

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

June 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for June:

7 Things to Realize About the Dangers of Overthinking

By Rev. Colleen Irwin

Music of the Stars ~ Ingest Heavenly Energy ~ By Jill Mattson

Be All In: Unlock Your Full Power By Leo Babauta

Resting Your Mind By Wendy Smith

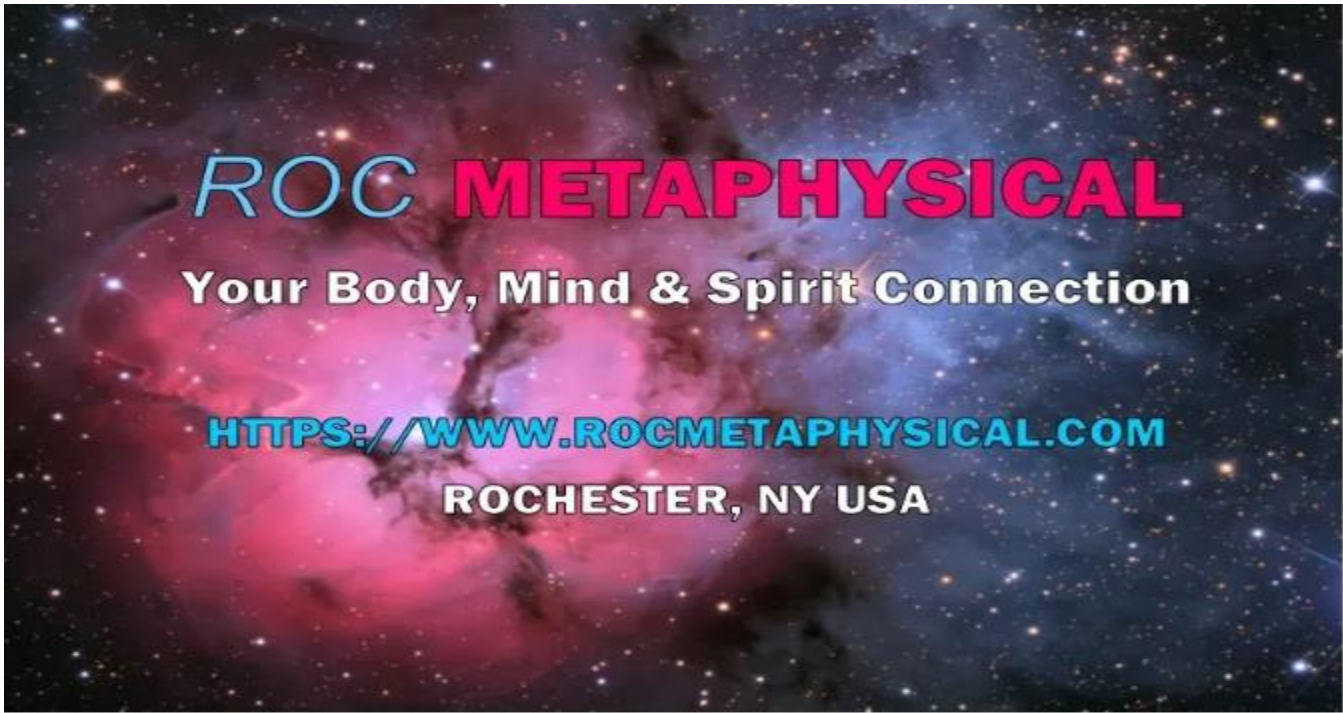
This Is Not Your Father's New Age By Lee Carroll/Kryon

The Return of The Goddess - Our Heavenly Mother

By Ronna Vezane

June 2023 Ascension Energies – Unknowns and Opposites

By Jamye Price



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.

Write and Advertise with Us

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.

Advertise your business? Provide a jpeg and the verbage for your ad.

Email us at rocmetaphysical@gmail.com

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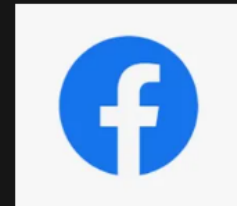
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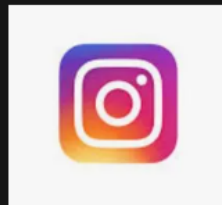
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roc_metaphysical



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

<https://mewe.com/profile/Scaba69765a0815f48d3d128>

ROC Metaphysical Interviews



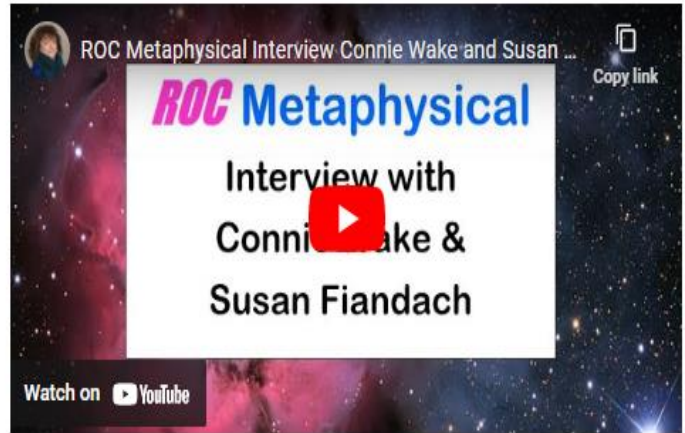
Judy Lynn

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/l6DdLY2dsj0>



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 Buenaflor 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.

The writer and the reader is on their own path. You may agree or disagree with the perceptions and opinions provided on the site. We ask that you give thoughtful consideration and make your own choices.

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ROC Metaphysical Online Magazine

Articles for June 2023

ROC Metaphysical Book Review



Uncorked Messages
By Patricia M. Brunner & Debra A. Slusarz

Rev Colleen Irwin



7 Things to Realize About the Dangers of
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Melissa L. Watkins



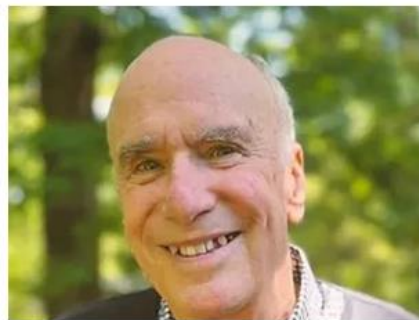
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The Tree Whisperer



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Bernard Beitman



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ROC Metaphysical Youtube



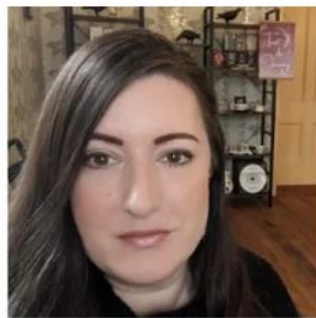
ROC Metaphysical Has A YouTube Channel

Leo Babauta



Be All In: Unlock Your Full Power
By Leo Babauta

Rev. Vanessa Hanks



Separating the Wheat from the Chaff Ritual for
Lammas
By Rev. Vanessa Hanks

Sound Healing



What Can Sound Healing Do For You?



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



What Is The Violet Flame and How Can It Help You?
By Patricia Cota-Robles



Lee Carroll/Kryon



This Is Not Your Father's New Age
By Lee Carroll/Kryon

Ronna Vezane



The Return of The Goddess - Our Heavenly Mother
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Jamye Price



June 2023 Ascension Energies – Unknowns and Opposites
By Jamye Price

Shelly Dressel



Celebrating Humanity!
By Shelly Dressel

“

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

—
BRIAN TRACY

*Joy is what happens to us
when we allow ourselves
to recognize how good
things really are...*

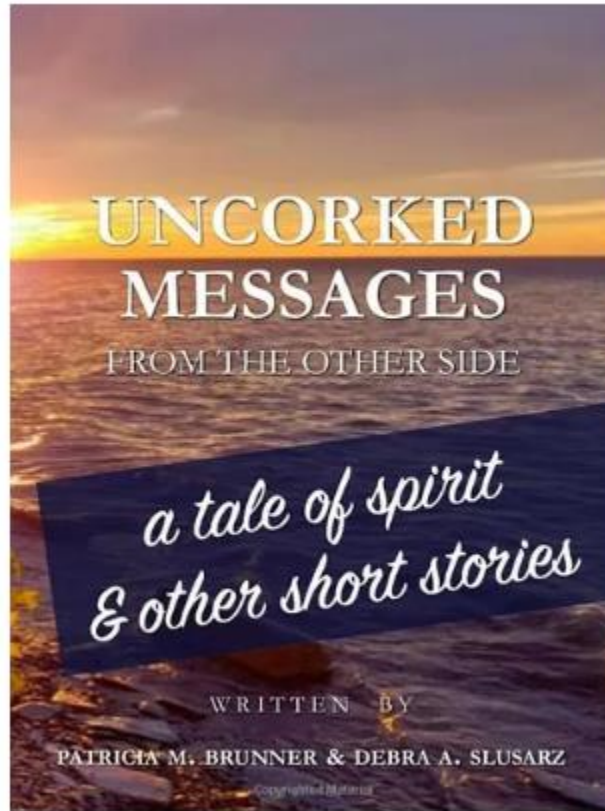
- Marianne Williamson

“

**BE YOURSELF;
EVERYONE ELSE IS
ALREADY TAKEN.**

- OSCAR WILDE

ROC Metaphysical Book Review



***** Editor's Note - I interviewed the two writers to learn more about the book. They had come to realize that they were receiving messages from loved ones who have passed over. After receiving lots of hints from family who was on the other side they thought they should write a book to help people to understand that any of us can receive messages from people who have passed, if we pay attention. It can happen to any of us and the messages could be a wonderful experience.**

Uncorked Messages from the Other Side is an inspirational read for connecting with our loved ones on the other side.

Spirit Four Thirty Two invites readers to engage in this journey and reflect on their own experiences with life after death. In particular we share our stories with our loved ones who are now angels on the other side.

We tie in some very unique experiences with nature, the universe and the beautiful and serene Lake Erie.

We hope readers find much needed hope especially if they are navigating the murky waters of learning to live without a loved one. We invite other

visitors who have an interest in spirituality to also read this book as we feel they will get a lot of out it.

We are so honored and happy to bring this book to life and are glad to be sharing our story with the world.

In whatever capacity you have been brought to our book, we are glad you are here.

Find more about the book on Amazon: at

https://www.amazon.com/Uncorked-Messages-Other-Side-Spirit/dp/B0BGNMKLDS/ref=sr_1_1?qid=1685230573&refinements=p_27%3APatricia+M.+Brunner&s=books&sr=1-1&text=Patricia+M.+Brunner

Facebook: <https://www.facebook.com/Spirit432>

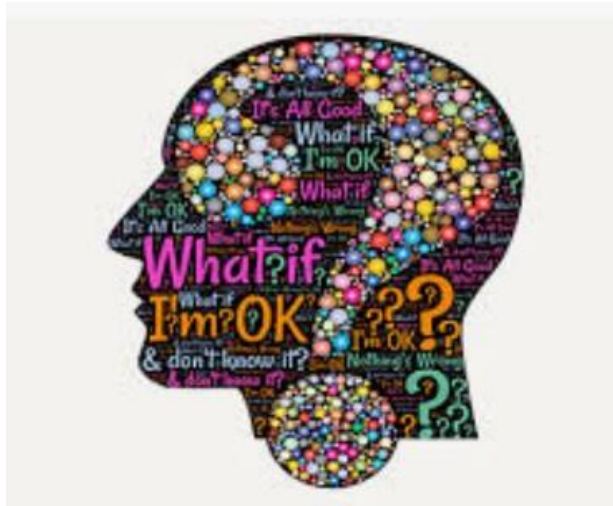
Interview with Patty & Deb



Link: <https://youtu.be/ZfP4zHV7QbQ>

7 Things to Realize About the Dangers of Overthinking Life

By Rev. Colleen Irwin



We like to think. Indeed, it's even encouraged from the moment you're small. We spend a lot of time as children being cautioned to 'think things through' and to 'think about our actions.' But what happens when thinking becomes overthinking? If some of a thing is good for you, does that mean a lot can be so much better?

Like many things, too much of something is generally not healthy. For example, many studies have proven dark chocolate has certain health benefits. Eating a small piece has been shown to lower blood pressure, improve blood flow, and even protect you from heart disease. Yet a steady diet of dark chocolate would be terrible for your health, putting you at increased risk for diabetes, and even threatening your body on several levels as it doesn't provide the nutrition needed for a balanced diet by itself.

So too, overthinking can be damaging. This is why it's so important to check your thoughts. Don't believe it? Think about these things:

It Slows Healing

If you've just suffered a setback, a little thinking is a good thing. Spending time going over and over what happened isn't. When you revisit the past in this manner, you very easily become caught up in obsessive thought patterns, which can keep you from moving on to newer and better things.

You Burn Out

Let's face it, some things you can't fix. Overthinking those things will only keep you circling around looking for solutions to something which can't be solved. Now you're just banging your head on a wall, going nowhere fast.

You Only See Problems

Overthinking tends to concentrate on what's going wrong and very rarely addresses the things going right. This means it's very easy to see and even understand the problem, but you're never going to find the solution.

You Lose All the Good in Life

When was the last time you felt positive about your life? If you're overthinking? You're not. Any kind of optimism, hope, and even an eye for solutions can quickly become drowned out by a relentless concentration on negative things such as failure, potential disaster, and problem-centric thinking.

You Lose Gratitude

A thankful heart requires a positive outlook and the acknowledgment of things going right in some regard. Overthinking squelches those thoughts, focusing instead on what you don't have rather than what you do.

We Become Less Sure of Ourselves

Overthinking makes you second-guess yourself. This damages self-esteem and entirely negates any of your accomplishments, ruining your self-image entirely.

You're Never Here

How can you live in the moment if you're always revisiting the past or trying to figure out the future? This kind of overthinking is guaranteed to make you lose today entirely.

With this in mind, by all means, get a feel for what you're doing. Just trust yourself with knowing the right amount of thinking you're doing. When the balance begins to tip, you'll feel it. These are the moments you need to step back, and maybe turn your thoughts elsewhere, at least for a time.

About Colleen: Rev Colleen is a natural born medium. Discovering how to share this knowledge with others has been an adventure that she captured in her book "Discovering Your Stream". In addition to volunteering time at Lily Dale, her speaking engagements, private readings, and spiritual

classes she teaches across the country, Colleen is also a volunteer Docent sharing the experiences of Susan B. Anthony to visitors of the Susan B. Anthony Museum.

In 2019 she joined a long line of women as a Previvor – Preventing Cancer before it appears as she carries the BRCA2 gene mutation. She now uses her platform to educate others about the BRCA genetic mutation and how one can take control of their health and well-being.

Colleen's Media Links: <http://talkwithcolleen.com/about/>

Facebook: <https://www.facebook.com/revcolleenirwin/>

Twitter: <https://twitter.com/talkwithcolleen>

Linkedin: <https://www.linkedin.com/in/colleen-i-a563251b0/>

Instagram: <https://www.instagram.com/talkwithcolleen/>

YouTube:

<https://www.youtube.com/channel/UCyqiREJNkKCEenfDWeTozCQ>

Pinterest: <https://www.pinterest.com/talkwithcolleen/>

Interview with Rev. Colleen Irwin



Link: <https://www.youtube.com/watch?v=TZNEG5LaQmU>

3 Ways to Develop the Third Eye Connection

By Melissa L. Watkins



Love is the frequency of the Universe. We resonate at a frequency that is tied to our emotions, thoughts, physical and energetic wellbeing. So, what does this mean in our everyday lives?

As infants we come onto this planet from Source. We are like sponges soaking up the programming that will inform most of our lives. Therefore, anything we are exposed to is programming us from the moment we are alive.

This is the good, bad, and the ugly. Our parents, siblings, families, and environment inform how we perceive the world around us. If we grow up in a nurturing family unit, then we learn how to be loving and nurturing to others. Conversely, if we grow up abused and traumatized, then we learn how to hurt and traumatize others. And, these are the frequencies that we resonate at, so we will draw more of that, what we resonate with, to us.

Also, if we are not able to give and receive love, then we are not able to manifest or experience of love on any plane. We are essentially flying blind because we have shut down extra-senses. We are unable to tap into our clairvoyance, third-eye, to be able to tap into “seeing” of and from the other dimensions: soul (higher-self), angels, cosmic cousins, and more.

We are also prevented from experiencing life as a full experience because we are not able to give and receive help, support, or connection from

anyone (on Earth or other worldly). We are here to have a full human experience, as well as remember our connection to our Divinity or Source.

Many of us experience a blockage early in life, or bring it with us from other lifetimes, and sometimes it is a pattern from previous lifetimes, or of generations of our family line. These patterns can be very dense blockages that take much work and awareness to heal or wipe clean from the lens of our souls.

This shadow work, or negative aspect(s) must be cleared to move into higher frequencies, where our connection to Source is. How we receive connection to know, see, feel, and hear Source and the Cosmos is what we are being called to ascend into through raising our vibrational frequency(ies) to at this time.

Shadow work, getting closer to Source, is hard work. Removing blockages takes time. Releasing anger, trauma, resentment, betrayal, abandonment, powerlessness, unworthiness, and any negative emotion that hurts you and holds you back requires effort, commitment, and help.

Your guides, angels, ascended masters, who are from Source are always available to help you. As human beings, we have free will and so, we must set intentions or ask for help before intervening can occur.

- 1. Recognizing where you hold blockages. Becoming aware of your negative thoughts and emotional patterns.**
- 2. Releasing or forgiving those people, situations and relationships that do not serve your life at this time.**
- 3. Reconnection with the Source within. Finding trust and faith in All That Is: God, Goddess, Universe, or any other name you assign.**

This is the work I am committed to helping myself and you with. More information can be found at guidance311.com to begin or take another step on your journey of evolution, happiness, and purpose fulfillment.

Blessings, M xo

About Melissa: Hello, my name is Melissa L Watkins, Intuitive Coach, Medium and the Founder of Guidance 311. I am clairvoyant, clairsentient, clairaudient, and claircognizant. My gifts are multi-faceted, as I connect with spirit. I am also an Empath, Medical Medium and Animal Medium, who is able to feel the emotions of others' and reading the "field" of energy that is all around us, helping me to relay messages with understanding and clarity of the best way for it to be received.

As a Master Instructor with Integrated Energy Therapy®, I am able to help you transform your traumas and dramas to live a happier and healthier life: emotionally, spiritually, mentally, and physically. And, my true passion is tapping into my education background in helping you to connect to spirit through helping you to develop in to living authentically. I am looking forward to be a part of your journey of awakening to the Divinity within. Join me!

Melissa's website: <https://www.melissawatkins.com/>

Interview with Melissa



Link: <https://youtu.be/EJABbxSkB6o>

Team Up With Your Trees....

By Dr. Jim Conroy & Basia Alexander



Something's gotta give. You're stretched too thin. But, it doesn't work for you anymore to be too busy not to 'smell the roses' or touch a tree.

You can't hire that out. That would be missing the point. You need to touch a tree yourself. You and your trees and your land need to join forces as a team if you're going to de-stress and they are going to regenerate. You can slow down and breathe, be curious, see the bigger picture, recover lost health, and get in tune with life by touching a tree.

And that works for trees, too. Trees everywhere are stressed from climate extremes. So many are declining. They need your conscious attention if they are going to become healthy again. Trees want to be YOUR partners. They have real advice to offer, if you'll just learn to listen.

You and your trees can become a team. They are sentient, spirited, conscious beings—called by Indigenous peoples “the standing ones”—who have answers for people, more than just up-taking carbon.

Become a team with your trees.

You'll feel something new: an alliance with Life Force itself. You'll think differently, make better choices, and expand into un-dreamed-of possibilities.

How? By going through my easy, five step, simple connection experience with trees and plants. It's an adventure to form a more meaningful relationship—a partnership—with a tree.

You can expect to de-stress, feel inner peace, and even enjoy some kind of healing. But more than that, you'll experience kinship and reciprocity with the consciousness — you might say the “spirit” — of a tree or plant that you care about. It's not hard. It does not require any special gifts. Anyone can use these 5 steps.

The 5 Steps of Connection:

Observation & Appreciation: See big view, get into the detail, Use your sensory awareness. I'll bet a lot of you have developed keen intuition, and you do want to use that, but in this step its all about the sensory awareness: what you see with your eyes, what you hear and even smell around the tree, and what your fingers feel when you touch it. You want to get into the detail. And detail leads you to appreciation of the tree's situation.

Which leads easily to caring or affection. Sometimes, if the tree is in bad shape, you'll have empathy or sympathy come up in your feelings. You can really get to LIKE a tree, even if you already love it. That affection will bring you back to visit the tree, and that's what the trees need most now. It needs you to be its friends. If you go no further in these steps, being the tree's friend is the best thing you can do.

Step 3 is Inner Quiet. Do your best to be in a place that is quiet, but this step is mostly about the inner quiet. This step is for releasing the stuff of the day as well as your concerns. Inner quiet also means letting go of the ego attachments. When you want to connect with a tree, it's not about YOU.

Therefore, Step 4 is actual engagement with the tree. You can use your imagination or intuition to find out what the tree's life is like. You can imagine standing in its roots; looking out through its eyes. You can BE the tree. What's it like to stand in one place for a lifetime? What's it like to go through a storm or to have someone cut off one of your branches? Yes, you can come from the tree's point of view, not your human-centric perspective, but really allow yourself to imagine or intuit what the tree's reality is like, what its point of view is, what its life is like.

And in making that Engagement step, you may very quickly go into the 5th step: Mutual Messages. When you tune in, you may get messages from the tree about its state of health. You may also get personal or spiritually profound messages, too. So you can receive messages from the tree easily by having a bit of inner quiet and being fully engaged with it. And then,

you can also offer it information that it needs in order to become more healthy.

Enjoy the 5 Steps as a Guided Meditation Experience

At my online school, I offer the experience as a guided meditation.

<https://biobaliainstituteschool.org/p/the-basic-5-step-connection-process-experience>

What's different about my methods is that I come from the trees' or plant's point of view. That means that I will guide you to experience a connection with that Living Being as if you were standing in its roots, seeing through its eyes, or feeling its very being. Your experience will be a journey into a tree's or plant's world to find out what its life is like while you come from its point of view.

Going Further

I believe that connecting with trees and plants is not only a pleasant experience for humans but it also has to have a positive result for the tree or plant, from the inside-out. Sadly, many of the trees, plants, crops, forests, herbs and medicinal plants that we rely on are stressed, sick, or damaged now due to climate extremes and/or human interferences.

A sick or damaged Being can't heal you or rejuvenate the planet. So, you may want to go further. There are other courses at my BioBalia Institute School that teach you how to use your active attentions and mutual connections to help them regain health and overcome climate extremes.

Trees have urgent health needs that only YOU can provide. And I don't mean products or pruning. Their health needs are the kind that require YOUR touch, YOUR caring words and thoughts. Your trees will thank you for helping them fulfill their individual and species goals and increasing their tolerance to climate extremes. They will be able to pitch in to restore livability to the planet.

Please let me know how you enjoyed the 5 Steps of Connection Experience. We'd love to hear from you - Jim & Basia

******Be sure to check out our next online open discussion**

on 6/29 at 7PM. *****

About Dr. Jim Conroy: Jim Conroy's mission is to SAVE TREES BY HEALING TREES. He has a PhD in Plant Pathology, and worked for over 30 years in the corporate agricultural chemical industry. Since a life-changing flash of insight in 2002, he became The Tree Whisperer®. Dr. Jim gets inside the tree's world and knows trees as sentient Beings who live as part of an intelligent ecosystem. He uses his intuitive perception and sensory sensitivity to receive clarity about how trees' inner functionality is compromised, then collaborates with them to heal them from the inside out. As an innovator, he has developed multiple systems for healing trees, plants and forests based on conscious collaboration. Jim's website: www.TreeWhisperer.com

About Basia Alexander: Basia Alexander's mission is to CHAMPION PARTNERING WITH NATURE AND SHOW PEOPLE HOW TO GET THERE. She is a leader in the new field of conscious co-creativity. An expert nature communicator, she leads workshops and environmental outreach efforts, and produces innovative curriculum. With Dr. Conroy, she has co-authored 7 books and also writes on topics of health, personal transformation, creativity, and spirituality. She directs the educational and philanthropic activities of The BioBalia Institute and www.PartnerwithNature.org.

Tree Whisperer's websites: BioBaliaInstituteSchool.org

PartnerWithNature.org, NaturePartner@PartnerWithNature.org

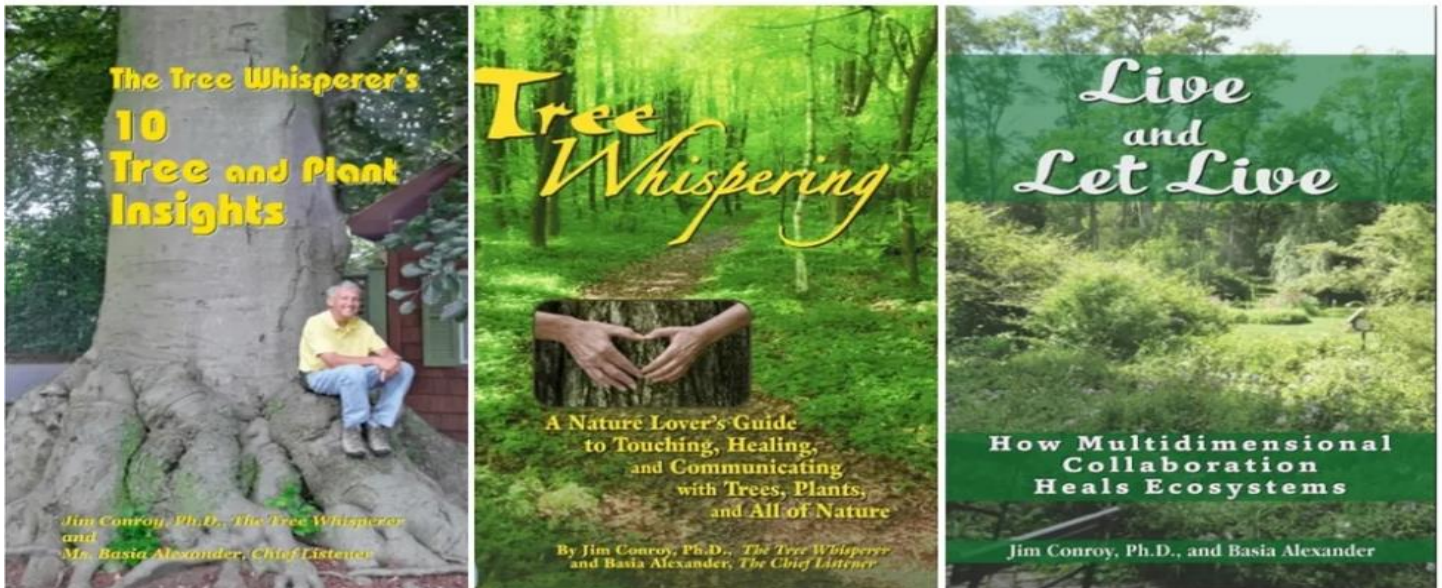
TheTreeWhisperer.com, whisperer@TheTreeWhisperer.com

The Tree Whisperer's Video



Link: <https://www.youtube.com/watch?v=RNFfus6xKeY&t=1s>

Check out the books

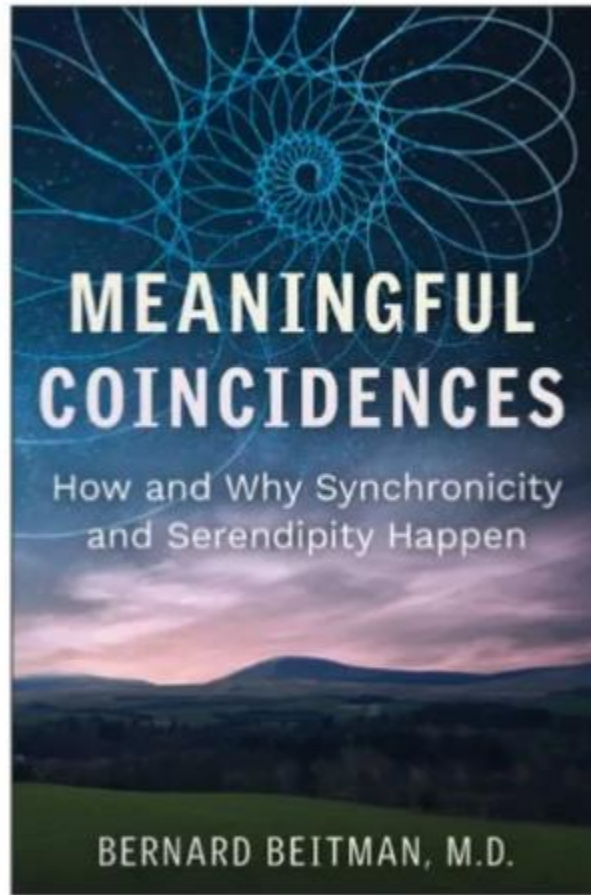


They have written books to help us know how to work with trees and nature. Go to:

<https://www.plantkingdomcommunications.com/category/books>

Do Coincidences Signal That It's 'Meant to Be'?

By Bernard Beitman, MD



Those pesky false promise coincidences.

For many people coincidences are “all good”: If you wait long enough, you can probably find a positive outcome. In this post we look at coincidences that from the beginning seem to promise a great outcome but then yield nothing.

A prominent journalist had applied for a job. On a flight, he discovered that he was seated next to the boss of the person with whom he'd been talking about the job. What a coincidence! They had a good talk, and he thought it meant that he would get the job. He didn't.

Romance probably breeds the most “false promise” coincidences, especially for individuals who over-rely on coincidences as metaphysical signposts pointing to the “path” they should take. The excitement of a new romantic interest can be greatly boosted by surprising coincidences that

seem to signal a profound bond—presumed signs that a relationship is “meant to be.”

In his book, *When the Impossible Happens*, psychiatrist Stanislav Grof wrote of a romance fueled by coincidences that burned brightly but faded quickly: Two of his friends had suggested he meet Joan Halifax, a friend of theirs, and one with whom they felt he had much in common. After several months, Grof decided to give her a call. He was going to present a paper at an American Psychiatry Association (APA) meeting in Dallas and figured he could swing by Miami (where she lived) to visit her on his way back home to New York. As it turns out, she was also going to the APA meeting—and they had both, coincidentally, booked rooms in the same hotel. Without having communicated about where they could meet, Grof coincidentally met her at the first conference event he attended. They had never seen each other, and no one introduced them at the event, but when they saw each other across the room, they somehow recognized each other.

A series of other coincidences pulled the relationship speedily toward marriage. Even at the wedding, a repeated theme of rainbows seemed to bestow blessings and good auspices for the union.

But the morning after the wedding, Grof had a coincidence hangover: “As soon as I opened my eyes,” he wrote, “I sensed that something was terribly wrong. All the thrill and ecstatic feelings of the preceding day were gone; I felt sober and somber. The wave of excitement we had experienced the last few days suddenly felt illusory and deceptive. And what was worse, marrying Joan suddenly seemed like a serious error.”

It wasn’t long before they 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.”

Lynn Corrigan posted her own 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.”

A man named Sahmat told me that read a book by a woman with whom he realized he had a lot in common: “I was most struck by the appearance of three synchronicities in our backgrounds,” he said. “We both grew up in Quaker families outside of Philadelphia, both were trained as biologists, and both eventually went to seminary and got an advanced degree in religious studies. I thought, ‘This is pretty unusual; we may be the only two Quaker biologist seminarians on the planet.’” On the way to meet her, he saw many references to the number 37, one of his numbers. These numerical sightings confirmed for him that he was on the right path.

And then he met up with this woman and found that they were not at all suited to each other.

The experience made him reflect on recent failures in attempts to make new connections with people. He realized he should instead revive older connections, specifically with his friend Larry.

The timing of the reconnection was perfect: It turned out that Larry had been working on a project that required 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 real next connection I needed to make.”

Quoting Bob Dylan, he said, “There's no success like failure.”

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 some of their discussion may also be applied to the discovery of romantic love or personal opportunity through coincidence: “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. The point is that 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 likely some of the greatest romantic discoveries, too).

The chances were good that Sahmat would connect well with a fellow Quaker biologist seminarian because they shared key interests. Just because it didn't work out doesn't mean he should ignore all such coincidences in the future. And he used his false promise coincidence as a stepping-stone to a more secure relationship.

There's a whole field of study dedicated to hope—including false hope. Some researchers in this field worry that people who have false hopes, often based on illusions, will suffer psychological blows when they fail. Yet other researchers, such as Charles R. Snyder at the University of Kansas, think that a high-hope approach to life, even if it includes some minor illusions, leads to greater success and even psychological resiliency.

Running into each other unexpectedly in an out-of-the-way place, having family members with the same names, seeing rainbows at your wedding—all such coincidences may contribute to that feeling of magic when two people fall in love. But can they live with each other on a daily basis and share life together in a meaningful way? That's a consideration beyond coincidence.

Co-authored by Tara MacIsaac, a reporter and editor for the Beyond Science section of Epoch Times.

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/>

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 AND BP TO FIND RING IN PARKING LOT

Micaela writes: My best pal at work and I sat in my car debriefing a grueling training on a difficult emotional topic. We had driven to the

grocery store to shop for dinner. Upon returning to the car he fell. He said it was probably due to how upset he was from the training. I drove him home. He later texted me that he had lost his ring when he fell. The ring held deep sentimental value for him. I told him I would come pick him up as he had no transportation, to help him look for the ring at the grocery store parking lot. Driving to his home, I did pray for him and myself for an MBO. As we were pulling into the crowded parking lot he actually spotted his ring sitting on the ground in the parking lot. He was astonished. I was grateful that the prayer was answered.

MBO FOR SAFE TRAVEL

Deb in Minnesota writes: Here is a modification of an MBO that I saw in your blog.

MBO for Safe Travel

“I request the most benevolent outcome for traveling today. May the roads be good, the traffic light, the lights green for me, the drivers courteous and safe, and may my car work perfectly. May I get excellent parking spots where ever I go. May the results be even better than I can imagine or expect. Thank you!”

This works well most of the time, though perhaps it is too long.

MBOs FOR TRIP TO SEE DAD

Kate writes: Thank you for yet another thought-provoking newsletter Tom, I am beyond excited for your trip and all that will result from it. It's been quite a while since I sent in an MBO story so...

I am currently on my last day of a quick little trip to see my dad. I requested MBOs far in advance for everything from a great overall experience to the perfect flight/hotel – and it's all gone swimmingly! I found a very affordable flight where I had a great seat and seat mate, all perfectly timed with no real waiting on anything, the perfect hotel, and we've all just had a really nice time. Everyone I've run into along the way has been so nice and best of all no pat down at security!

For my last 2 to 3 flights, I have set off the stupid machine in security so I was careful to request an MBO to avoid that. And guess what, I was the last person they let through the metal detector, bypassing the dreaded machine that thinks I'm packing heat (haha). Everything keeps going my way and I expect that to continue. I think it probably helps that I never miss a day of the morning benevolent prayer, request MBOs pretty much constantly, and say BP's at every opportunity. At the very least, these things help me feel

very connected to everything and everyone. It's such a powerful connection that I am often brought to tears (however, I am admittedly a crybaby).

I don't even like to think about what my life would be like without the Gentle Way, good thing I don't have to.

MBO TO PROTECT 35 ACRES FROM DEVELOPMENT

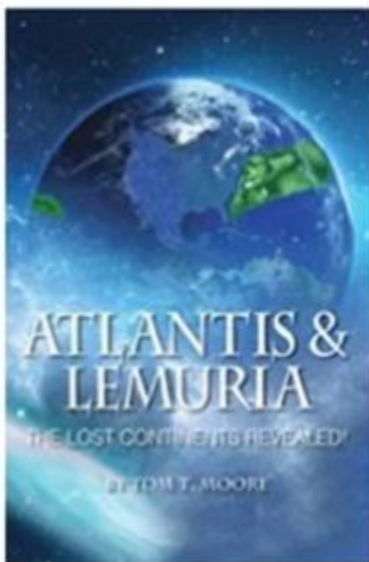
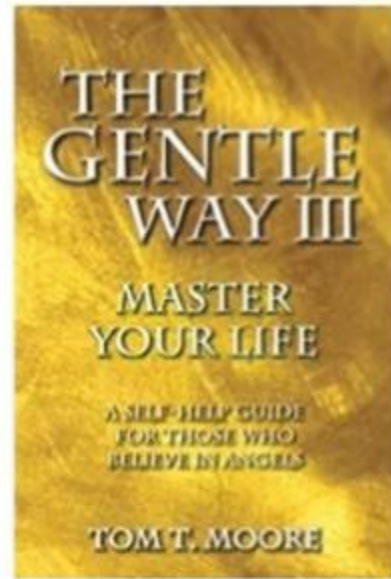
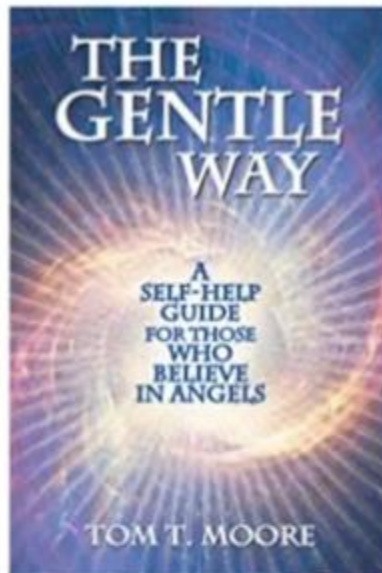
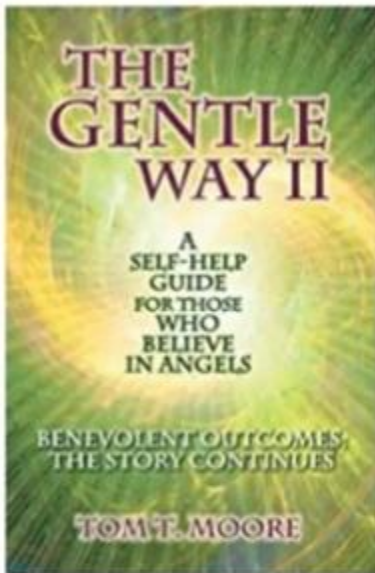
Janie writes: Love your newsletter! As an unimportant comment, but I added to my daily affirmation. I added swamps after, lakes and streams. They are a unique environment, not land not water and ecologically unique and significant....OK, I am an ecologist 🙄. And, used a MBO daily when 35 acres, zoned for single family homes was to be bought by a developer wanting to stick high rise apartments on it.

The whole area responded and we fought back, there are many reasons why, but for once we united. The developer, after forging ahead despite us, suddenly withdrew. We know this unique land will be developed but we are staying vigilant. At least for a while the old heritage trees are saved as are the wildlife that abounds there. Meanwhile, I was surprised and tickled as it answered my MBO perfectly! Thank you!

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/>

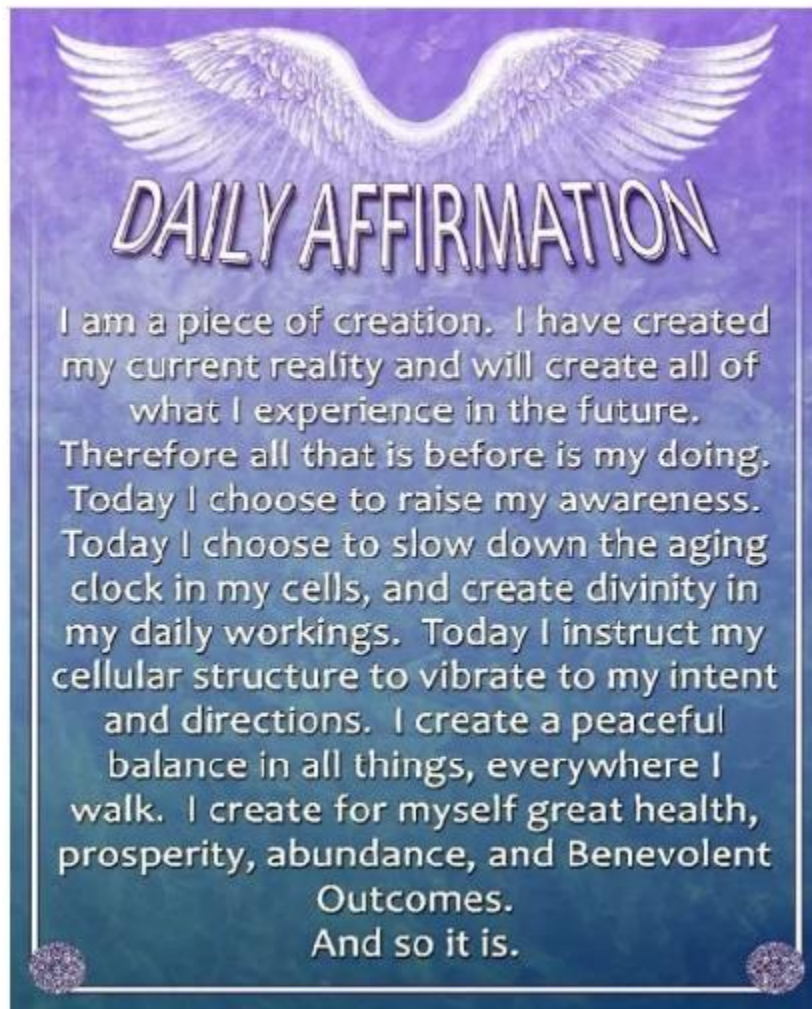
Tom T. Moore's Books



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

Music of the Stars ~ Ingest Heavenly Energy ~ By Jill Mattson



The Star Dust music collection features the literal sound frequencies from the stars and planets on top of celestial music.

Thousands of years before Christ, the ancient Chinese and Egyptians listened to star sounds to help people overcome challenges from low-level electromagnetic energy coming in from the stars (from negative astrology). They often referred to their music as playing the stars.

With physics, the frequencies of the planets in their orbits can be calculated and raised into our hearing range. Thus, you can listen to the perfect sounds of the stars twinkling in the fluid and ethereal Star Dust Music.

Our physical body is primarily made of carbon, hydrogen, oxygen, and nitrogen. The stars are made of these same elements, although there are different proportions of them. So our bodies and the stars are made out of the same ingredients! Are we stardust?

The resonance process (verified by science) enables you to tune these elements within your body – just by listening to their tones! Thus, the fluid and ethereal music lifts and elevates the elements in your body!

A French physicist, Joel Sternheimer, discovered how to calculate the sound frequencies of molecules. Joel also produced a formula to calculate

frequencies for elements in the Periodic Table. So, every element has a frequency.

Carbon, hydrogen, oxygen, and nitrogen are transposed into tones and “twinkle” in the background of the Star Dust music.

Joel also learned that amino acids in plants produce songs. We can't hear them, but with his equipment, he can! When Joel played back the amino acid's songs to the plant, the plant's growth doubled and increased its resilience to drought and disease. When the plant hears its “song,” it becomes all it could be – healthy, strong and vibrant.

When you hear the sounds of the stars (raised octaves into your hearing range), you can vibrate in harmony with the Songs of the Heavens.

How were the frequencies of the solar system derived? According to author Hans Cousto, you can calculate the pitch of a planet if you know the time it takes to complete an orbit: and then apply this formula: Frequency = $1/\text{Period}$. For example, the Earth takes 365.24 days to orbit the sun, so the Earth's frequency is $1/365.24$ days. When converted to sound, this number is below our hearing range, but you can hear this sound by doubling the frequency by octaves. So we can listen to the sounds of the stars!

As you hear the star's vibration, you can vibrate in tune with it. So you can sing the song of the stars and the stars can sing in you! We are in the choir of the “uni-verse,” meaning one verse or song. There is harmony in the heavens!

**The Frequency of the Earth, Moon, and the Sun
Physicist Hans Cousto suggests that when you tune into the Earth's frequency, you simultaneously tune into the energy of the Indian and Tibetan monks, who are in harmony with the Earth. By tuning into their energy, you participate in their peace of mind.**

When you raise the Earth-day frequency 66 octaves, you create the resonance of DNA, linking the resonance of DNA and the Earth's tone. So, can you tune up your DNA by listening to the tone of the Earth? When your DNA is healthy, you raise the energies of your body, mind, and emotions.

The scientific phenomenon of the hundredth monkey shows that when a certain percentage of the monkey population learned a new trick, the entire population of the monkeys, even those on other islands who had never seen the trick, could then efficiently perform it.

Therefore, we can tune in to the frequency of those already in tune due to their regular meditation. Listen to the Earth Tone, which sings throughout the Star Dust CD.

Cousto notes that the moon affects the tides and also our body fluids. He also suggests that tuning with the moon frequency can help stabilize fluid imbalances. However, he also cautions not to use tuning forks to replace traditional medicine. The moon tone twinkles in the Star Dust CD.

Cousto describes the benefits of the sun's orbit tone. Meditation attuned to the sun is beyond your imagination and leads you into new dimensions. It enhances joy in your soul and provides clarity in life. It takes you to consciousness beyond good and evil, space and time, knowledge and wisdom, and being and non-being. It leads to an all-encompassing state where we are all one."

**Listen to this and other beneficial tones
while enjoying the harmony of the heavens
in the blissful music of Star Dust.**

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.

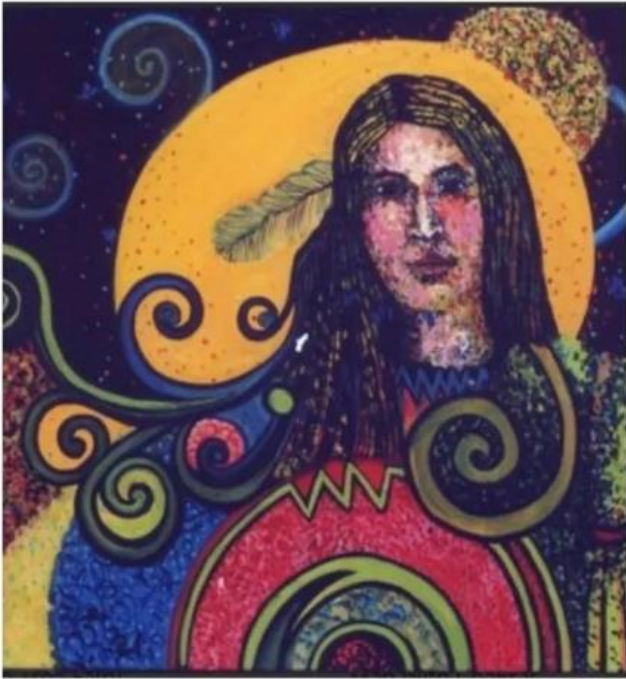
Jill's website: <https://www.jillswingsoflight.com/>

Interview with Jill



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

Jill's Art



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

Waking Up In 5D By Amanda Hoover



These magical moments in the outer never cease to amaze me, waking up in 5D this beautiful morning. As a meditation guide what comes through from our highest aspects is not thought from the mind of everyday thought alone. It comes from a higher dimensional frequency of spirit, love and interconnectedness with all, ascended and expanded beyond the illusion of time. When open to receive with clear, pure, divine vessel heart mind the most beautiful creations and dream weaving comes through.

I found mySelf divinely guiding souls recently to a golden orb in their dreamscape. The orb was in the body of water that they created. At the time I kept seeing that the gift inside the golden orb, for the soul experiencing it, was something that needed to stay in the water. Not forever, but for now. The gift in the dream was being purified by divinity, the waters of creation. An inner symbolism of how we are holding it in our hearts.

Go within, create your dreamscape in a meditative state and see what gift is in the golden orb for you. Your holy desire, you're greatest wish, your greatest dream. Hold it with all of your heart in the inner, feeling it's joy, for it to unfold in the outer. As you and it are cleansed and purified for divine time outer reception.

Happy Mother's Day to all of my dear friends and family! Our divine feminine nurturing ~ loving ~ receptive ~ caring nature so beautiful to this divine creation!

If would like to subscribe to Net of Love to receive emails of events, meditation circles/classes online and/ or upcoming retreats in the beautiful mountains of upstate NY, please visit netoflove.com and go to the very bottom of the first homepage. My email is also listed on my homepage for those who might be interested in working with me. I am an ascension guide and spiritual life coach who works with the energies, as well as the cognitive integration necessary for ascension, healing and expansion of consciousness.

About Amanda Hoover: In 2017 she began following her bliss and spiritual calling of metaphysics and healing and completed the Intuitive Development Practitioner Program and Healing Practitioner Programs at the Institute for Spiritual Development in Oneonta, NY. She became a Certified Life Coach and spent the next few years developing her energy gifts and is now a Reiki Master Practitioner/Teacher and Vibra Acoustic Energy Healer. Amanda has studied Ancient Egyptian Ascension extensively since 2018 and identifies most with the pre-dynastic teachings of divine love throughout the psyche. She is an Ordained Minister and Faculty Member at the Institute for Spiritual Development in Oneonta, NY. Amanda works with clients to uncover the subconscious program to assist with rewiring of beliefs and re-scripting the stories we tell ourselves about ourselves and others, that are not for our highest and greatest good. Sessions for clients include coaching on cognitive reframing and re-scripting techniques, energetic clearing, collaboration on daily rituals to support continued growth , establishing and maintaining a direct connection to high self and source, as well as meditation practices to support self-healing.

Amanda's website: <https://netoflove.com/>

Instagram: [@net_of_love](https://www.instagram.com/net_of_love)

Facebook: <https://www.facebook.com/Net-of-Love-104744154681210/>

Amanda's Video



Link: <https://www.youtube.com/watch?v=iD8OuotxiVc>

Tarot Tendencies for June By Doreen Scanlan



This is the month to start looking at what you want to accomplish this summer. If you focus your attention on your most exciting thoughts it will give you the inspiration to act on them.

This is definitely a time of personal growth and expansion. You have many unused talents gifts and abilities just waiting for you to tap into them. Forget the excuses as to why you can't and go for it.

Don't let the creative side of you lie dormant when there are so many beautiful things editing to be created.

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>

Resting Your Mind By Wendy Smith



When your mind really needs a rest, it can actually happen quickly, if you rest into this present moment. Watching this 30 sec video, rest in the present moment orienting to your environment and your outer world.

You can use this Youtube image to meditate with or you can meditate either after reading the poem by Wendell Berry below or after reading the lovely quote by the Irish poet, John O'Donohue.

The Peace of Wild Things

Wendell Berry, The Peace of Wild Things & Other Poems

**When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.**

“There is a place in you where you have never been wounded, where there is still a sureness in you, where there is a seamlessness in you and where there is a confidence and tranquility in you. I think the intention of prayer,

(meditation) spirituality and love is now and again to visit that inner sanctuary.”

~ John O'Donohue quote

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=zB6ydoWV684>

Almost Losing Our VW Van - Another Miracle **By Barry & Joyce Vissell**



The following is an excerpt from our soon-to-be-published book: A Couple of Miracles: One Couple, More Than a Few Miracles.

One morning in the autumn of 1974, I unfolded a map of California and started studying it. I have always loved maps. Joyce sat next to me, finishing her breakfast.

“Look on this map, Joyce. There’s a whole wild area, the Mendocino National Forest, just north of San Francisco. Let’s go.”

And just like that, we took off in our VW van. I have always appreciated Joyce’s great love of the outdoors, and her adventurous (most of the time) spirit. Given what was to happen, I am surprised she still goes on adventures with me!

We didn’t know just how primitive the roads were, how undeveloped it was. We just drove. Or rather, I just drove. Joyce was too scared to drive on bumpy dirt roads that hugged the sides of mountains ... with no guide rails and a sheer drop off.

We had recently had our first rain of the year, after months of no rain. Being new to California, we didn’t realize what that first rain did to dirt roads in the mountains. Conditions were muddy, slippery, and treacherous.

After a few close calls ... we almost slipped off the cliff in a few places ... I realized that we had no business being here without four-wheel-drive. But how to turn around? There didn't appear to be any places wide enough. We had to keep driving up the mountain. To make matters worse, it was beginning to grow dark.

Finally, I spotted a turnout ... sort of. It would have to do. I slowly and carefully negotiated a turn, but started to slip sideways toward the edge of the drop-off. With every move I made, our van slipped a little more toward the edge. Forward gear, a gentle push on the gas pedal, and slipping to the side rather than forward. Reverse, and the same thing...

The situation looked grim. I got out and surveyed the scene. This was long before cell phones, so there was no calling AAA or any other form of help. Instead, realizing we needed divine help, we prayed a very sincere prayer.

We decided there was nothing more to do until morning. We camped that night in the severely slanted van. For most of the night, Joyce was pressed against me and I was pressed against the wall of the van. It was not our best night's sleep. Okay, Joyce pressed against me had its perks.

The next morning, I walked over to examine the drop-off. It wasn't as bad as I thought the night before. It didn't go straight down. Instead, it sloped steeply for about thirty or so feet, then it leveled out on a fairly level spur road that rejoined our road a little way down the mountain.

I told Joyce to get out of the van, just in case. She was worried. "Barry, what are you going to do?"

"I think I'll try one more time."

I didn't sound convincing. She didn't even try to hide her worried expression.

I got into the driver's seat, put the van in gear, and slowly let out the clutch. The rear wheels turned, but again we did not go forward. Instead, we slipped to the right, both right wheels dropped over the edge of the turnout. The van leaned precariously over the edge, and seemed to be on the verge of rolling over.

I acted quickly. I opened the driver's door fully, jumped out of the van, hanging onto the open door as a sort of lever to try to keep the van from

toppling. Now I was in a desperate situation! If the van started to go over the edge sideways, I would have to let go of the door, and just let it go. As long as I kept my full weight on the end of the door, the van stayed put.

Now what? I knew I couldn't stay there forever. Without help, we were really in a bind. We hadn't seen one other car since we had been on this dirt road.

My mind flashed on the worst outcome. If the van rolled onto its side, it probably would either slide or continue rolling down the bank. We stood a chance of losing the van and all our belongings.

Just when I didn't think I could hold on to that door any longer, we heard voices. A few minutes after that, out of the woods above us came three big young men wearing backpacks. They lost no time in jumping into rescue mode. One of them had a climbing rope, which he quickly secured to the roof-rack on our van. All three of them, with Joyce and my help, tried to get the van back up top, but without success.

I made a decision. I announced, "Okay guys, this is what I'm gonna do. You hold onto that rope to keep the van from toppling over, and I'm gonna turn the van down the bank and drive straight down to the road below us."

Joyce said, "Barry, that sounds crazy!"

I answered her, "Yeah, maybe, but I really think I can make it. And it looks like it's our only hope."

The three men looked grim, but nodded their consent to me.

One man spoke, "Go ahead. We'll do our best to keep the van on its wheels."

Sometimes there are just no guarantees in life....

I got in the driver's seat once more, this time turning the steering wheel to the right, down the bank, shifted into first gear, and let out the clutch. The van started to slip sideways, going into an even more precarious tilt. Without those three strong men holding the rope, I would have surely rolled over.

Then another miracle happened. The rear wheels grabbed enough of the hillside to propel the van forward just enough to begin the turn down the

steep bank. The next second, I was part rolling, part slipping, accelerating straight down the bank, hit the bottom with a loud clunk, and then bounced onto the road. We had made it! Without any damage to our van!

I heard a whooping cheer erupt from above me as Joyce and the men crept and slid down the bank toward me. There was hugging and congratulations.

Joyce said to them, “We want you all to know that you are the answer to our prayers. We couldn’t have gotten out without your help.”

One of the men said, “I hurt my ankle last night, and the three of us decided to abort our trip. We knew we had a thirty-mile hike out, but we had two choices. One way was by trail all the way down the mountain. The other way was a trail the opposite way to a dirt road we saw on our map. It was significantly longer to walk to our car via this second route, but we chose it. We didn’t know why. It just felt right. Little did we know we would come out onto the dirt road right here and be able to help you.”

We offered the men a ride back to their car, for which they were grateful. At their car, we said our good-byes, and again commented on the amazing synchronicity of events. It was yet another miracle in a long string of miracles called life.

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](https://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.

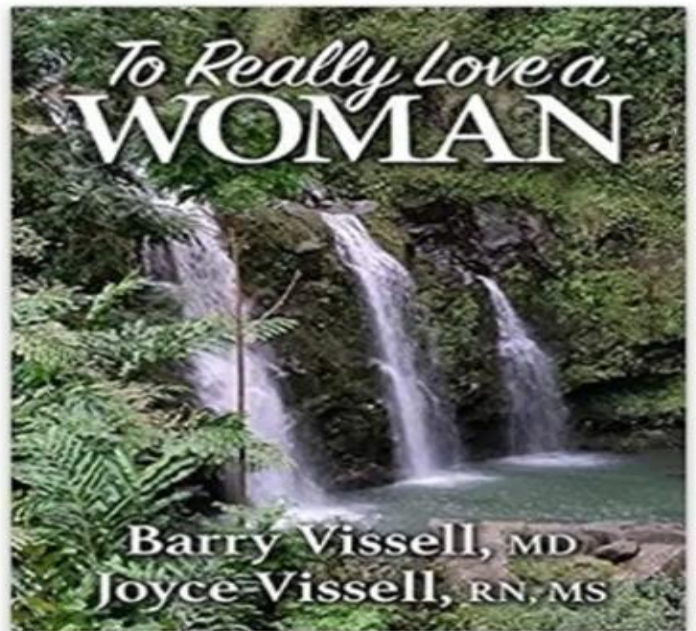
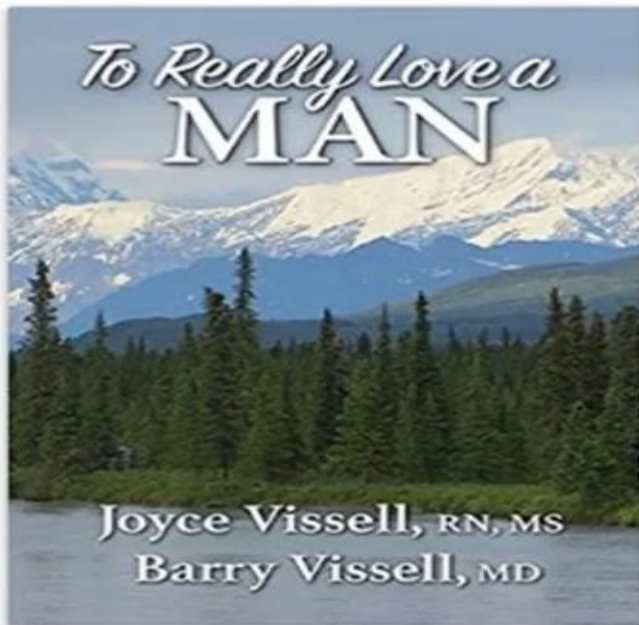
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



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

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

left behind By Monique Lang



Over the years many of our parts get left behind.

Some hold positive reminiscence and attributes.

Others carry painful memories.

Which parts of yourself have you left behind that would be good to re-connect with?

**Your playfulness? Your imagination & curiosity about the world? Magic?
Your creativity? Your willingness to dare?**

Today, I invite you to recapture some of those positive aspects that have been left behind in order to deal with the world.

And remember, be kind to yourself: it will naturally follow that you will be kind to others

Listen to my new Podcast with Marianela Medrano of What a Word is Worth: <https://youtu.be/h1VVKj8lQ2I>

About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in

both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation for over 20 years.

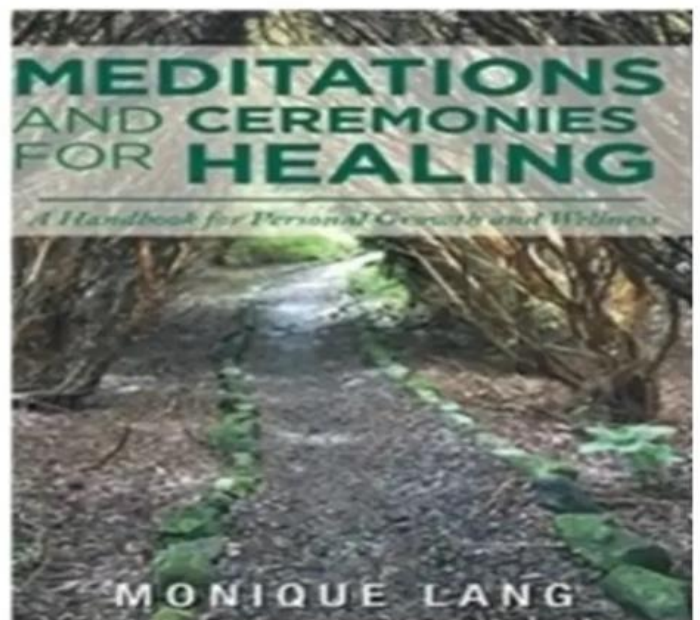
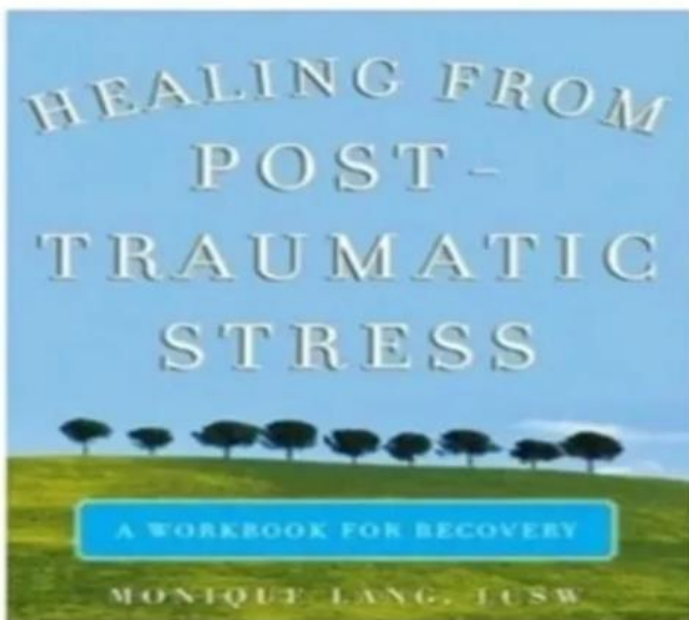
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual orientations. This understanding is helpful in my work with my clients as it enables me to understand and put into context each person's particular background and way of viewing the world.

Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients.

In addition to providing psychotherapy to individuals and couples, I co-leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.

Monique's website: <http://www.moniquelanglcsw.com>

Monique's Books



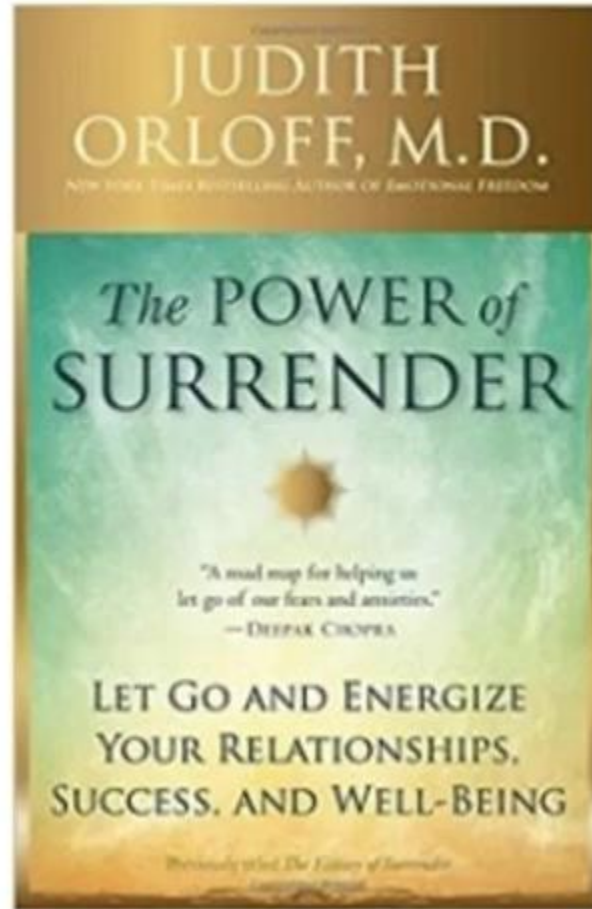
Find her books on Amazon at: https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang

Monique's Video



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

4 Ways Surrendering Control Makes Us More Successful By Dr. Judith Orloff



We live in a culture that encourages type-A personalities who engage in multitasking, getting ahead, competing, and growing profits. The problem is, behaviors such as trying to control the outcome, working overtime, and pushing ourselves to the limit leaves us exhausted, stressed out, depressed, and depleted.

There's a better way, and it involves learning how to surrender or let go of control. When we invite spontaneity, let ourselves be "in the flow," and when we're able to trust that everything will get done, it opens us up to more creativity, serendipity, and unexpected benefits such as joy, balance, and better health.

In *The Power of Surrender* learning to let go of our need to control difficult people, win arguments, or be in charge changes the way people relate to us. Instead of arguing, pushing back, or escalating the conflict with a rageaholic or passive-aggressive person, we can let go of the tension we feel. Once we do that, we can find a simple way to navigate the interaction,

by agreeing with part of what they say, for example, or by offering a solution that has a common benefit.

Surrender helps us stay focused

In our business and personal lives, it's easy to get distracted by wrong-headed ideas of success. We compare ourselves to others who are wealthier, higher up the corporate ladder, thinner, younger, or more attractive. Learning to surrender comparisons enables us to wish others well, and then we can refocus on energy on our own opportunities, talents, skills, and assets. As a result, we get instant relief from self-doubt, and a big jolt of confidence and purpose.

Surrender enables goal attainment

We've been taught to keep our eye firmly on the goal we want to achieve so that everything we do, say, and accomplish gets us closer to that goal. The problem with this approach is that it's premise is faulty: We cannot control outcomes. There's a better way. By keeping your eye on what you can control—your breath, your emotions, your outlook, and your self-care—surprising things will begin to happen for you. You'll feel positive, happy, and healthy. People will respond to you. You'll feel energized and inspired. Soon, you'll have exactly what you want.

Surrender expands creativity

Being rigid and single-minded in the pursuit of success is like walking on a railroad. You may miss great things that don't fall within your view. Letting go of our addiction to stress and struggle allows us to change our relationship to time and organization. We may find, for example, that looking up at the sky in the middle of a particularly jam-packed day lets the mind wander to the shape of the clouds, which leads to another thought. When we go back to our work, we have a new idea about how to tackle the task.

About Judith: Judith Orloff, MD is author of *The Empath's Survival Guide: Life Strategies for Sensitive People*, upon which her articles are based. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Dr. Orloff also specializes in treating empaths and highly sensitive people in her private practice.

Dr. Judith Orloff's website - <http://www.drjudithorloff.com>

Video by Dr. Judith Orloff



Link:

<https://www.youtube.com/watch?v=FO9r2lpobAw&t=2s>

Sage Wisdom By Sage Walker



Recently I have been developing several classes. One of them is Keeping Your Vibration at the Highest Level. I have put together a few examples to help with this and here is one of them.

At the beginning of each day write down an intention and take a deep breathe imagining you are taking it into your being. Think about it occasionally throughout your day. Each time you do this it changes your vibration as you align with it. It also aligns you with your spiritual self because your spirit holds this energy for you. It also brings you out of the daily energy which we often do on auto pilot. Use this whenever you find yourself in a negative space. Negativity, sadness, fear and self-chastising are a few of the lower vibrational energies.

This is making our consciousness a part of our daily life. Our subconscious is often the driver of our days replaying our old tapes. It is also bringing our spiritual self into your day. I ask my spiritual self, my consciousness, and my soul to keep me focused on my intention. I feel like this is bringing all aspects of myself into my awareness more often and overrides my subconscious programs which are a part of our daily life.

I recently was trained in a new therapy called Unity Field Healing which works with our soul, consciousness and intention which felt very powerful and right. It was developed by Dr. John Ryan. To know about what Unity Field Healing is about go to John's website is www.unityfieldhealing.com.

If you'd like to know more about it and would like a session please call me at 585-317-4374.

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.

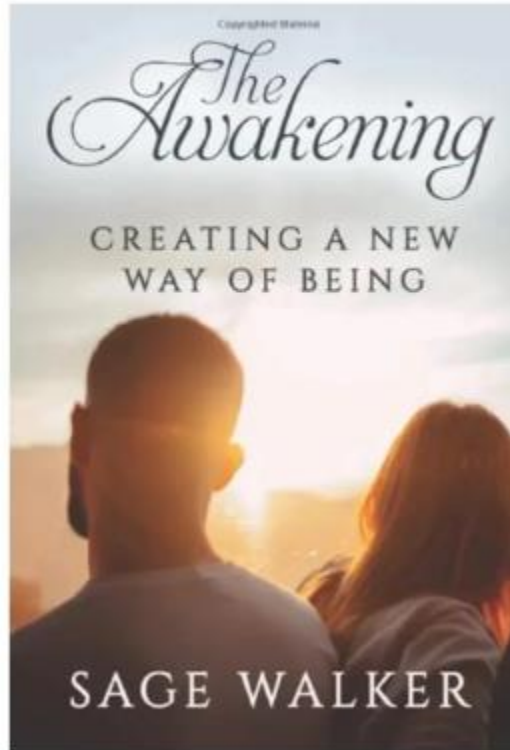
Sage's website: <https://www.theangeliclink.com>

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

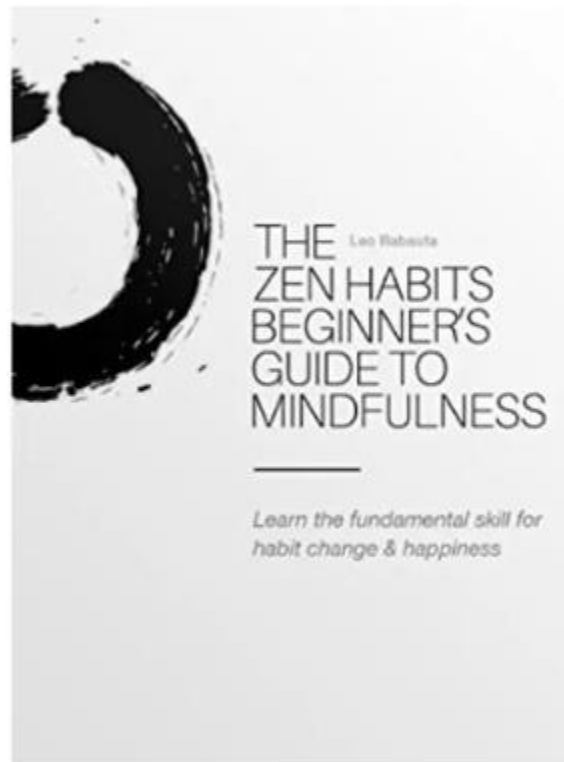
ROC Metaphysical YouTube Channel

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>



zen habits by Leo Babauta
Be All In: Unlock Your Full Power



One of the things that really humbled me in recent years is the realization that I am often only halfway in on anything I do. I'm rarely ever really all in.

For example, I might join a coaching program with the idea of trying it out, but not really sure if I can do it. Then when things start to get hard or overwhelming ... I might be looking for the exit door, or hiding so I don't have to be embarrassed. This is being halfway in, with an eye on the exit.

Another example: I commit to meditating every day. Then when I'm meditating, instead of being fully in the meditation, maybe I'm waiting for it to be over, or giving myself reasons I should end early. Then two days into it, maybe I really don't feel like it, so I skip it. Then I find reasons to keep skipping it. This is even less than halfway in.

Most of us do this in just about everything we do. And it has a really corrosive effect on whatever we're taking on.

Does it have to be this way? Let's take a look at what it looks like to be all in, and why we rarely do that. And then look at how it can create something powerful in your life.

What It's Like to Be All In

Some of us have an experience of being all in, somewhere in our lives.

Some places that might be true for you:

Your kids – you're not about to abandon them when they're not behaving the way you'd like.

Your marriage – a subset of people are fully committed, and will do what it takes to work it out even when there are really big problems. There are others who have one eye on the exit door, ready to bolt when there are problems. Which are you?

Best friend – maybe you have a bestie who you are fully committed to, who you'll be there for no matter what, who you will never abandon even when they are lashing out and not being ideal.

If you can relate to one of these – like having kids – then imagine what it would be like to have that kind of all-in commitment to whatever you do.

Imagine working on a creative project and having no question that you're going to complete it. Even when things get hard, you're working with the difficulties. Even when you feel like giving up, you don't give yourself the option. Even when you miss a few days, you come back without any questions. Even if you die with it incomplete ... you will die knowing you gave it your all.

Your heart is fully in it. Doubts might come up, but those are expected.

This is full devotion.

Why We Avoid That

We rarely let ourselves be all in, fully devoted ... because it's hard and scary.

We don't think we can do it. We don't think we're strong enough. We have lots of evidence that we will screw it up, based on past experience. We don't trust ourselves.

We don't trust the other person. We fear what they really think of us, we think they'll abandon or hurt us, or let us down. Yet again.

We don't think we can work out the hard problems. They feel intractable, overwhelming, too complex, too out of our control. We hate not having full control.

It's easier to run. But it leaves our full heart, our full power, on the table.

The Power Created by Being All In

What you'll find if you're all in:

Deeper commitment creates deeper trust.

The greatest results you are capable of.

Transformation — you'll be able to shift some of those things you think you can't do or be or have.

A deeper relationship, with more trust.

A deeper relationship with yourself, with more trust.

A realization that you didn't need the exit door.

A deeper devotion to whatever you care about.

Imagine that instead of heading for the exit door, you're committed to working things out the best you can. (Not that you should stay in an abusive relationship or anything that's harmful to you.) When you want to run, you stand and find something deeper within you.

What would that do for the projects that are most meaningful to you? For the relationships you care about most? How would you show up differently for your purpose in life?

What would have to shift? What would you have to let go of? What could be created from this place?

How to Practice

This is not another set of expectations and "shoulds" to judge yourself by. This is about practicing deepening.

Here's how you might practice:

Notice the places where you're looking to get out, to exit. Where are you only half committed?

Notice how this impacts your life, the people you're in relationship with, and what you care about.

Notice the fears that stop you from being all in, that keep you looking for the exit. Can you be with these fears, as sensation in the body?

Notice what you want to do from those fears — run, hide, eject someone from your life, make them feel bad, justify why you should quit, etc. etc. Can you hold these with love, as something sacred you've created to protect yourself?

When the fears show up, try to catch yourself. Notice what you want to do, and recognize that this is just a safety mechanism. Breathe. Be with the fear. Give yourself love.

Continue to love yourself, the other person. The more breath, presence and love, the more spaciousness you'll find.

Then see what else might be created, if you don't run for safety. From love.

This isn't easy practice. I highly recommend you get some support. This is why I've created my Fearless Mastery small group coaching program — apply today and let's talk!

About Leo: I am is a regular guy, a father of six kids, a husband, a writer from Guam (moved to San Francisco in 2010, now living in Davis, California). But I have accomplished a lot over the last couple of years (and failed a lot) and along the way, I have learned a lot.

Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

Video with Leo Babauta



Link: <https://www.youtube.com/watch?v=cQva1Dc3vgc>

Separating the Wheat from the Chaff Ritual for Lammas

By Rev. Vanessa Hanks



This is my second post on the upcoming Lammas holiday. My first post was on creating Purposeful Poppets for a New Moon Lammas (or nearly new moon!). Doing a craft for Lammas is a great way of honoring Lugh, the Craftsman God of the Celts, and Gaia who has been creating her harvest for us. As I contemplated the spiritual aspects of entered the grain harvest, an idea emerged to do a “Separating the Wheat from the Chaff Ritual.” I am always up for an opportunity to reflect on what is serving me in my life – and what is not. What am I giving my energy to that is not allowing my fullest harvest to come into fruition?

Separating the wheat from the chaff is the process of removing the husk, called the “chaff,” from around the wheat seed. When a person says they are “separating the wheat from the chaff” it means that they are keeping only what is of value.

On this Lammas, try “separating the wheat from the chaff” in your internal spaces (mind and emotions) and in your life. What are you giving value to that really needs to be released? We are all far too busy to give our limited energy to things that do not support us, or worse, detract from our joy and peace.

For me, this summer has been all about becoming clearer on what is truly on my path and what is not. And what am I feeding in my life with my thoughts, feelings, time and actions that is not feeding me.

I am a strong believer in the shamanic concept of sacred reciprocity. If I give, then I should receive; and if I receive, then I should also give. As Odin wisely stated, “a gift for a gift.” If you give your time and emotions to an endeavor, but it leaves you empty or feeling badly – that is not a gift for a gift. If you are always the one to reach out to a friend, but they do not reach out to you – that is not a gift for a gift. You can begin to see why sacred reciprocity is such an important concept to our holistic wellbeing.

Take a little time this Lammas and think about what you value in your life and what truly represents who you are. Think about what is “not you,” or is not feeding you, that needs to be released. Try the simple ritual below for setting your intentions that what is truly you and on your path grows, and what no longer serves you is released to the Universe. Feel lighter and empowered by your choice to be in sacred reciprocity with your own beautiful soul who is always giving but not always being heard or honored. This ritual can help you gain clarity as to what truly represents “you” so that you can step closer to living in alignment with your sacred soul.

Separating the Wheat from the Chaff Ritual

You will need:

- **Paper & pen**
- **Grain seeds – It does not need to be wheat seeds if they are hard to come by. I plan to use oats as they are readily in my house. Dried corn kernels would work as well.**
- **A candle**
- **Two containers – such as two small mason jars.**
- **Herbs of abundance like cinnamon, allspice, cloves, ginger**
- **Fire or access to an outdoor space**

Step 1: Create sacred space in your chosen way. I do it through visualization, intention setting and sacred smoke. You can use any method that resonates with you such as casting a circle with salt or other technique.

Step 2: Light the candle and call in the Divine, Gods and Goddesses you work with or you are seeking to assist you in this ritual (Lugh for instance – after all, this is his holiday) and your ally spirits – including your own soul!

Step 3: Set intentions that the true callings of your heart, and what is truly representative of you in your life, be revealed, as well as what is no longer

-serving you and is taking energy from you. Ask the spirits you called in for guidance and clarity on this topic.

Step 4: Take pen and paper and create two lists – one with aspects of your life that are on your path and are “you,” and one that lists things taking your energy and not serving you. You can simply label the lists: “You” and “Not You.”

Step 5: Take a grain seed (or a small handful of seeds) and hold it in your hands. Close your eyes or focus on the candle and with seed in hand, think about the first item on your list that is “You.” Mentally, and with love, honor that aspect of your life. Thank it and ask that it continues to grow. If it is a person, thank their spirit and ask that the relationship grow in healthy and abundant ways.

Step 6: Designate one of the two jars for the things that are “You” and the other jar for what needs to be released at this time (i.e., Not You). After holding the seed (or small handful of seeds) for each aspect of your life you wish to honor and grow, place that seed in “You” jar.

Step 7: After you finish with the “You” list, work on the “Not you” list. Follow the same process, but this time; intend that the aspects of your life that are “Not You” be released with love. Thank what is “Not You” for helping you to become clearer as to what is you and for its lessons. Place the seed (or small handful of seeds) for each item on the “Not You” list into the “Not You” jar.

Step 8: Take the “You” jar and add your abundance herbs to it. Set intentions that the wonderful things you have put into the jar grow in your life. Set the jar aside in your home for all long as you feel called to. When ready to release the “You” jar seeds, take them outside and throw them into the air with intentions of gratitude and a continued presence in your life – if that is what you seek.

Step 9: Take the “Not You” jar and throw the contents into a fire to burn and be released from your life. If you do not have access to fire, then go outside and throw the contents into the air with strong focused intentions that these aspects of your life be released. You can imagine the seeds burning and turning to ash which the winds will carry away from you.

Let me know how the ritual works for you and whether you experience shifts from doing it. And remember to have some fun this Lammas! This is

the start of the harvest season, a time of merriment and enjoying the fruits of your labor!

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.

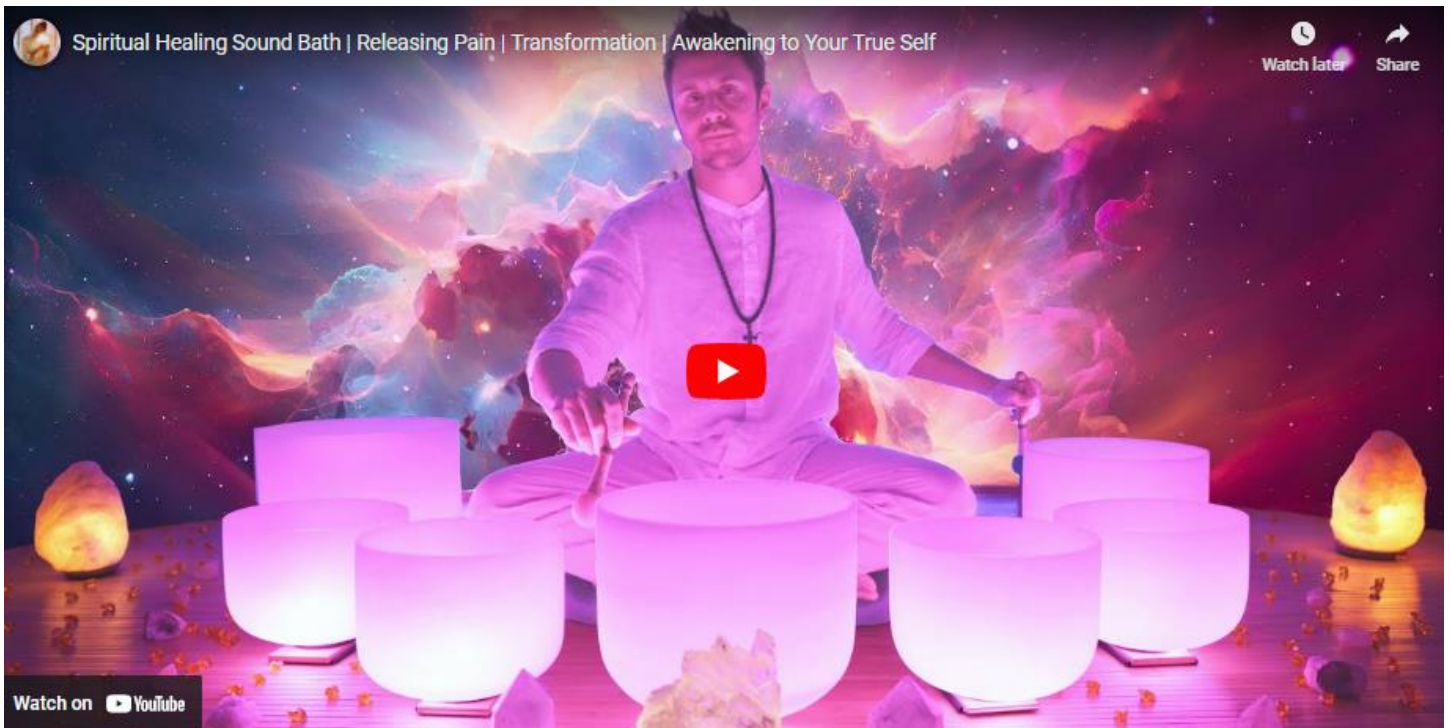
Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



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

What Is The Violet Flame and How Can It Help You?

By Patricia Cota-Robles



***** Editor's Note - The message is from Monday, 5 November, 2012. I like to share her messages since I think they're still relevant. *****

Have you heard about the Violet Flame? This is a frequency of energy, vibration, and consciousness that is flowing into the mental and emotional strata of Earth through the all-encompassing Divine Matrix of our Father-Mother God. This Gift of Sacred Fire is flowing in, through, and around every particle of Life on Earth and it has the amazing ability to transmute into Light the negativity that is being pushed to the surface in our individual lives and in the lives of people who are suffering all over the world.

The catch is, that in order for this powerful Gift of Light to accomplish this mission the Sons and Daughters of God abiding on Earth must give it permission to do so. We have the gift of free will, and through the misuse of our thoughts, words, actions, feelings, and beliefs we have either deliberately or inadvertently created the maladies existing on Earth. This means that you and I and every other person on Earth are responsible for transmuting the pain and suffering we have created throughout our various Earthly sojourns.

The Universal Law is, "The Call for assistance must come from the realm where the assistance is needed." Our God Parents and the Company of Heaven cannot just wave a wand and transmute our human miscreations back into Light. However, if the Sons and Daughters of God abiding on Earth invoke the Violet Flame and ask that Sacred Fire to transmute into Light every thought, word, action, feeling, or belief we have ever

expressed, in any time frame or dimension that has contributed to the pain and suffering on Earth, the Floodgates of Heaven will open in response to our heartfelt pleas.

The Beings of Light in the Realms of Illumined Truth have revealed that in this year of 2012, through the unified efforts of awakening Humanity and the Company of Heaven, we have reached a critical mass of collective consciousness that is allowing the Earth to receive higher and infinitely more powerful frequencies of the Violet Flame than we have ever been able to withstand. This Sacred Fire is known in the Realms of Cause as the 5th-Dimensional Solar Violet Flame of God's Infinite Perfection.

The Company of Heaven said this frequency of the Violet Flame has the ability to transmute lifetimes worth of our misqualified energy in "the twinkling of an eye." That is wonderful, because we are in the midst of the greatest purging and cleansing process the world has ever known. As Humanity awakens and the Light of God increases on Earth, everything that conflicts with God's Light is being pushed to the surface to be healed and transmuted back into Light. Even the inclement weather conditions are a reflection of Humanity's consciousness and are designed by the Elemental Kingdom to purge the body of Mother Earth of the atrocities Humanity has inflicted upon her through ignorance, greed, and the appalling abuse of power.

I know it sounds too good to be true that there is actually a Gift of Sacred Fire flowing from the Heart of our Father-Mother God that will transmute the pain and suffering on Earth "in the twinkling of an eye," but it is true. Fortunately, in order to benefit from the Violet Flame you do not have to fully comprehend or even accept that the Violet Flame is real. All you have to do is think of it as a possibility, then ask your I AM Presence to utilize the 5th-Dimensional Solar Violet Flame of God's Infinite Perfection to transmute everything that is causing pain and suffering in your life, in the lives of Humanity, or in the experience of any other facet of Life on Earth. The Violet Flame is scientific to the letter, and it will respond instantly to the invocation of every person's I AM Presence. This is true regardless of whether or not you fully accept the reality of the Violet Flame through your lower human consciousness. I promise you that by invoking this new frequency of the Violet Flame through your I AM Presence on a daily basis, you will transform your life into what you want it to be. In Truth, you have everything to gain and nothing to lose by experimenting with this Gift of Light from our Father-Mother God.

I would like to share with you what the Company of Heaven has revealed to us about this new frequency of the Violet Flame. Hopefully, this will help you comprehend the magnitude of this opportunity and what this frequency of the Violet Flame can do to help you heal the painful things that are surfacing in your life.

The NEW 5th-Dimensional Solar Violet Flame will quickly transmute the human miscreations that are causing the pain and suffering on Earth. It will also pave the way for the tangible manifestation of the patterns of perfection for our new Planetary Cause of Divine Love and our newly birthed Renaissance of Divine Love.

The Violet Flame is the most powerful frequency of Transmutation available to Humanity and Mother Earth at this time. This Sacred Fire is the perfect balance of the Outbreath of our Father God, the sapphire blue Flame of Divine Will, Power, and Authority, and the Inbreath of our Mother God, the Holy Spirit, which reflects the crystalline pink Flame of Transfiguring Divine Love, Adoration, and Reverence for Life. When the Outbreath and the Inbreath of our God Parents merge into one rhythmic pulsation, a Violet Flame of unfathomable power and might is birthed into existence.

The Ascended Master Saint Germain has been instrumental in bringing the knowledge of the Violet Flame to the conscious minds of Humanity. In the Heavenly Realms, he is known as the Son of Freedom, and he has volunteered to sustain the Violet Flame on Earth for the benefit of all Life evolving here. In his exalted service in the Heart of our omniscient, omnipresent, omnipotent Father-Mother God—The Cosmic I AM---All That Is—he is the Keeper of the Violet Flame. In this octave of Divine Service, Saint Germain sustains this gift from our Father-Mother God for all of the Sons and Daughters of God throughout the Universe.

During this critical time on Planet Earth, Saint Germain is working with the support of the entire Company of Heaven. Every Adept, Avatar, Buddha, Saint, and Christed Being that has ever walked the Earth is helping Saint Germain in his endeavor to assist Mother Earth and all Life evolving upon her to Ascend into the 5th-Dimensional frequencies of infinite physical perfection. In addition to that Divine Intervention, the Legions of Light from Suns beyond Suns and Galaxies beyond Galaxies throughout the whole of Creation are focusing their Love and assistance on this blessed planet. Never have the Children of God received as much help from On High as we are receiving during this Cosmic Moment.

In 1936, Saint Germain began revealing information about the Violet Flame to awakening Humanity. At that time, even the Lightworkers were able to withstand only the most gentle frequencies of this Sacred Fire. Saint Germain started by teaching Lightworkers how to use the Violet Flame's gentle qualities of mercy, compassion, and forgiveness. As time progressed, Lightworkers learned to use the frequencies of transmutation and purification. Eventually the Violet Flame frequencies of justice, liberty, freedom, opportunity, and victory became known to us. As we developed the ability to withstand greater Light, we learned how to use the rhythm and Divine Ceremony of the Violet Flame.

The more proficient Lightworkers became in utilizing the gifts of the Violet Flame, the more Saint Germain and the Beings of Light associated with this Sacred Fire were able to help the masses of Humanity lift above our humanly created effluvia. This effluvia was the shroud of darkness that disconnected us from our I AM Presence and prevented us from communicating with the Beings of Light in the Realms of Illumined Truth. For over seven decades Lightworkers around the world have been invoking the Violet Flame, slowly and steadily clearing the way for the awakening that is now taking place within the hearts and minds of people everywhere.

Due to the incredible changes that have successfully taken place within Humanity's Earthly bodies over the past several years, we are now capable of assimilating higher frequencies of the Violet Flame than ever before. During the month of May this year, 2012, Saint Germain in unison with the Legions of Light throughout Infinity who are associated with the Violet Flame, magnetized from the very Heart of our Father-Mother God the most intensified 5th-Dimensional Solar Violet Flame that Humanity and Mother Earth are capable of withstanding.

The Beings of Light breathed this unprecedented frequency of the Violet Flame into the Divine Matrix of our Father-Mother God and it is now flowing in, through, and around every particle of Life on Earth. The Divine Intelligence within this Sacred Fire is patiently awaiting the opportunity to transmute Humanity's miscreations and every malady existing on Earth back into Light. Our Father-Mother God have assured us that each time we invoke this new 5th-Dimensional Solar frequency of the Violet Flame through our I AM Presence, it will expand exponentially. This will allow us to quickly transmute the negativity that is being pushed to the surface all over the world. Saint Germain has assured us that this greatly empowered 5th-Dimensional Solar Violet Flame will accelerate the awakening taking place on the planet and catapult Humanity up the Spiral of Evolution into

frequencies of harmony and balance beyond anything we have ever experienced.

When we invoke the Violet Flame through our I AM Presence, we give permission for this Sacred Fire to enter our lives. The Violet Flame then flows through our Silver Cord into our Crown Chakra, then it descends into the Immortal Victorious Threefold Flame in our heart. When the Violet Fire enters our Heart Flame, it is stamped with our unique, individual electronic Light pattern. After that is accomplished, it awaits direction from our I AM Presence.

For example, if we are interested in transmuting the obsolete patterns of poverty consciousness that we developed over many lifetimes through our belief in lack and limitation, we simply ask the Violet Flame to accomplish that goal. This can be done through a simple invocation. For example:

“I AM my Beloved I AM Presence, invoking the full power of the 5th-Dimensional Solar Violet Flame to transmute cause, core, effect, record, and memory every thought, feeling, word, action, or belief I have ever expressed in any time frame or dimension, both known and unknown, that reflects poverty consciousness or lack and limitation of any kind.”

With that invocation, the 5th-Dimensional Solar Violet Flame immediately goes into action. It blazes forth from our Heart Flame, stamped with our own electronic Light pattern. It travels through the atmosphere of Earth and expands out into the Universe. On its journey, it seeks out and magnetizes to itself every electron of energy vibrating with a frequency of poverty, lack, or limitation that is stamped with the same electronic Light pattern.

No matter how dense the frequency of poverty is that cloaks the energy we misqualified during our many lifetimes, there is still a core of purity in every electron that contains its original Divine Potential. This means that within every electron manifesting as poverty there is still, pulsating within its core, the Divine Potential of God’s Infinite Abundance. Within every electron manifesting as hatred there is still the Divine Potential of God’s Infinite Love. Within every electron of war there is still the Divine Potential of Eternal Peace. Within every electron of disease there is still the Divine Potential of Vibrant Health.

Once the Violet Flame engulfs the misqualified energy that is stamped with our electronic Light pattern, it penetrates into the core of purity in each electron and activates the Divine Potential that is encoded there. As the

Divine Potential of God's Infinite Abundance is activated within every electron of our poverty consciousness, the atomic and subatomic particles and waves within the electrons begin to spin more rapidly on their axis. The centrifugal force of this acceleration casts the dark frequencies of poverty, lack, and limitation into the Violet Flame. The Violet Fire instantly consumes the frequencies of poverty and transmutes them back into the frequency of God's Infinite Abundance.

When the transmuting process feels complete, we must then ask our I AM Presence to fill the void where the frequencies of poverty existed with the patterns of perfection from our new Planetary Cause of Divine Love and our newly birthed Renaissance of Divine Love.

The Violet Flame can transmute anything we want to heal or transform in our individual lives or on the planet. It can transmute back into Light anything that is not reflecting the love, harmony, and balance of Heaven on Earth. All we have to do is invoke the Violet Flame into action through our I AM Presence.

When invoking the Violet Flame, we can work on specific issues in our lives, tackle global problems, or create an invocation that covers the gamut of problems manifesting on Earth. In that case, we can use the invocation as a mantra and be an instrument of the 5th-Dimensional Solar Violet Flame any time and any place. For example, a simple invocation might be:

“I AM my Beloved I AM Presence, invoking the full power of the 5th-Dimensional Solar Violet Flame to transmute cause, core, effect, record, and memory every thought, feeling, word, action, or belief Humanity and I have ever expressed in any time frame or dimension, both known and unknown, that reflects anything less than the infinite perfection of God's Divine Love.”

By memorizing a simple affirmation like this, we can say it frequently throughout the day. Then we will be a constant force of the Violet Flame wherever we are and whatever we are doing.

Occasionally, people invoke the Violet Flame without seeing the results in the outer world as quickly as they would like to see them. This gives them the erroneous impression that the Violet Flame is not working. That is never the case! The Violet Flame is a gift of Divine Light that works scientifically to the letter each and every time it is invoked by the I AM Presence. The moment you reach a critical mass of the Violet Flame in your Life there will be an unstoppable shift and whatever you are invoking will manifest in your life. The Key is to “Keep on keeping on!” The Violet

Flame is infinitely more powerful than the fragmented, fear-based miscreations of your past. Remember, you have the ability to transmute hundreds of lifetimes worth of negativity “in the twinkling of an eye.” Know that the Light of God is ALWAYS Victorious, and YOU are that Light.

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

Learn About The Violet Flame



Want to have a hard copy book with information about the Violet Flame? You can purchase the book at:

<https://eraofpeace.org/collections/products>

Patricia's Weekly Vlog



Link: <https://www.youtube.com/watch?v=HR27od8iNLo>

This Is Not Your Father's New Age

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, 14 February, 2015

Greetings, dear ones, I am Kryon of Magnetic Service. Twenty-five years ago, I discussed with you what is happening now. Back then, it was only a potential, but now it's your reality. This was not prophecy when I told you back then that there would be no Armageddon or World War Three. It was not prophecy, but a powerful potential. The entire reason for my being and the awakening of my partner was because of what you did. The victory it contains falls in the lap of the old soul, who has controlled the consciousness of the timing of it all.

Everything that has transpired during these years has been realized potential. That is to say that we see the potentials of what you might do, and report on that and only that. Much of what we see now is realized quickly. When we told you in 2012 there would be a new pope, 13 months later it happened. This was not prophecy, but rather a potential. We saw it coming because we have the overview and we knew of the anxiety of the existing pope, the health of the man, and we also knew of the potentials of a South American pope to come forward. All of these things should be a "connect the dots" for you. I come yet again, not with prophecy, but with information given with a congratulatory attitude of potential.

A real "new energy" is here.

Twenty-five years ago, I would have loved to have given you this channel, but you weren't ready. Now you sit in the energy we had predicted back

then and are wise to what has happened. Right now, if you could superimpose Human emotion upon the creative source, it would be the attributes of delight and adulation - perhaps even the word proud. Dear Human Being, this is not your father's new age. We celebrate you for coming to this place in time!

This is critical information we give now, because in an assemblage like this, the ones who are listening and reading are warriors of light and old souls. These terms describe a Human Being who has been through history and has embraced esoteric belief for dozens of lifetimes. Many of you have awakened in this life to innate wisdom of spirituality. You have fought the battles of the old energy as a Lightworker many times, and you have become used to the way things work in an older energy. For thousands of years, the planet has not changed all that much, so you might have been involved in the same kind of dark-light battles over and over and, therefore, etched into your Akash are what we would call the spiritual rules of existence. However, now they're changing. So this message is for Lightworkers and old souls, and it includes some attributes we have talked about in the past, and also some new ones. Tonight we bring you some positive things that you need to know in this energy and some attributes that some would call admonitions of how to work in the new energy.

We started this conversation last week in the city you call Austin [Texas],* so let us begin from there. Dear ones, this new energy is a phrase you have heard for years. You were told, "The new age is upon you, and the new energy is arriving." Dear ones, it has arrived! Now it's starting to plant its seeds, and the attributes are very different from what you have experienced while you were waiting for it. You should know that shamanic energies in the old souls who are listening and reading are going to find some of these things difficult, even controversial. This is because they go against the spiritual habits experienced in the past, which worked and which were correct and proper for many. So let us begin where we left off.

Dear ones, please acknowledge the idea that when you graduate from one energy level to another, the lessons are learned, and the processes are then changed and advanced to a new level. It would be foolish for you to carry the same old lessons you completed from the past into the future. Yet many of you are trying to do that very same thing right now.

Review from Austin

Number one is a review. We told you that your light quotient, a metaphor for your awareness and your wise consciousness, is at a higher and lighter energy than it ever has been before. This is possible because of the

predicted and positive changes we told you were coming [within all the Kryon books], including the realignment of the magnetic grid (2002) and other esoteric grids on the planet. Many very new tools are upon you and new ways of working this puzzle are waiting to be discovered.

Dear ones, if you go into these new energies with an old procedure, you're going to be disappointed. Last week in Austin, we started this premise: You now carry so much light, that you can stop dealing with negativity in the old way. You no longer have to consider what you might call clearing dark energies in the room or around you. This is hard for you to consider, since many of you do this automatically! Let me remind you of what was needed in an older energy. Prior to a meeting or a meditation, you might need to clear the energy of negativity. You would smudge the area, pray over it, and put light into it. If you found a negative person or anything that you thought would interrupt the flow of purity of love, you might even stop and work with that one silently until you got results. You would have your own way of creating the light you needed and clearing the darkness that you knew was there. Now we are saying change this. Why? Can't you feel why? This is the real question. Are you not aware that things are different? Don't continue to use your umbrella when the sun has come out! Understand you have changed the energy of everything around you.

In this newly provided energy, you are carrying so much light that your presence in the room won't allow darkness. Period! This is energy that finally knows who you are! Your presence alone is enough to clear it. Think about it. Your light is so great that it will permeate everything. Don't you feel it? Now, this is new, so you need to hear it in context with the actions of a new-age, esoteric person. Darkness will run from you!

Some of you love to do ceremony, which looks like clearing. Go ahead, but know that it's not necessary to clear, since you are there and your presence alone has done it. So instead, think of it as "patterning". Instead of clearing the negative, put into the room the new pattern of energy that you wish to create. Now, again this is controversial because you might say, "Look at all of those people who might be negative in a place like this. Think of all the meetings in the past that have been held in a place like this. We must clear this past energy which has attached itself to the area." And we say, "No you don't. Not anymore." If a master walked into this room, would you stop and clear it? The answer is no. The master clears it! You understand? This is the lineage that is yours and that you worked for. Claim it. Go for it. You don't have to clear it. That is what we said on a Sunday one week ago in Austin [Texas].*

For the Healer - New Energies

Number two: Tonight is going to be for the healer. There are many listening to my voice now and reading later. Healer, what is the process you are used to? If you did clearing before, you don't have to now. Get used to it. Your presence, next to the one on the table or the chair, is enough to chase away all negativity. Now, the one in the chair may have fear, but it doesn't affect you anymore. You don't have to put on esoteric armor of any kind to shield you from your clients. This is new. You carry a countenance that is so grand and so beautiful and pure that nothing is going to get through. Nothing! I just wanted you to know this. Again, did the masters go through clearing ceremonies before performing their miracles? No!

Now, as normal, your clients can indeed create their own negativity, their own unbelief and their own fear. That's not going to change. But how they affect you already has. Now, here is something we have not said before. There is an evolutionary process going on with Human consciousness that literally affects many Human Beings in ways they are not aware of. We have spoken of the innate before. This is the spiritual smart body, the part of the body you muscle-test to communicate. However, innate is beginning to change.**

Listen, if the Human Being, through free choice, has decided not to build a conscious bridge to innate and knows nothing about it, that's his/her own issue. But innate is changing in all Humans regardless, not just Lightworkers. That is to say that spiritual awareness will become a higher vibration instantly, if a person wants it. Humans may go all their lives without ever acknowledging their innate, and this is their free choice. But should they look, or try to build the bridge to innate, the energy will be higher than the time you did it! Again, this is total free choice. But more are being naturally led to question their existence.

Now let me tell you what this means and what to look for. Dear Human healer, you stand or sit in front of your client, and they may be the strongest unbeliever there is, but their innate is still active - even if they don't know it. Your gift as a healer is to facilitate the "energy of self-healing". Even this is starting to change, for you are now posturing them to get in touch with their own innate. This is what helps them to heal themselves. You are going to start seeing certain things almost instantly that you have not seen before. One of them is a natural interest in the esoterics of life, the beginning of the question, "Who am I?"

Now, in order to make this process go even faster, I wish to give you a procedure that many of you are already doing intuitively. I want you to

have the person on your table or chair, shut their eyes for a moment and answer one question. Have the person answer out loud. Some of you already know the question. You're going to ask this: "Do you give permission for the healing?" They must answer verbally, and a nod is not good enough. If they answer with pure intent and not just "go with the flow", their innate has permission to talk to you. This is where profound healing is going to start to occur. You will be astonished at how well this works in this new energy, and how your ability as a healer is increased! Dear Human Being, your light will not let negativity occur in your session. Get rid of the idea that you have to protect yourself. Not anymore. Your light is pushing out to such a degree that it won't be necessary. That's for the healers, all of you, for anyone who is doing any healing work at all can have this happen. Remember this question in your sessions.

The New "Listening" Body

Number three: There'll never be a time in Human history that is more profound than this one, when it comes to how the body is listening to what you are saying. There is a process, and always has been, where the cells of the body are on alert to what the boss - you - wants. For years, we have been asking you to talk to your body, talk to your cellular structure. Now we're going to tell you that it's listening, even when you don't realize what you're automatically saying! It's now listening 24-7. So what are you saying to it?

This is now a time where negative dialogue will have more personal influence on you than ever before. Think about what you are saying in life as you move around socially. What is your attitude when you say it, and how often do you say it? Your body is listening. Dear Lightworker, part of your spiritual evolution is that the body, the innate, is now aware of everything. Now, you may say, "Well, that's nice." It's more than nice; it's profound! If you don't listen to this and understand it, you will keep you aging in the same old way you have. This is why we have spoken of affirmations more than ever before. This is far more than just positive thinking. Every time you open your mouth, you have the potential to give instructions to your body, and it listens to you when you talk to it. Unfortunately, your habits are to tell your body that you are unworthy!

I want you to think about what you're saying. When somebody asks you about your health, about your spirituality, about your intent, or about your aging, do you say the words, "I am working on it. I am trying"? The result is the cells of your body say, "Well, she's working on it - she is trying," but (implied), "She doesn't have it yet." I want you to listen to yourself when you talk. Are you giving "less than" messages to your own body?

Perhaps I've said enough, but almost every single one of you comes from a culture that is proud of demeaning itself in some way. It's an old habit from old ways that are supposed to represent a gracious countenance. Someone wants to give you a gift or celebrate your birthday. How many of you automatically say, "You shouldn't have"? Do you realize that your actions and words are saying, "I don't deserve it" to your own innate? Your actions say, "I am unworthy." Don't you think your body hears this or sees it? It does. It is time to get out of the unworthy closet, Lightworker! You are alive with God inside! Don't be afraid or ashamed to proclaim, "I am healthy, I am healed, I am youthing, I am in charge of the situation." Not, "I'm working on it" or, "I'm trying." That tells your body that it may happen someday, but not today. That's the difference. "I am worthy of happiness. I am worthy of a peaceful situation in my life. I am worthy of a solution in my life."

When someone wants to give you a gift or celebrate your birthday, automatically say, "Thank you for this wonderful gift!" Your innate will hear, "I am worthy of this gift of appreciation from others." Then love them for it.

The Changing of Meditation and Other Spiritual Attributes

Number four: Meditation. It's changing. First, there will start to appear younger specialists who society doesn't feel are old enough to be shamanic. However, their Akash is, since they are remembering. They are awakening to times when they did this all the time. Therefore, the number of years you have been on Earth in this life will become secondary to the number of lifetimes you have on Earth. You must be able to see and discern this. So the first thing is this: No longer assign eldership attributes to the old. Assign them to the wise.

But the main change is how you see meditation and the "rules" of it. Meditation is going to start departing from the old rules of who, how and how much. Dear ones, with this new amount of light that you carry and with your busy schedules, just being in Spirit every single day is a meditation. It's hard for you to measure this, since it's no longer a linear 3D clock issue. It's a multidimensional communication issue.

Not all of you are supposed to do the same thing with meditation. Is this a shock? The esoteric belief system that you have is not one thing for everyone. It is not generic. It honors the individual's life path. You are becoming specialists in spirituality because your Akash is starting to come alive. How old you are on Earth, where you came from and what you did

will guide what you do in this life to a greater degree than ever before. There will be many young people who will come alive with meditation. Watch for this. They will do it for hours, and it may not be your way. You might say that they're carrying the meditative load for you.

This is new on the planet and it's especially new as many of the young people will feel it first. Expect that even they will not agree among themselves on how to do it. It's a new energy for them and their peers. One will do it differently than another. But many will be meditation warriors, with a big M on their chests. [smile] Some of you will see it and you will shake your head and say, "That isn't for me," and Spirit will be on your shoulder saying, "Thank you for seeing this, old wise person." It's for them. What we have for you instead is compassionate living, walking day by day in difficult situations, and creating a passionate countenance with compassion with lack of anger. This is practical and represents all the things we've talked about for a very old, advanced soul. The work that you're going to be doing will be different from theirs. They are "beginning old souls" and now we're getting into specialization. Don't be surprised when basic spiritual work is not the same for everyone. Does it make sense that you are vastly different in your life's path? Then honor that premise with no "common doctrine for all". There is no "right and wrong" for meditation. It's what feels correct for your life and your life's work.

Dear ones, some of you are shaking your heads and saying, "Well, does that mean we are not supposed to meditate?" How linear can you get? I want you to be comfortable. I want you to understand this. Human Beings want higher authority to tell them what to do and how to do it. That is starting to change. Can't you feel it? Get out of the mold of looking for validation from a higher authority. The greatest authority is the creative seed in YOU. Your intuition is going to give you the answer to the most demanding questions of life.

Your intuition will tell you how long to meditate, if at all, and what to do when you do it. You don't have to turn to somebody and say, "Is this okay?" or "Is there a book?" Those days are over. Dear ones, yes there will be leaders in the esoteric community, but they are advisors in wisdom and not spiritual dictators. Let them lead with their love and compassion, not with information and rules on how you are supposed to live your life. Let them lead with examples of how empowered you are, and not with rules or what to do or how to do it, or a doctrine that is the same for everyone. Let the "what, why, how much and when" come from the creative source inside you. If you can do this, you'll be right for the attributes in life that are just for you, not the masses. That leads us to number five.

Change - Not That Comfortable

Number Five: In basic numerology, the number five represents change. I want you to acknowledge, be comfortable with, and accept change that is chemical in your body. I want you to honor, acknowledge, and accept change that is psychological in your body. Your Akash is going to start delivering to you some very different and wise information as your vibration starts to increase. You're going to find that who you thought you were may change. Habits, good and bad, may drop away. Good and bad. In the process, the Human Being may go into fear. Isn't that interesting? Why would change in a new energy for old souls cause fear?

Every single time there's a shift in what people are used to, Humans get afraid. So we are asking for a change in perception and a wise rewrite in Human nature. I would like you to start welcoming change in your life and see it in a positive way. No matter what. This will realign you to the energy of a new earth so you can survive and stay alive! This is how important it is.

You're going to get new habits, perceived as good and bad, and they are going to come right out of your increasingly active Akash. Many will worry about it and say, "Now where did that come from?" You're going to love the good ones and question the others. Now, the good ones may come in ways that drop old, bad habits and cravings, and also greatly affect what you want to eat. A major change in diet may shock and surprise you, and you can lose weight or gain weight as desired. Whatever you've asked for which is most healthy for your body will seem to be "taking over" your cells.

The Akash is starting to align itself with "multiple cultural lifetime events". This term represents how many lifetimes you have been in a culture where you ate or lived a certain way. This becomes the chemistry that your body wants now. How about that? This would be instead of fast food or normal food shopping. How about that? So, how many of you are going to go with it or go into fear with it? What I want you to do is relax and let Spirit start to build the new Human within you. Do you know what we have called this? It's a process nobody expected: Ascension while alive. This is you passing into the next energy while you're alive - a process that took reincarnation before. Are you hearing what I'm saying? In the past you had to die, come back, and realign in order to do what now we are saying you can do while you sit there. That is, if you won't be afraid of it.

You're innate has got to be reprogrammed. We told you this before and now you're doing it through affirmations, positive thoughts and by the actions you are now changing [compassionate action]. Innate is used to an

old idea that reincarnation is the engine for enlightenment. You must die and come back in order to take advantage of what you learned, but now you don't. This is new. We gave you a channelling before that spoke about it.**

I want you to think of it this way. How many of you have felt like you have been in trouble for the last couple of years? This varies from life threatening to uncomfortable spiritual changes to feeling different. I want you now to have the fortitude to celebrate the problems! You've just been realigned, dear Human Being. Maybe you've been realigned and you're picking up things from the past that will make you healthier and live longer. What if you spent hundreds of years in a culture and only a few years in this one? Don't you think your cellular structure wants the most comfortable attributes - the old foods more? If you say yes, you're going to see chemical changes in your body to accommodate the new Human. This is a Human who has the Akash starting to be felt. Spiritual evolution has begun.

These are changes that no medicine would be able to accomplish. It has to do with basic health. What's in your blood? Have you had a blood test lately? You're going to find that even that may have changed. Oh, your blood type hasn't changed, but the balance of other attributes did because of what you're eating.

Now here's what I want to tell you about these things that is important. If these things are too large, some of you are feeling them profoundly and you're worried about them. What have I told you about fear? Fear stops light. Do you really want to stop this process of change? It's everything you have lived for, and it's happening because you are alive in these new times. If you wish to continue, the answer, dear ones, is stop fearing the light that is you. Understand that an energy that you didn't expect is here. That was number five.

The Time Capsules and Planetary Evolution

Number six: Six is a divine number. It refers to the Higher-Self and many other attributes that speak of a spiritual system with appropriateness and compassion. The time capsules of this planet are opening and starting to deliver to you a great amount of fast-tracking energy of spiritual evolution that can't be explained yet. If you ask, "What are they?" The answer is, "Yes." We have spoken of this before as well.***

Dear ones, the wisdom of the ancients told you that you cannot as yet define the master number 44 in numerology and master numbers beyond

it. The reason is because you do not have the consciousness yet to understand what they are. You don't know what you don't know. If you can accept this, and can understand that there are things not yet knowable, then you're going to be fine with number six.

The time capsules from the ancient ones who seeded you are opening because you passed the marker of 2012. They pour their multidimensional attributes into the grids of the planet [the Magnetic Grid - Crystalline Grid - Gaia Grid]. They pour new energy of life through fast-track evolution. All this is picked up first by the old soul, and the things that I have covered - one through five - are facilitated by that. They are catalytic energies that you don't know about yet, which will eventually be responsible for evolved thought and increased wisdom. Years from now you will even have names for them in psychology.

These things all have to do with common sense and wisdom. However, more than that, a kind of knowing will start to occur that eventually humanity will accept as "the way of it", and they will call it new Human nature. Compassion will increase and change what the public wants to watch in movies, television and on the Internet. Increased wisdom will slowly show itself. The propensity for maturity and peace on Earth has begun. As described before, the old energy of the planet will fight it to the end, trying to keep the old ways alive. The old ways will lose, and old energy will not reincarnate as old. Slowly, it will be eliminated, just like grade school was eliminated from your personal life as you moved on.

The propensity for health and long life will blossom, and much will be revealed and changed to allow this. Spiritual awareness for the masses will come much later, as common sense of the Human race begins to "connect the dots". I told you this would be difficult, since many of you have seen the future as some kind of spiritual explosion. It won't be. It will be a common sense slow awareness change that will lead to other awareness. This is the way it works.

An energy that goes around the planet will eventually become how you think and will change humanity to a lighter, higher vibrating group of souls. In the process, poverty and disease will diminish, social issues will become more balanced, tolerance will be at a new higher level, and new invention will make survival much easier. None of this will have anything to do with perceived spirituality. Not yet.

So, here will sit the atheist and the agnostic who will know about longer life, peace on Earth and compassion. Yet they won't associate it with

anything from the "outside". This is because, for them, it will be intellectual, intuitive and the way it is. They will call it new advanced Human nature, and they won't know where it came from. Not yet. The intellectuals will look back on history and say we had the barbaric age until 2012, when Humans started to become wiser. In 100 years, you'll look back and see a humanity that was far, far different and far more violent. Sociologists will add a new level of growth to their chart, for it will signal a change in thinking that hadn't ever been seen before. It will be seen as the end of Human immaturity and the beginning of a wiser humanity. But for a long time, there will be no consensus on "God inside". Instead, there will be more tolerance between belief systems.

But you and I will know the reason for the changes. The time capsules are opening and they are pouring to you the energy of a catalytic realignment of consciousness. It comes from your seed parents the Pleiadians, who have love for you beyond measure, like a parent would have for a child, but vastly different. The pride they have of you passing the marker, watching you go through the gyrations of dark and light, is familiar. For it's what they did. They have watched how you deal with that which is still dark on your planet, and how much your heart hurts at what you see and the death that is there. They are silent, for free choice is yours alone on how fast to change the planet, and you are working the puzzle, as they did.

The knowingness that all things recycle, and the appropriateness of lessons learned, will give you greater wisdom. All of this is pouring into the grids right now. It's hard to talk about this because you don't know what you don't know. Your seed parents have seen it and they know where it is going, and they're breathless, watching you open the door to what they also experienced.

This is going to take a while, but you opened the door, and as time goes on, you're going to have a revelation of what it's all about. You wonder why I am Kryon, in love with humanity? I just told you, because I've seen it before. So have the others - Orion, Arcturian and other names that you've heard before. They have all been through it; all watching you now; all celebrating your life right now. Some of you will understand and know I'm right, and others will walk out tonight, or get up from their chairs, and have this information barely perceived or not at all. That's free choice and it's honored; it's honored so much, for all of you. There is no judgment from Spirit. If you walk away and you think this was a nice meeting and nothing more, you have the same number of angelic beings walking out the door with you that the healer for centuries does, or that the shaman does. Each Human is created equal. This means that all of you have the same

spiritual potential - the realization of Creator inside. That is the message for the day. Oh, Human Being, this is not your father's new age. It's your new age.

Kryon

*** [The Way of it, Feb 2015]
www.kryon.com/freeaudio**

**** [The Innate Revealed]
Channel 152 - November 2014**

***** [The Nodes and Nulls of the Earth]
Channel 141 - March 2014**

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/>

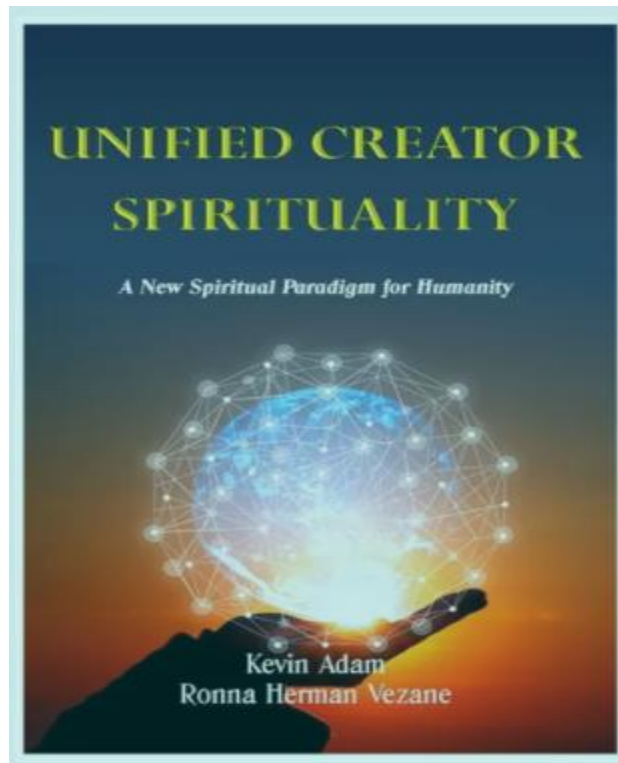
Lee Carroll/Kryon Video



Link: https://www.youtube.com/watch?v=TI_le4wlnoE

The Return of The Goddess - Our Heavenly Mother

By Ronna Vezane



Beloved masters, a wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years has been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love, compassion, creativity and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother God. From our Father God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb – of our Mother God's Being. Then through their unified desire, we were radiated forth into individualized consciousness – spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE AND SUB-ROOT RACE ERA -- how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be experienced and integrated within a certain era of humanity's passage through the many Ages.

You also have heard of the Golden Ray, which represents and carries the radiance, virtues and attributes of our Father God, and of the Silver Ray, which radiates the reflective virtues of our Mother God. We tell you now, this Silver Ray is just a minuscule Facet of her awesome power and radiance. The new energy that is now pouring down upon the Earth and humanity has been called the Platinum Ray, the Diamond Ray, and the Crystalline Ray, but no matter what you call it, it cannot describe the magnificence of this miraculous gift that is being given to all Creation.

It is the memory of the perfect love of your Mother God, described by the ancients as the "Holy Spirit," that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center has ached; a place that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength and purity. All you have to do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

I hear the whispers in your minds, beloveds, "But am I worthy?" We tell each and every one of you, yes, you are worthy – no reservations, no exceptions. Yes, the Universal Laws are enforced here as with everything, laws which will determine through your vibrational frequencies how much of this energy you will be able to integrate. But without exception, it is available to all, and eventually, a White Fire Seed Atom of this rarified love potion will be ignited within every heart, and in every corner and Facet of Creation. It cannot be otherwise, for it has always been there; however, it became diminished in radiance each time you sank deeper into the density of the material planes of consciousness.

You see, it is time for reunification at all levels, from the highest to the lowest; therefore, the attributes, aspects and virtues of the Mother Creator will be the dominant force in this Sub-Universe until a balance between your Divine masculine and feminine Nature is once more attained. Your DNA is encoded with Divine love, compassion and creativity, as well as the strength, power and the will to create, which were passed on to all sentient

Beings by our spiritual parents. This is a vital component in attaining Unity Consciousness once more.

We have focused on and tried to explain why so many of you are experiencing distress, discomfort and uncertainty, and yet, at other times a sense of great joy, wonder and expectation well up from within. Some are calling it the Light Workers' syndrome, and this is an appropriate title. Here again, you cannot even begin to comprehend what is happening to you and your Earth, as well as this Sub-universe and the entire Universe. You are mutating as your DNA strands are unbundled and activated, and your brain is slowly being refined and upgraded. You are also reconnecting to your cosmic lineage as you move along the skeins of time, back to the time when you separated from your Fifth-Dimensional Sacred Triad, and began your journey into the density of the Fourth- / Third-dimensional realms of materiality.

Envision the column of Light that your spinal column has become, or is becoming, and see it move down into the crystalline core of the Earth. Then observe the expanded sensation you feel as it extends out of your crown chakra until it connects with your Fifth-Dimensional Sacred Triad. Now envision other smaller beams projecting out horizontally from your column of Light as they touch and merge with individual Souls in physical embodiment — your Soul / Star family here on Earth with you. These energy projections are not the same as those you extended to others, in the past, in the Third-Dimensional expression. Those projections were attachments which were intended to control, possess or siphon energy. The Rays of Light you are now projecting carry the virtues of unconditional love and unity.

Watch the Rays of energy you have projected, which are part of you and the radiance you are reclaiming, as they connect with your Soul family in the higher realms, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some you don't remember. The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner Dimensions and out into the solar system

and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another view point, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God, I AM Archangel Michael.

Transmitted through Ronna/Sacred Scribe * As transmitter of this article, I, Ronna Herman Vezane, claim the universal copyright in the name of Archangel Michael. Personal sharing with friends, or posting on websites and in publications is permitted as long as the information is not altered, excerpted or added to, and credit of authorship and my website address is included. <http://www.StarQuestMastery.com>

**ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE
AFFIRMATIONS TO THE DIVINE MOTHER AND TO
THE LADIES OF LIGHT©**

WHILE IN YOUR PERSONAL FIFTH-DIMENSIONAL PYRAMID OF LIGHT, WE SUGGEST THAT YOU OFTEN CALL ON AND COMMUNE WITH THE DIVINE MOTHER AND HER LADIES OF LIGHT. YOU MAY REPEAT THE AFFIRMATIONS BELOW OR MAKE UP YOUR OWN. WE SUGGEST THAT YOU CONCENTRATE ON EACH OF THE LADIES OF LIGHT FOR A WEEK SO YOU MAY BEGIN TO ATTUNE TO, AND ALSO RECOGNIZE, THE ENERGY OF EACH GREAT LADY EMISSARY OF THE CREATOR.

BELOVED DIVINE MOTHER, I ask you to join me in my Pyramid of Light, and to gift me with your blessed loving energy so that I may be filled with the glory and power of your Divine Essence. I seek to integrate and portray your gentleness and your strength of Spirit, and to express your sweet, pure love in my daily life to any and all I meet. Open the portals of my Sacred Heart so that your pure love may blaze forth through me now and forever more.

I CALL UPON THE BLESSED LADY MARY, ARCHANGEL OF THE FIFTH RAY, for whom I feel such great affinity, to guide and sustain me in my quest for truth and creative power. I claim all the gifts that have been

imprinted on my Soul and within my brain structure, and I gratefully manifest them in their highest form for the blessing of all. I am continually inspired to give birth to things of great beauty to delight and encourage others to do the same. I draw upon the laws of Creation and dedicate my life in service to humanity.

I CALL UPON LADY AMETHYST, ARCHANGEL OF THE SEVENTH RAY, to be my inspiration. I claim the gift of the Violet Transmuting Flame, the Divine alchemical energy of transformation and transmutation. I will accept the challenge to be the full embodiment of the perfected masculine and feminine energy, showing all what it means to walk in power and strength while personifying love and compassion. I claim and pronounce my MASTERHOOD NOW!

I CALL UPON THE BEAUTIFUL LADY FAITH, ARCHANGEL OF THE FIRST RAY, to inspire me and lead me through the unknown territory onto the path that leads to enlightenment. I will go forth in full faith, trust and knowledge that I am being led by my God Self, and I will be a shining example for all to see. I will show others that with courage and faith the impossible becomes possible. By being willing to move out of my comfort zone, in order to release that which may seem safe and secure, when I am nudged to do so, I attain comfort and I am blessed with riches untold. I will show the weak of heart that we can step off the cliff and soar among the stars.

I CALL UPON LADY CONSTANCE, ARCHANGEL OF THE SECOND RAY OF JUSTICE AND TRUTH, to fill me with the desire to know and experience the hidden wisdom of the ages. As I gain true knowledge and wisdom, and manifest them in my life, may I become an example and disseminator of higher truth, sharing it with all seekers of the Light. I will give comfort to those who are discouraged and inspire those who feel defeated. I will be a courageous example for the faint of heart, and I will give loving succor to those who do not feel worthy of love. I will honor and listen to the nudgings of my Spirit, and I will walk the way of truth and love.

I CALL UPON LADY CHARITY, ARCHANGEL OF THE THIRD RAY. I, who have known ignorance, bigotry and injustice, will be a shining example of unconditional love and pure intention. I will always endeavor to understand and forgive, knowing that each person is on their own sacred journey, and they must learn their lessons in their own way and in their own time. I claim the purity of my Divine Self so that it will shine radiantly for all to see and share in its warmth. I will share my gifts of abundance,

and I will be charitable in thoughts, action and deeds. I will personify the qualities of understanding, clear perception and Divine wisdom.

I CALL UPON THE COMPASSIONATE LADY HOPE, ARCHANGEL OF THE FOURTH RAY. I will portray hope and inspiration in my manner, speech and actions. I will give loving assistance where needed. I will gently inspire and encourage where there is despair; I will speak words of hope so all may hear. By my very presence, I will bring comfort, and I will leave in my wake an aura of peace and beauty.

I CALL UPON LADY GRACE, ARCHANGEL OF THE SIXTH RAY, to fill me and infuse me with her glorious radiance. Please, make me a beacon for all to see so that they will know whom I serve as I use the Light of Spirit to heal, comfort and inspire. I will bask in the glow of her radiance, and I will create such a brilliant aura of love that all whom I come in contact with will be blessed, so that the seeds of transformation may be planted, and come to fruition at the appropriate time. My Spirit rejoices as I spread wide my influence of Loving Light.

I CALL UPON THE BELOVED LADY MASTER KWAN YIN, to infuse me with the healing energy, love and compassion of her wondrous nature. Assist me to be a nurturer for all those who seek comfort, hope and inspiration. Allow me to be a Bearer of healing Light by which they attain wholeness in body, mind and Spirit. May all whom I meet and serve be infused with balance, peace and harmony.

I CALL UPON THE GODDESS OF LIBERTY, to liberate me from any limitation that is keeping me from fulfilling my highest destiny. I assume the mantel of an inspired cocreator under the guidance of my Divine Self, and I go forth in constant assurance of success. I know I am a teacher of the new, emerging wisdom and truth. May I never hesitate to speak my truth and share my wisdom as my Spirit leads me to do so. I accept the role of a gentle guide to all those who are led to me.

I CALL UPON THE LOVING GODDESSES OF THE DEVIC AND ELEMENTAL KINGDOMS, to shower their radiant loving energy down upon the Earth, calming all the elements of nature, and to join us in our efforts to heal our wounded Mother Earth. I petition them to work in unison with us once more to reclaim the beauty and perfection of the Earth. May we remember that we are stewards of the Earth, the animal, vegetable and mineral kingdoms which were put under our care. May we walk in peace and harmony, honoring all our Mother/Father God's creations, from the lowest to the highest.

AFFIRM: I HEREBY DON MY SHINING CLOAK OF SPIRITUAL ARMOR, AND I ACCEPT THE GIFTS AND RESPONSIBILITIES OF AN ASCENDING MASTER OF COCREATION. I DEDICATE MY LIFE AND MY ALL TO THE GLORY OF OUR FATHER GOD AND MOTHER GODDESS – TO THE ALL-THAT-IS – AND TO THE MANIFESTATION OF HEAVEN ON EARTH. SO BE IT! SO IT IS! IT IS DONE!

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.

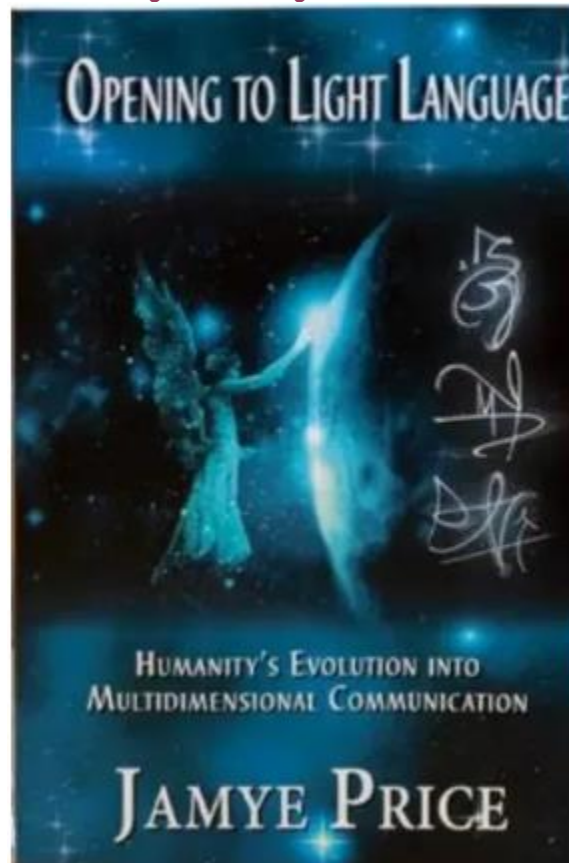
**Ronna's website: <https://www.starquestmastery.com/>
Ronna's Youtube: www.youtube.com/c/StarQuestmastery**

Ronna's Video



Link: <https://www.youtube.com/watch?v=8-mFy98a8iM>

June 2023 Ascension Energies – Unknowns and Opposites By Jamye Price



Blessed Being, the duality experience is one of Unknowns and Opposites as you navigate the inner and outer into Connection.

You are always creating a Connection of the self and All Life within your being. Key to that is your Awareness.

Unknown Awareness

Your Awareness is the point of Connection that offers conscious choice. It is the point of Connection to what was and is into what will be. It is the Connection of Unknowns and Opposites with your Love, your desires, your dreams, your fears, your self.

Navigating Change is natural to you. Blending Unknowns and Opposites is either occurring by default or desire, yet lack of control blurs the lines of creation.

Indeed, they are not lines but points of contact that are invisibly connected through time/space, through your subtle bridge.

Opposite Awareness

As you embrace the Unknowns and Opposites, you embrace your subtle self. You embrace the broader aspect of life that is your being-ness in formless.

This opportunity is a momentary beckoning of the freedom to expand the self into more of who you already are, always have been and always will be.

Past and future become now, for the linear is bent to the will be.

Be willing.

Self and others become we, for the separation is no longer all that is visible. All that is becomes visible.

The Unknown of you becomes the potential in you. The Opposite of you becomes the potential in you.

The Unknowns and Opposites become manifest through you, through time, through Love.

Sacred Awareness

Within the sacred you is the potential of the future.

You are the potential of the sacred future.

That is the power of your Awareness, to foresee the creative potential of Life on Earth.

Be willing.

About Jayme Price: Jayme Price is an energy healer, channel, teacher and student of life. She channels healing energies in the form of Light Language, which are ancient and universal languages that your heart and infinite mind speak fluently. When she is running healing frequencies, she speaks and signs Light Language, tones, emotes, and physically clears energies for clients through Divine Grace.

Jayme's work assists with transmuting physical, emotional, mental and spiritual blocks into wisdom, compassion and empowerment. She teaches self-love, forgiveness and finding a perspective of Love in any situation to

provide people with practical tools for Soul Progression and creating a joyful life.

Jamye's psychic opening was gradual for many years then quite rapid beginning in late 2002. This has helped her integrate unusual spiritual and psychic experience into realistic application for people from all walks of life. Her passion is Ascension - bringing people to the understanding of the truth of who they are; cherished, powerful and brilliant Divine Humans, interconnected with All Life. She feels humbled and blessed to be able to experience people in the truth of their glory, and to share her path and perspective of reconciling the old way of being human with Divine Human Being.

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Jamye's website: www.jamyeprice.com



Link: <https://youtu.be/y08ViOvX7gc>

Celebrating Humanity! By Shelly Dressel



.At the very beginning of this blog, the Goddess spoke about Ascension. When I think over the years of the many, many times that we have talked about it, meditated about it, and experienced it; I know that there are many perspectives. There can also be a difference from your perception as you are here, getting ready for the channel versus being in the All That Is.

When we arrived at the All That Is, there was a celebration going on. It was like a fair, with music, people, exhibits, etc. For me, my perception was more of a fair from the past not one with rides and such. The first thing we experienced was a person talking. The Goddess asked us to look around at who was at the fair with us. At first, I had a sense of a large group, but then I realized it was actually only about four or five people, all of whom were my soul family. For me, the person speaking was Yeshua, talking about ascension and our various lives. Your perception may be Yeshua or someone else. But the intention was to understand how our lives interacted with one another and how that led to our soul's growth.

There was then a sense of walking through the fair. There was food, other people talking, and sometimes we were talking to others, kind of a lecture. There was also an emphasis on just enjoying the day!! As we walked there was music, food, laughter, dancing, and all the enjoyment of a fair. It is a reminder to take time to have fun and be around those who are closest to us.

At the end of our 'day,' I realized that we all received information to help guide us on our path. I also felt as if it was time for many to make changes in their lives and this gave them ideas of potential. The true message though is that it's done!! Are acre complete! We are ascended.

Nama Sika, Venia Benya I AM the One, I AM the Whole

I greet you, beloved family! I reach out from my heart to yours I reach out at this now moment to create an alignment while you are here in your everyday reality.

I know that each one of you is on your own particular Journey of Ascension. For some of you, this may be a journey that spans many, many years. For others, it is brand new.

Take this moment as you are breathing in and out and in your everyday reality and consider what Ascension means to you. With the Christ energy or what is recognized as the anniversary of the Christ energy and his Ascension or Resurrection or howsoever you want to look at that it was an opportunity for millions and millions of people around the world to focus upon that potential of your everlasting soul or the fact that your soul lives on no matter what.

As you are living your life and the vibration or frequency that you emit as you live your days continues to rise, you are getting closer to alignment with your divinity. In doing so you have the opportunity to create change in your life. That may not have been possible previously, for the moment consider what that may be for you. Consider your Ascension.

Another way of looking at this, what just went through my consciousness, is just that your awareness. Are there things of which you are aware in this now moment that when you look back over the years you were unaware? Are there things happening in your life that you were seeking to manifest perhaps for a number of years and now it's here?

The interesting thing about Ascension is that it is ever-changing. That goes right along with the fact that you are ever-changing; in your consciousness, in your thoughts, in your beliefs, in all that you are, you are always in a pattern of change. It makes me smile because some of you wish to ignore that you do not want the change you want to stay still and stay where you are. That may be holding you back or that may be giving you a unique way of seeing how you can manifest the new and maintain what you have.

Take a deep breath down within your heart. Create a ball of energy or light, you just envision it with your mind, and that energy of the chakra that is already moving creates that ball of energy. You send it down through your

solar plexus, your sacral, and your root centers it goes down into the Earth. As it spreads out in every direction, take note of what Gaia feels like to you. Feel how her energies are anchoring you. Feel how in some ways her energies are strengthening you.

Once you feel that alignment, allow her energies to flow back up through that column of light to anchor within your heart. I invite you to then send that up through your throat, your third eye, and your head center. Allow your energy and focus to align with your higher self. As you look around, what does it look like to you? As you are here within your higher self, I sense that some of you need to consciously open up your energy so that you may more fully perceive what is here with you.

Take this moment to just observe. There may be certain items or experiences or things that are coming up for your awareness. If your perception is that everything is very cluttered. Phew~~ Send a breath of energy and light through this space so that you may clear out anything that no longer serves you.

You then allow your focus to move even further up until you align with the Soul Plane. Within this space, push out the boundaries of your consciousness even further so that you may align even more deeply with your soul essence. Look through the eyes of your soul at all that is here. Do you have a perception of Life Experiences? Do you have a perception of things that would be in the past or the future as you tap into whatever it may be? Within your soul there is no linear time, there's only that spiral in which all time-space reality may be accessed at the same time.

I the Goddess walk in and amongst each one of you. As our energies merge together we transition into the All That Is. Look around at the All That Is. I'm not quite sure how to describe this you may discern in a different way, but this is a celebration that is going on. It is a celebration for Humanity! You are still in those final phases of Ascension as far as the human race upon Earth, but the hardest experiences for the majority of people have been accomplished. There will still be challenges. There will still be people that currently are clueless who will awaken. But for now, as you look around, there is a sense of a celebration.

There's music that is playing, there's entertainment, and it is as if you are arriving at what one might call a fair. However, this is different than what you remember.

First of all, look at the group of people that you are with. Some of you may be there with your loved ones. Some of you may be there with some of the Angels that have supported you all this time. But if you will look closely, these are the people that are your deepest Soul connection. You may not recognize them in the now moment because they may come from other lifetimes. Open your heart and see who they are in a heart-to-heart connection.

As you move through this fair, you stop at whatever gathers your attention. There are many places where you see; you might consider them Prophets, you might consider them Ascended Masters, Archangels; those that have been your guides in one form or another have people gathering around them. As you stop there with your group of soul family, you will find that you're exactly where you need to be. As you listen to the words that are being spoken to you, some may be in a different language. Some may be words you can completely understand. However, it is the energy and the frequency, and the flow that is truly communicating with you.

As you listen to these words you may find yourself transcending. It is as if you are no longer in the fair but you are now in these particular locations that you as your soul family have lived. If this seems abstract and as if you are not connecting then simply allow your energies to open up and just let your Consciousness relax. As your guide is speaking with you about these experiences, whatsoever they may be, you have an opportunity to discern perhaps the influence that you had on the others or the influence that they had upon you.

You will receive whatever it is that you need in this moment. Or whatever it is that you need as you are moving forward from this point on.

At some point, you find yourself back in that fair. You wander around, you're listening to the music, perhaps eating some food. You are processing whatever information you just received. You find yourself drawn in another direction. Once again, there is a group of people. These may still be your soul family or they may be others. They may be different people that have had an influence one way or the other upon your life.

You sit quietly, you listen as other people are talking. There may come a time when you yourself begin to speak. As you speak, you notice that those around you are paying attention to what you say. You may not have realized that others would enjoy hearing what you have to share. In your everyday life, it may seem as if you have nothing to share. But the truth is

every one of you have knowledge, information, energy, and compassion that you can share whatever the situation may be.

The discussion goes on as long as it needs to. When you are ready, you find yourself once again walking through the fair perhaps with your same group, perhaps with new people. Take note of how your perception of this celebration may be changing. Celebrations occur in so many different ways! Perhaps you are performing, perhaps you are painting, or creating something. Allow your creativity to come up within you and then express it howsoever you choose.

Are you utilizing skills that you did not know you have? Are you looking around at the people in and around you and perhaps looking through new and different eyes? The rise in your vibration and frequency creates new situations for you. Here as we are celebrating humanity and all the glorious and interesting things that you have experienced, is the perfect time to open up and ask what new potentials are available for me.

As you wander through this celebration, look around and you may meet other people or perhaps receive information that will help to open up your consciousness so that you may know what is in your best interest at this now moment.

Very interesting. As I looked at you, as I made that statement, for some reason I saw a lot of you sink as if your vibration just dropped. If you felt that, then ask yourself what do I need to release. What may be anchoring me in the old energy? It is helpful to be conscious of it, but even if you are not, whew~~ Let It Go. I saw many of you bounce back up.

I wonder if as I speak about new potentials or new opportunities this is perhaps something that you have always wanted or it has been important for you to manifest and now it's here and it brings up fear or anxiety. Whew ~~ Clear it out.

Continue to meander through this fair or this celebration. Once again pay attention to those that are around you perhaps friends and family, perhaps new people that you are just encountering. Be open, be open to whatever the experience is for you.

When you consider what brings you Joy or lifts your heart or makes you feel good in any given moment; what is that for you? Look around at the many ways that you are able to manifest whatever that may be.

As you look out, let me shift that a minute. You allow your consciousness to come to a place where it is the conclusion of your day at the celebration. You have that feeling of being tired but also being fulfilled. You have that feeling of contentment or perhaps completion because it was a day well spent.

As you look around, take a moment to just be present within yourself and then allow for everything to wash through your consciousness. You may have received a lot of information, you may have seen yourself differently in what you have to share with others, or you may have just been in a place of enjoying life and enjoying yourself. How often do you do that in your everyday life? And you sit here quietly allowing it to just move through you.

Receive whatever messages may be present for you shifting them from what is unconscious into what is conscious. As you look around, the All That Is has transitioned once again into a place of pure energy. You may notice sparkles of light; you may notice interwoven threads of color and energy. Allow your senses to shift up into an even greater sensitivity or perhaps activating that which has been dormant in you.

Take a deep breath in and breathe out.

I invite you to come back together as a group. You may notice that this group continues to transition, especially after tonight's celebration. What you may notice are more of your soul family is gathered around you, but everyone is sending that energy of Celebration of excitement of potentials. It's just moving throughout everyone that is gathered. You see coming up within that the Hologram of the Earth. Send into the hologram the celebration of humanity. You send your experience and there is also this overriding sense of celebrating being on Earth for this Ascension.

The Hologram takes on this energy it's as if it has sparkles and light. There's that aspect that goes out into the universe and then the remainder goes down returning into the physical Earth. It moves throughout the energy that surrounds the Earth and it goes down into the center. It goes down into the center, it goes down and anchors within the crystals within the space within Gaia as she connects and anchors this with you.

Everything then reverses, coming back out through the many layers of the Earth. Your own comes up through that column of light that you had linked with Gaia but it is also coming up through the water the grass the trees it is coming up and being made available to anyone that is ready and in the vibration and frequency of Ascension.

You allow the remainder of your own Consciousness to come back down you move through the Soul Plane you allow it to flow back within you in the space in which you are. As you anchor this energy, take a moment and expand your physical awareness so that you may take in everything that occurred during this journey. You are also integrating the essence of Gaia.

The experience that we spoke about this evening was celebrating Humanity. When you consider that in your life, be open to what that may bring to you. If you wake up in the morning and put forth an intention ‘I am going to celebrate life today, I’m going to celebrate Humanity today, I’m going to celebrate’ you can fill in the blank, whatever it is today.

When you live your life from a perspective of Celebration, you are living your life with a potential to be open, to be in a flow, to be in the movement for all that is taking place. You have arrived! And I am so very pleased for you beloved.

**Know that I am ever with you.
Ansaluia**

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/>

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We are the Mother Church of Modern Spiritualism and have been serving the Rochester community since 1906. All are welcome to experience our

services of Healing and Mediumship.

After Sunday service, we ask you to join us in fellowship with coffee and conversation.

We offer development classes. Please see our web or Facebook page for up-to-date information.

Mediumship Development Circle with Colleen Irwin. 12:15 pm - 2:15 pm. On the third Sunday of each month. \$10 per circle.

Walk in Wednesday is held on the third Wednesday of each month from 7:00-9:00 p.m.

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

Celebrate Litha; Summer Solstice with Aurora Raven Dragonfly



This event includes the Herstory of Litha, making a crown and amulet to honor the sun on its longest day. Participants will have a short introduction of this celebration, my background, ritual etiquette, what ReClaiming witchcraft is, and how to make the crown and amulet to wear and use in ritual.

The second part of this event is co -creating a ritual which includes calling directions, Goddess, trance and sharing in my ReClaiming tradition.

All materials provided. Open to the public. Cost is \$25.

A little bit about Julie: Aurora Raven Dragonfly aka Julie Anne-

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.

Have any questions email - juliestuetzle@gmail.com

<https://www.julieannestratton.org/>

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

Saving the Giant Sequoia Trees



This event is with Dr. Conroy the Tree Whisperer.

Please join me for the next of our monthly online gatherings..."Saving the Giant Sequoia trees"

Inspiring, experiential, informative, and hope-filled!

June 29th, 2023, 7pm Eastern time

...for about an hour to an hour and a half, depending on people's questions.

Live online, with a recording available afterward to those who register but may not be able to attend.

Here's what you can expect:

Enjoy guided visualization meditation -- we'll connect with the Life Force of the Giant Sequoias.

Be FIRST to hear about Dr. Jim's and Basia's insights and breakthroughs about Saving Giant Sequoia Trees.

Dr. Jim may "tune-in" to your tree. Register and you'll get an email address if you want to send your tree's photo.

Q&A about reversing effects of climate extremes on trees & plants.

FREE but a donation is always appreciated.

Benefits:

You'll enjoy it and be inspired, but, here are 5 benefits the wise old Giant Sequoias tell us THEY will gain because you attend this free online gathering with us on June 29th or register for the recording:

First benefit: the trees say they will make connections or have conversations with a wonderful human—you!

they will recover a higher measure of their inner health because a shared collective focus between you and them will be established in higher levels of consciousness. (That's the collective consciousness we are trying to foster by giving you our report in the June 29th meeting.)

Third benefit for the Giant Sequoias: It's important to them to fulfill their purpose to be generous to humanity... and your attendance will help them do that.

They will be able to resume living in a broader community with other Giant Sequoias and with other trees.

And they will benefit from having more humans who are on their side and who can speak FOR them.

Go to register: <https://www.thetreewhisperer.com/>

Come to the Retreat

Friday June 9th

4-6:00 pm Registration

6-7:00 pm: Welcome Ceremony

7-7:30 pm: Short meditation with Isha Das

7:30-8:30 pm: Sound Bath with Reiki (Yoga Studio)

Free Time

Saturday June 10th

7-8:00 am: Gentle Yoga with Kasia (Yoga Studio)

8:45-9:30 am: Breakfast

9:45-10:15 am: Meditation (Temple)

10:15-11:15 am: Dana's Talk (Dining room)

11:15-12:15 pm: Free Time/Breakout Rooms (Library)

12:30-1:30 pm: Lunch

1:45-2:45 pm: Sage's Talk (Dining Room)

2:45-3:30 pm: Free Time/Breakout Rooms (Library)

3:45-5:45 pm: Dr. Fran's Talk (Dining Room)

6-7:30 pm: Dinner

8-9:15 pm: Candlelight Yoga w/ Brett (Yoga Studio)

Free time

Sunday June 11th

8-9:00 am: Breakfast

9:15-9:45 am: Meditation (Temple)

9:45-10:45 am: Maureen's Talk (Dining Room)

11am - 12:00 pm: Shake your soul (outside)

12-1:00 pm: Closing Ceremony (outside)

The retreat includes: Yoga, Sound Bath, Shake Your Soul, Spiritual Teachings, Energy Work, Reiki Energy Healing, Meditation Spiritual Workshops with Maureen Muktima Law, Dana Gamache, Olivia Shaffer, Sandra Kurzdorfer, Brett Richardson, Kasia Pelepko, Taylor Mayoliz, Sage Walker, Dr. Fran Carnes, Maryanne Turvin.

This event is open to all. It starts on Friday night at 4pm and is done on Sunday around 1pm. There are adjoining rooms and shared bathroom (includes bed linens and towels, nutritious vegetarian meals, (let us know if you have other dietary restrictions).

If you would like to do one day retreat on Saturday the cost is \$177. Or if you're interested in just one or two of the offerings it will cost \$25 per each option. Saturday options are: Gentle Yoga, Meditation, Dana's Talk, Sage's Talk, Dr. Fran's Talk, 6pm dinner and 8pm Candlelight Yoga

Cost for the 2 day retreat is \$377. The deposit is due of \$111 by 4/1/23. Can Venmo. Early bird registration is due by 3/21/23. (Your cost is also supporting the practitioners of your choice)


The event is hosted by Maureen Muktima Law of Peace and Wellness from Within & Dana Camache of Higher Ground Spiritual Healing.

Call if you have questions Maureen 585-732-9232 or Dana 585-944-3942 or email Dana at hgshealing@gmail.com

Sign up at;:

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Saturday, July 8, 2023
10 am - 6 pm
Sunday, July 9, 2023
10 am - 4 pm

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 Jewelry - Demonstrations
 Lectures - Metaphysical
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Picture Courtesy of the NYS Museum, Albany NY
\$7.00 per person

Children under 12 and scouts in uniform with an adult get in FREE

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Embark on a journey of Merging our Physical Self with our Souls with the help of our Galactic Star Family!

This session starts at 8:00PM EST on 09/16/23. And it's offered monthly.

Humanity is now shifting into a New Energy Consciousness Paradigm. My role as a Galactic Grandmother is to help you rebirth your Spiritual Soul.

To help you awaken and align your magnetic frequency through your consciousness field. I can help you move forward in your life. To take your power back. Help you become "unstuck" from whatever holds you back from having a happier joyful life.

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To sign up go to: https://sheilatillich.com/stec_event/soul-dna-merging-live/

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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.



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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.



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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>



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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-Morrisette

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.



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

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

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

Theresa 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 Shops / Crystal/Rock Shops / Spiritual Churches
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Demure Lyfe 27 Main St Chester, NY 10918

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							Print	Week	Month
Today May 2023									
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
30	May 1 6:30pm Magic & Witchcraft - Class	2	3	4	5	12:30pm Shopping			
7 1pm Reiki For Kids Class	8	8pm Soul DNA Merging	9	10	11	12			
14	15	16	17	18	19	5:30am IET Master 2pm Dragon Divina			
21 9:30am IET Master Instructor Cla:	22	23	24 7pm Sacred Geometry Class with	25	26				
28	29	30	31	Jun 1	2				

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.