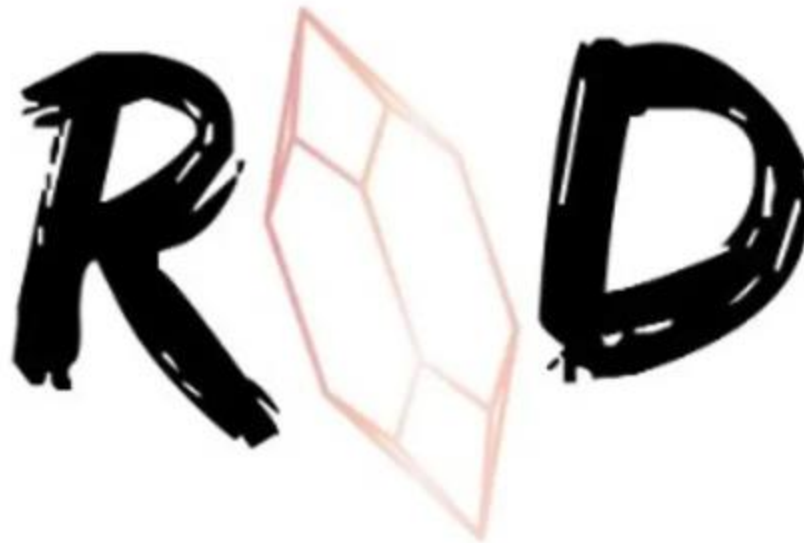
Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>



**Mountain Magic Healing Studio
Christene Springle
164 Ed Herman Road, Schenevus, NY 12155
607-287-7278
www.christenespringlemountainmagic.com
christenespringlemountainmagic@gmail.com.**

Where magic and healing begin!

I am an intuitive tarot reader, animal communicator, evidential medium, psychic, Reiki master, and an intuitive transformation coach. I had been walking this path my whole life without even realizing it. Looking back, I know that I was always sensitive. As a child, I felt energies, had psychic dreams, heard voices, and felt otherworldly things. Jumping ahead years later, I started on my psychic development, mediumship, and communing with the animals. Another lifetime would go by, before I would embrace being a lightworker on a professional level. In May 2021, I created my Mountain Magic Healing Studio in Schenevus, NY. It is nestled in the mountains and surrounded by nature and wildlife. Along with offering readings, I also teach classes from the tarot, dreams, animal communication, psychic development, to my Spiritus Animalis class connecting to wild animals. I offer a free dream circle every Monday night. I have also followed the path of becoming an Intuitive Transformation Coach. I assist those seeking transformation of mind, body, and soul so they can trust their own intuition for connection to themselves, the earth, and the universe.



ROCK DUDE

Rock Dude
Lee Parker - OWNER
795 Waterman Rd
Forestville, NY 14062
<https://www.rockdudestore.com/store/about/>
<https://www.facebook.com/rockdude68>
716-679-8544

I'm Lee Parker and I started really liking rocks fairly late in life. I have been selling rocks for over 15 years. I worked with stones cutting and polishing so I have learned so much about stones, their character and composition. If you are looking for perfect stones I can recommend that many with their natural imperfections make them perfect. Visit my site and find me on Facebook where I post pictures and videos of rocks for sale. You can find me at many rock shows and fairs around New York and Pennsylvania. Call if you have questions and I'll talk about rocks to make sure you get what you like for sure.



Healthy Alternatives Wellness Center

Carol Scheg-Morissette

4358 Culver Rd

Rochester, NY

www.meetup.com/Rochester-Friends-Who-Meditate

www.healthyalternativesrochester.com

(585)663-6454

I opened Healthy Alternatives because I wanted to help others take their health back naturally like I did. I offer classes, workshops and special events. The meditation room and sound healing School is located on the side at 14 Maryknoll Park. I facilitate weekly Guided Sound Healing Meditation for adults and children and monthly support groups for Addiction, Grief, and Parents with Alienated Children. Healthy Alternatives main focus is Sound Healing and Meditations. Sound Healing relieves stress, anxiety, pain, inflammation, lowers blood pressure & improves the immune system and can benefit individuals with cancer. Carol is a licensed massage therapist, licensed cosmetologist, certified in vibrational sound massage, certified herbalist & aromatherapist. Offering Thermo Therapy, Integrated Energy Therapy, Guided Sound Healing Meditation, Reiki, Raindrop Therapy, allergy reduction, Ionic Foot Detox, and Massage. Carol Morissette is the only licensed massage therapist in Western New York to be certified in vibrational sound massage. VSM combines powerful vibration and tones to induce immediate relaxation and has advantages over traditional massage. The client remains fully clothed and physical contact is kept to a minimum. It is less physically intrusive and will not leave the client feeling sore the next day. It is very beneficial for clients with fibromyalgia, arthritis, MS, geriatric, or recovering from cancer. Some of the products we offer include tuning Forks, Young Living Essential Oils, wire wrapped gemstone jewelry, organic hand sanitizer and organic facial skin care.



Theressa Johnson
Psychic Medium
Buffalo, NY
(716) 481-2799

<https://www.facebook.com/Theressapsychicmedium?fref=comp>

<https://www.facebook.com/theressa.johnson> <https://theressajohnson.com>

Theressa Johnson, Psychic Medium teaches Psychic and Mediumship Development classes at several locations in and around Buffalo, NY. She loves reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester, NY and Erie, PA and also holds specialty classes including Past Life Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to Read Tarot Intuitively and more ! She became aware of her abilities at the age of 6 and teaches others to develop their own abilities and awareness because she was helped to do this. Look for her live video's and astrology reports on Facebook. She can also be seen on the Youtube Channel Psychic Inspiration: <https://www.youtube.com/channel/UCNlx19eoFgnHnsUIR63ejJw> and can be contacted for a telephone or private reading at psychic fairs or her home via her website.

Learn more about Theresa at: <https://youtu.be/cE8xQohKhrE>



Twizted Creations
Roxanne Hartley - Owner
247 E Main St, Palmyra, NY 14522
(585) 857-7922
<https://twiztedcreations.rocks/>
<https://www.facebook.com/twizted669>

Twizted Creations is a family owned crystal and metaphysical shop, located in historical Palmyra NY. No matter the path you walk, you will enjoy the warm welcoming atmosphere of this shop. The staff is knowledgeable and excited to help the most eclectic of crystal lovers or metaphysical practitioners.

Watch the video to know more about the store: <https://youtu.be/pAjbj73Bpv4>



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

Janice works with adults and teens, opening to a full realm of guidance, using practical and spiritual techniques to find blocks to healing all areas of the client's life. Janice offers: Private sessions, Hospice/Grief Support, Healthcare Facility Visits, Discussion Groups, Career Transition Support.



Helena Listowski LMT, Biofield Sound Therapist
ONE Wellness Center
2349 Monroe Avenue
Rochester, NY 14618
585-329-8643
<https://www.onewellnesscntr.com>

In practice 16 years, offering integrated massage therapy and bodywork sessions. Multiple therapies are available and may be administered alone or combined in a session. Specializing in Lymph Drainage Therapy - which detoxes the body of impurities, stimulates the immune system, and reduces chronic swelling anywhere in the body. Other modalities include Traditional Swedish Massage, CranioSacral Therapy, Zero Balancing, Reiki, Aromatherapy, Associative Awareness Technique, and Tuning Fork Therapies.



The Magical Muse
103 North Peterboro St
Canastota, NY
315-744-8322
<https://themagicalmuse.org/>
<https://www.facebook.com/themagicalmuse>

Located in the Historic Village of Canastota, in Madison Co. NY, and online the Magical Muse is a modern metaphysical lifestyle shop. We provide our locals and visitors with a selection of witchy and holistic products from independent makers around New England and the US.

The Magical Muse combines the principles of earth magic, meditation, herbalism, and interior decorating to bring magic and healing into everyday spaces. We believe that when you practice self-care and align with your energy, you're better able to be present and in flow the world around you. We bring you energy healing services, and provide monthly creative classes and workshops to help you live your best life!



Marjorie Baker Price , RN

**Certified Hypnotherapist, Reiki Master Level III Centering Tools for Self-Healing & Development 585-750-1751
<http://www.centeringtools.com>**

Centering Tools™ for Self-Healing, Empowerment and Development is an integrated counseling, holistic and spiritual practice founded in 1987 by Marjorie Baker Price, community health and psychiatric nurse, coach, shamanic healer, certified hypnotherapist, certified medium, nondenominational minister, shamanic and energetic healer, channeler, Reiki Master/teacher, and author of self-help books, courses, and meditation audios. Marjorie offers individual and family sessions on all these focuses; ongoing women's groups, workshops and training sessions, as well as behavioral and grief interventions for wellness, transformation and achievement.

Learn more about Marjorie: <https://youtu.be/aw5IFhVfhNc>



Ellen Gans, Psychic Medium
Rockford Office Complex
1777 Penfield Rd
Penfield, NY 14526
<https://ellengans.com>
ReadingsByEsg@gmail.com
Facebook: @EllenGans34
Instagram: EllenGansPsychic

When I was a child I told my mother her brother was mapping stars in heaven. I could see him at his desk with all his art supplies around him and his pipe in his mouth. I knew he was telling me about his job in heaven. He crossed over in 1965, I was 6 years old. This clairvoyant vision let me know that our Loved Ones are around us and can communicate with us. It is the foundation for my work with the Universe and Spirit, conveying messages and information to you.

Connecting to the Energies of the Soul is what I do. Bringing messages and information to you using words that offer comfort, healing and help answer questions. The metaphysical community has its own terminology that often times can be confusing and intimidating to the everyday person. With that knowledge my approach is not to dazzle you. Instead I use everyday words that will connect to you.



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

Fairport, NY 14450
585-313-3996
<https://sheilatillich.com>

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

As a Recovery Metaphysician and a Galactic Grandmother, Sheila can help you awaken and align with your true self so you can live the purposeful life you were made for.

Sheila's healing practice creates a powerful electromagnetic change in the body. As a Metaphysical Minister & Master Healer, it is Sheila's mission to create a space of God-Consciousness Energy that supports your healing. In this space, she works to merge your human energy field with the Consciousness (energy) of God.

Learn more about how Sheila B can help you through her services:

<https://sheilatillich.com>

Join Sheila B's Inner Circle: <https://sheilatillich.com/inner-circle>

Follow on Facebook: <https://www.facebook.com/sheilabhealing>

Join the Lightworkers Connection Circle Facebook Group:

<https://www.facebook.com/groups/lightworkersconnectioncircle>

Follow me on Instagram: https://www.instagram.com/sheila_b_he...

Follow on TikTok: <https://www.tiktok.com/@sheilabhealing>

Learn more about Sheila: <https://youtu.be/snB1hTRfbZk>



Wyld Ravin Candle Co. & Apothecary
<https://wyldravin.com/pages/about-us>
<https://www.facebook.com/wyldravin>

Welcome to Wyld Ravin, I am Stacey and I have been pouring candles for over seven years. I started this company with a love of candles and a need for intention setting, magickally empowered candles and have grown into the bustling business it is today.

I offer private coaching and mentoring, as well as Tarot Readings and other teachings. You can follow me on Instagram @wyld_ravin to see where I am reading/teaching, I am available to teach at multiple locations as well as wholesaling my candle line.

To contact email at wyldravin@yahoo.com

Learn more about Stacey and Wyld Raving: <https://youtu.be/ESa-xPOYZKE>



Share International

Share International USA is part of a global network of volunteers informing the public about the most consequential story of our time: the imminent appearance in our everyday world of the spiritual guardians of our planet, the Masters of Wisdom and Maitreya, the World Teacher for the Aquarian Age. Maitreya and the Masters are emerging to inspire and guide humanity into an era of peace through sharing of the world's resources, cooperation, justice and brotherhood.

<https://www.share-international.us/> <https://www.share-international.us/learn/WorldTeacher/>

888-242-8272



Rev. Bunny DuPuis

716-241-1414

revbunnydupuis@gmail.com

<http://www.bunnydupuis.com>

Born a psychic medium, Reverend Bunny Dupuis has been working with Spirit for over 50 years. Bunny is classically trained as well as being naturally gifted. Through her work Bunny hopes to assist her clients by providing compassionate spirit communication for your soul. Bunny feels she is here as an ambassador for your highest & best, delivering messages that provide you with clarity, confirmation, and upliftment that inspires healing, and is known both locally and internationally. Ordained as a Minister through the Order of Melchizedek, Bunny offers private Psychic, Mediumship & Aura Readings/Healings. She is also available for Group Readings & Events.

Learn more about Bunny at: <https://youtu.be/5Qt3JGfojAg>



The Crescent Collective
Lindsay Mastrogiovanni
Co-Founder • The Crescent Collective
Founder • Blue Moon Growth Co
911 Old Liverpool Rd, Suite 2
Liverpool NY 13088
315-303-2155
www.crescentcollectivecny.com
<https://www.facebook.com/crescentcollectivecny>

The Crescent Collective is a practical and magical community space to support integrating the mind-body-spirit connection in your everyday life and work. We offer holistic intuitive consulting, spiritual healing, and movement classes to the public. We provide rental space for practitioners for classes, workshops, and 1:1 healing. A place to pause, move, and grow.



Janice Wilton NBCR,RMT, CRTS, IHP
Touch of Life
4535 Southwestern Blvd Ste 801
Hamburg, NY 14075
<http://www.touchoflife.net/>
716-238-6426
janice@touchoflife.net

Janice's life long interest in the benefits of natural health and holistic modalities has led to her current level of wellness provider and teacher. She has also studied and mastered several time tested transformational practices, including for balancing a clients physical and emotional well being. Together with her knowledge of herbals and essential oils, she works to help her clients deal with all aspects of whole/body health, by guiding them to understand their core issues, rather than only focusing on their symptoms. Additionally, Janice has trained with Educators in the US and from around the world including Laura Norman, Sue Ricks from the UK and Touch Point Denmark, Donna Eden, Dr. Hesu Whitten, and John Maguire.

Her belief that our work here has a purpose-- to encourage people and give them the right tools and principles to honor and empower themselves. Offering a variety of services and educational resources upon which they can build and acquire a life of optimal wellness in mind, body and spirit --to enhance and enrich not only the quality of their lives, but their innate, natural beauty as well.

**Janice's training includes: Integrated Healing Practitioner
Kinesiology - Structural, Energetic, Emotional, Nutritional
ARCB (American Reflexology Certification Board),
Certified Hand & Foot Reflexologist; Certified Face and Ear Reflexology
Reiki Master/Teacher, CRTS Raindrop Technique
Advanced EFT(emotional freedom technique)
Eden Energy Medicine, Jin Shin Do**



Mellow Slow Minerals
8417 East Ave, Gasport, NY, 14067
<https://www.facebook.com/ChristalSlowey>

Mellow Slow Minerals is Western New York's premier crystal connection. They offer wholesale options for business owners as well as rare individual specimens for the avid collector. Most of their inventory consists of top quality natural specimens and they often carry polished minerals such as Labradorite, Ocean Jasper, Carnelian, Rose Quartz, Nellite, etc...

Mellow Slow Minerals warehouse is located in the hamlet of Gasport. The warehouse has events with great sales and events with additional vendors. Check out the Facebook page for on-lines and unique specimen sales.



Judy Lynn
5 East Main Street
Earlville, NY 13332
www.judylynn.org
jlspiritualadvisor@gmail.com
607-316-3260

I am an International Psychic Evidential Medium and Teacher. I am the Co-founder & Education Director at the Spiritual Oasis Universal Learning Center. I am also a founding member of the Institute for Spiritual Development in Oneonta where I am an authorized Psychic Medium, Certified Healer and Mediumship Teacher.

In addition to that, I am a member of the Spiritualist National Union where I continue my development along with other National and International Teachers. I offer Psychic & Mediumship readings over the phone, on zoom or in my office located in Earlville NY.

During your Psychic reading with me you will gain understanding about yourself and explore what is ahead for you. In your Mediumship reading, we will connect with loved ones who have crossed over and I will share information and messages from them.

You can feel confident that I will honor you and your loved ones spirit. I also offer 2 free Practice Circles on zoom each week that I enjoy hosting very much. And teach many classes throughout the year on zoom and in person. If you would like more information on booking a session or classes please send a message jlspiritualadvisor@gmail.com

Learn more about Judy Lynn: <https://youtu.be/rcCyz2HJYhs>



Michelle Brzezniak
Certified Eden Energy Medicine Practitioner
585-730-2762
eembymichelle@gmail.com
<https://eembymichelle.wixsite.com/hope>
Rochester, NY Area by Appointment

The legendary Donna Eden's simple Daily Energy Routine relieved my chronic migraines and changed my life dramatically. I was given a renewed sense of vitality and life purpose! I then completed the rigorous 2 year hands on Certification Program for Eden Energy Medicine, and I am currently in the 3rd year Clinical Mastery Practicum. I also have a diverse background in Reiki and Therapeutic Touch, Intuitive Consulting, Teaching and Graphic Arts.

Donna Eden's Energy Medicine gently balances the body's 9 subtle energy systems so your body can restore itself to a natural state of well-being. Take an active role in your health today...call me for a FREE phone consultation!

Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>



Maureen Law LPN, RMT

**ONE Wellness Center
2349 Monroe Ave. 2nd floor
Rochester NY 14618
585-734-9232**

I am a Holy Fire III Reiki Master Teacher and a retired LPN after over 45 years. I now am pursuing my dreams and soul's purpose of bringing energy wellness to you with Reiki and meditation. I truly believe that integrating holistic care with your traditional health care are complementary to each other and can lead you on your path to peace and wellness from within

I was first trained in Usui Reiki in 2014 and in 2017 I trained as a Holy Fire Reiki Master. In 2021 received training in the Usui/Holy Fire Reiki 1&2 and Holy Fire Master with William Rand. I recently upgraded with William Rand to the World Peace Energy with The Holy Fire.

I am a Swamini and live in an Ashram in Rochester, NY with my cat Chauncey who loves to receive Reiki also. My daily practice is a Kriya Yoga lifestyle and meditation.

I am certified in IET. I love to teach Reiki and encourage everyone to take Reiki training if they feel called to.

The world needs all the healing and higher levels of consciousness. I would be honored to assist you on your journey to Peace and Wellness from within.

If you would like to schedule a session or inquire about classes please call 585-734-9232

Learn more about Maureen: <https://youtu.be/g52hg3ft2qE>



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Metaphysical Stores in NY and More



Metaphysical Shops / Crystal/Rock Shops / Spiritual Churches
These are all Brick & Mortar businesses.

Some may have limited hours or by appointment only Have Any Info to Update - email
rocmetaphysical at gmail.com

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Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

ARC Crystals Shop Emporium Square Artisan Market 128 Dolson Ave Middletown, NY

10940 The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

The Holistic Healing Studio 1371 Sings Hwy Sugar Loaf, NY 10981

The Glowing Candle 2841 Palisades Center Dr W Nyack, NY 10994

A Time for Karma 14 S Village Ave Rockville Centre, NY 11570

Botanica La Luz & Gift Shop 146 Post Ave Westbury, NY 11590

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

The Mindful Rabbit 146 Main St Northport NY 11768

Crystal Reiki Holistic Healing Arts Ctr & Gift Shop 135 State Hwy 67, Amsterdam, NY
12010

Saratoga Metaphysical Boutique @ Living Well Ctr 18 Low St Ste 2, Ballston Spa, NY
12020

Among Angels 1675 Route 9, Ste 106 Clifton Park, NY 12065

Heaven & Earth Gift Shoppe 1505 US Route 9 Clifton Park, NY 12065

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180

Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
Star and Splendor 34 S Main St Voorheesville, NY 12186

Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203
Sour Girlz Wellness Boutique 443 Saratoga Rd Glenville, NY 12302
Crossroads Gallery 131 & 133 Jay St, Schenectady, NY 12304
Healing Lily 34 Jay St Suite 1st Floor, Schenectady, NY 12304

Sassafras Mercantile 37 Broadway Kingston, NY 12401
Traders of the Lost Art 332 Wall St, Kingston, NY 12401
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
Salem's Moon 408 Main St Catskill, NY 12414
Luna Enchanted 1461 RT 9W Marlboro, NY 12542
Magical Vibes 215 Main St New Paltz, NY 12561
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590
Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603

The Pointed Hat 43 Front St, Port Jervis, NY 12771
Thushita Heaven 324 Quaker Road Suite 6 Queensbury, NY 12804
Mystick World 423 Broadway Saratoga Springs NY 12866
The Magic Moon 15 Phila St., Saratoga Springs, NY 12886

Gem Goddess Emporium 72 Margaret St Plattsburgh, NY 12901
The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Crystal Caboose 4 Academy St West Chazy, NY 12992
Inncantation 1224 Stevenson Rd Suite 1 Westport, NY 12993

Serenity Wellness 214 Seymour St Auburn, NY 13021
Soul Sisters Whispering Holistic Healing Center 286 Genesee St Auburn, NY 13021
Crystal Moon Health & Wellness 246 Loop St Auburn NY 13021
Eclectic Hedge 8893 S Seneca St Weedsport, NY 13166 - **See Directory

The Magical Muse 103 N Peterboro St Canastota NY 13032 - **See Directory
Foundation for Elevation / Heathen's Touch 554 South 1st St Fulton, NY 13069
Julie's Caldron 6749 N Manlius Rd Kirkville, NY 13082
Healing Inspirations 215 First St Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126
Esoteric Mood of the A.R.T.S. 163 Bridge St Oswego, NY 13126
The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204

Earthbound Metaphysical 434 S Main Str N Syracuse, NY 13210
Mystic Side Gift & Book Store 404 N Main St Rt 11, North Syracuse, NY 13212

Alabaster & Ash 10169 Fuller Rd Remsen NY 13438
Sticks n Stones 126 E Main St, Waterville, NY 13480
Clearly Connected 327 Oriskany Blvd Whitesboro NY 13492
Practical Magic 173 Oriskany Blvd Whitesboro, NY 13492

The Jade Fox 706 Court St Utica, NY 13501
Ezra's Energy 51 Franklin Square Utica, NY 13502

Moontide Arts 45 Public Square Watertown NY 13601
The Magic Apothecary 21182 Salmon Run Mall Loop W. Watertown, NY 13601
Seven Stones 64 N Main St Bainbridge NY 13733

Serenity Hobbies 152 154 Main St Oneonta, NY 13820
The Magic Box 160 Main St Oneonta, NY 13820
Willows Enchanted Grove 3 Elm St Oneonta, NY 13820
Sun Moon and Earth 385 Main St Otego, NY 13825

Reflections Mind Body Soul 620 Main St E Aurora, NY 14052
Lady of the Lake 29 W Main St Fredonia, NY 14063
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063
Flicker Gifts 38 Main Street, Hamburg, NY 14075
Spiritual Mystic Healing 4477 Lake Shore Rd, Hamburg, NY 14075

Mystic Dragon's Lair 339 N. Main Street, Medina, NY 14103
Lightways Journey 35 Market St Brockport, NY 14420 - **See Directory
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454

Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150
I Am Magick 216 Grant St Buffalo, NY
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217
Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY
14219
Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
Alchemy of Spirits 168 Kennedy Rd, Cheektowaga, NY 14225

Soulful Beginnings 97 Pre-Emption Rd Bellona, NY (opening in Sept) 14415

A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
Karma Metaphysical Shop 246 S Main Canandaigua, NY 14424 (Opening in Spring)
Twizted Creations 247 E Main St Palmyra, NY 14522 - **See Directory

See These Stores in the Directory -

Dancing Crowns Commercial Street Piano Works Mall 2nd Floor E. Rochester, NY
14445

Mythic Treasures 727 E Main St, Rochester, NY 14605
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3259 Winton Rd S, Rochester, NY 14623

Spirit, Spindle and Root 9018 Route 5 & 20 West Bloomfield, NY 14585
The Enchanted Butterfly 35 North Goodman Street Suite #2, Rochester, NY 14607

Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510

Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701
Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879

Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik New Location Elmira, NY 14901
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903
Imagicka 39 Court St Binghamton, NY 13901

Cat & Monkey 4548 Queen St Niagara Falls, On Cananda L2E2LS

Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925
Fortune Crystals 2116 Merrick Ave Merrick NY 11566
Stone Corner Minerals 5 Main St Chatham, NY
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli
NY 12583 Crystal Connections 116 Sullivan St, Wurtsboro NY 12790
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983
Crystal Cove 8348 Brewerton Rd Cicero, NY (moving soon) 13039
Two Hawks 6930 Cold Brook Rd Homer, NY 13077

The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850
Multifaceted Minerals 218 E State St Ithaca NY 14850

Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Hampton Inn 5444 Camp Road, Hamburg, NY
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
The Journey Within North 182 Lincoln Rd Newark NY 14513
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607 -**See Directory
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718
Lily Dale Assembly Lily Dale New York 14752
City of Lights 10 Buffalo St, Lily Dale, NY 14752

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

<https://www.facebook.com/PlymouthSpiritualistChurch/>

Plymouth Spiritualist Church is where you are free to grow and discover your personal truth. Services are Sundays, 10:30-Noon, and include spirit greetings from loved ones, which we believe gives evidential proof of the continuity of life.

We are the "Mother Church of Modern Spiritualism" and have been serving the Rochester community since 1906. We welcome all to experience our services of Healing and Mediumship. Watch our Facebook page for our activities and workshops available throughout the year.

ROC Metaphysical Calendar of Events

ROC Metaphysical

Today July 2023



Sun	Mon	Tue	Wed	Thu	Fri
25	26	27	28	29	30
				7pm You're going to this event! Sav	
2	3	4	5	6	7
					1
9	10	11	12	13	14
10am The 56th Gem, Mineral, Fossil					
16	17	18	19	20	21
23	24	25	26	27	28
30	31	Aug 1	2	3	4
		Lammas Holiday			

Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. If your event is free there is no charge to list it. If your event has an admission fee the charge is \$10 for one event and \$20 for three events. If you'd like to have your event listed please email us at rocmetaphysical@gmail.com.

Include the Event Name, a description of the event, date, time, cost, payment options for attending, in person or on technology, link to technology, contact info. Must have the event info at least 5 days before the event.