

# **ROC** *Metaphysical*

*Your Mind, Body and Spirit Connection*

**April 2023**

**Rochester, NY USA**

<https://www.rocmetaphysical.com>

**Here's a Sampling of Articles for April:**

**Who Are The Guides? By Frank Chodl**

**Tough Talk But Needed FOR the Trees By Basia Alexander**

**Beloved By Amanda Hoover**

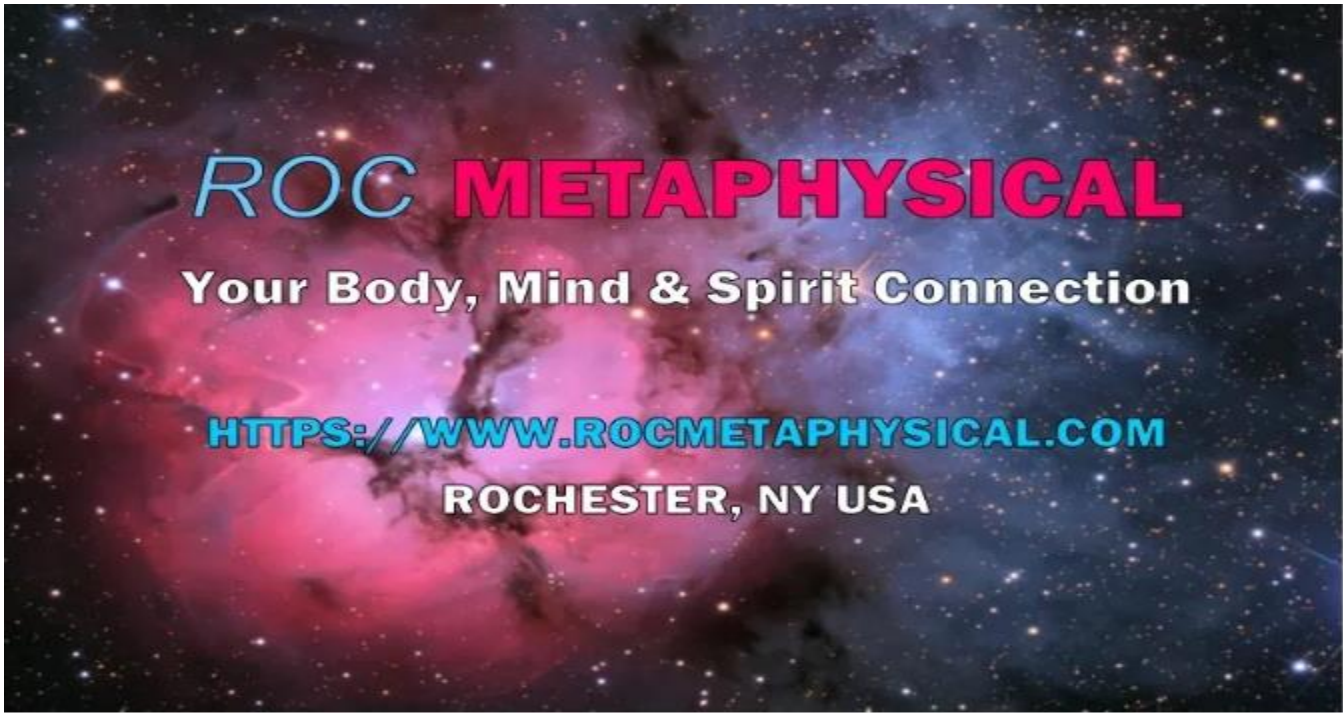
**Does Your Name Define You? By Jill Mattson**

**Poetry By Carol Chilton Casas**

**Learning And Harnessing Psychic Abilities In Your Everyday Life**

**By Rev. Colleen Irwin**

**The White Light of God And Love By Jennifer Sutton**



*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](mailto: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](mailto: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 at [www.issuu.com](http://www.issuu.com).**

**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](mailto: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](mailto:rocmetaphysical@gmail.com)**

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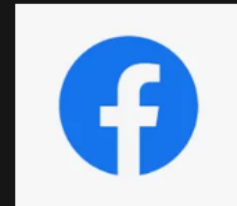
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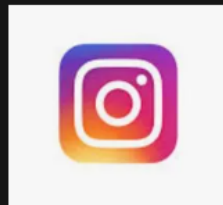
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roc\_metaphysical



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>

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

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<b>ROC METAPHYSICAL LIST OF ARTICLES</b>	<b>PAGE NUMBER</b>
<b>List of Metaphysical Articles</b>	<b>13</b>
<b>What is Channeling</b>	<b>16</b>
<b>Witchy Tips By Aurora Raven Dragonfly</b>	<b>19</b>
<b>Eden Energy Medicine Tip: Zip Up to Protect Your Energy! By Michelle Brzezniak</b>	<b>23</b>
<b>Who Are The Guides? By Frank Chodl</b>	<b>27</b>
<b>The Language of Four: The Meaning of Tetragrammaton By Ethan Indigo Smith</b>	<b>30</b>
<b>Tough Talk But Needed FOR the Trees By Basia Alexander</b>	<b>36</b>
<b>Most Benevolent Outcomes or MBO's By Tom T. Moore</b>	<b>40</b>
<b>Beloved By Amanda Hoover</b>	<b>45</b>
<b>Past Lives And The Ties That Bind... By Stacey Duffy</b>	<b>48</b>
<b>Does Your Name Define You? By Jill Mattson</b>	<b>51</b>
<b>How to Intuitively Make Smart Decisions By Dr. Judith Orloff</b>	<b>55</b>
<b>ROC Metaphysical Has Youtube Channel</b>	<b>59</b>
<b>Poetry By Carol Chilton Casas</b>	<b>60</b>
<b>Everyday Wonder By Leo Babauta</b>	<b>63</b>
<b>Learning And Harnessing Psychic Abilities In Your Everyday Life By Rev. Colleen Irwin</b>	<b>65</b>
<b>What Can Sound Healing Do For You?</b>	<b>68</b>
<b>Sage Wisdom By Sage Walker</b>	<b>70</b>
<b>Celebrating Our Successes in the New Year By Barry &amp; Joyce Vissell</b>	<b>73</b>
<b>OOOPS By Monique Lang</b>	<b>77</b>
<b>The White Light of God And Love By Jennifer Sutton</b>	<b>79</b>
<b>Tarot Tendencies for April By Doreen Scanlan</b>	<b>82</b>
<b>What is the Coincidence Project?</b>	<b>84</b>
<b>Physical Transformation - The Time Has Come By Patricia Cota-Robles</b>	<b>86</b>
<b>Hearing the Voice of Spirit - The Dark and Light Balance By Lee Carroll/Kryon</b>	<b>92</b>
<b>Seeking Peace and Serenity From Within By Ronna Vezane</b>	<b>101</b>

<b>Joy Of Life By Pamela Kribbe</b>	<b>110</b>
<b>Your Self-Love Final Exam By Brenda J. Hoffman</b>	<b>113</b>
<b>Business Advertising</b>	<b>116</b>
<b>Directory</b>	<b>131</b>
<b>Spiritual Churches and Retreat Centers</b>	<b>165</b>
<b>Calendar</b>	<b>166</b>

# ROC Metaphysical Online Magazine

## Articles for April 2023

Aurora Raven Dragonfly



Witchy Tips  
By Aurora Raven Dragonfly

Michelle Brzezniak



Eden Energy Medicine Tip:  
Zip Up to Protect Your Energy!  
By Michelle Brzezniak

Frank Chodl



Who Are The Guides?  
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Ethan Indigo Smith



The Language of Four: The Meaning of  
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The Tree Whisperer



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What Can Sound Healing Do For You?

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Sage Wisdom By Sage Walker

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By Barry & Joyce Vissell

Monique Lang



OOOPS By Monique Lang

Jennifer Sutton



**The White Light of God And Love**  
By Jennifer Sutton

Doreen Scanlan



**Tarot Tendencies for April**  
By Doreen Scanlan

The Coincidence Project



**What is the Coincidence Project?**



## **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



Physical Transformation - The Time Has Come  
By Patricia Cota-Robles



Lee Carroll/Kryon



Hearing the Voice of Spirit - The Dark and Light  
Balance  
By Lee Carroll/Kryon

Ronna Vezane



Seeking Peace and Serenity From Within  
By Ronna Vezane

Pamela Kribbe



Joy Of Life  
By Pamela Kribbe

Brenda J. Hoffman



Your Self-Love Final Exam  
By Brenda J. Hoffman



## Witchy Tips with Aurora Raven Dragonfly



### **Is Fire Magic good or evil?**

**A few days ago, a good friend asked me about whether fire magic was evil or not? She recited a long story of how she threw away things into the trash. And was aware they were on the way to being incinerated by the city's recycling plant. Her concern was if she didn't burn the objects herself but a "collective" entity did was she actually responsible for the outcome of her actions?**

**This is a great question; our individual responsibility versus our collective one. A question we all should be asking ourselves especially with the environmental crises under way.**

**But, first of all my answer to her question. "No, you're going to be okay. Fire magic is neither good nor evil. It is powerful and transformational. What counts is your intention behind it."**

**Now, the items she "threw out" were reminders of an ex-sister-in-law who she hates. Not wanting to be reminded of this person, she discarded them. I understood her worry and repeated, "No, you're not going to get back any "bad" mojo from the universe. Who does want to be reminded of people we don't like? Right? However, if you purposely burned them in a fire in your backyard, harboring thoughts of revenge and wishing something bad to happen to them. Then, yes, I'd be worried. We witches believe in the law of three, what you send out into the universe comes back three-fold. Bad**

wishes included.

**Fire magic is beautiful and awe-inspiring. It can transform your life. Build a fire, watch it flicker and listen to its messages while it sputters. Write down on a piece of paper- how you want to change your life for the better and for the good of all. Throw the paper into the flames. Let it go and wait. Let the magic manifest.**

**Lastly, we do have collective responsibilities to our families, communities and Mother Earth. And we all carry, no matter how small, some part we need to heal for the environment. Take a step towards this. Buy a metal water bottle, volunteer at a homeless shelter, have a compost or work for a positive change for all. There are millions of ways to create a sustainable and peaceful world.**

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

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

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

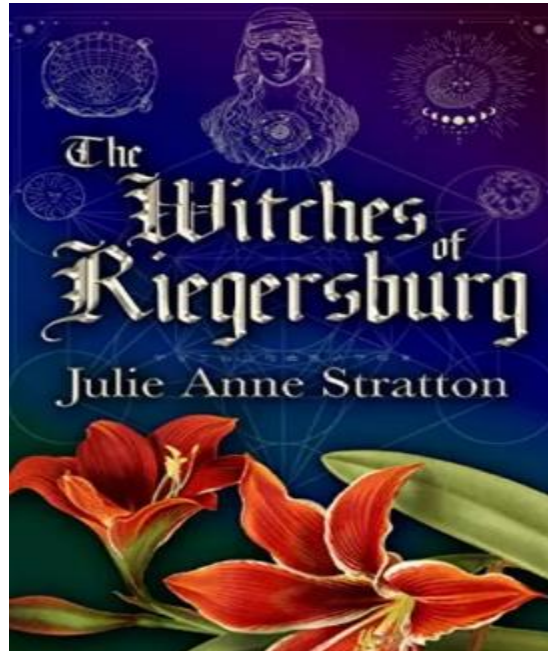
**Some of my teachers are Judith Jannberg, Lucia Francia, Angelika Aliti, Susan Weed, Starhawk, Pat Harmatuk and many more.**

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

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

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

## Check out her book aka Julie Anne Stratton



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

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

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

**In 1938, Hitler takes over Austria, and Katarina Lilienthal fears for the lives of her Jewish husband and daughter. Armed with the secret Book of Shadows, her legacy passed down from Baroness von Galler, and her intuition will she be able to save her family before the horror begins? Seventy years later, Sarah Lilienthal inherits her beloved Oma’s secret book. Katarina’s deathbed wish is for Sarah to travel to Austria—the place Sarah’s grandparents barely escaped with their lives on the verge of**

WWII—and make amends with Oma’s estranged family. Sarah is cast on a quest to find her true self and the origins of the book by traveling to Riegersburg, where the Book of Shadows’ journey began.

Find the book on Amazon: [https://www.amazon.com/Witches-Riegersburg-Red-Amaryllis/dp/1734172010/ref=sr\\_1\\_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&prefix=julie+stratton%2Cstrip+books%2C97&sr=1-1](https://www.amazon.com/Witches-Riegersburg-Red-Amaryllis/dp/1734172010/ref=sr_1_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&prefix=julie+stratton%2Cstrip+books%2C97&sr=1-1)

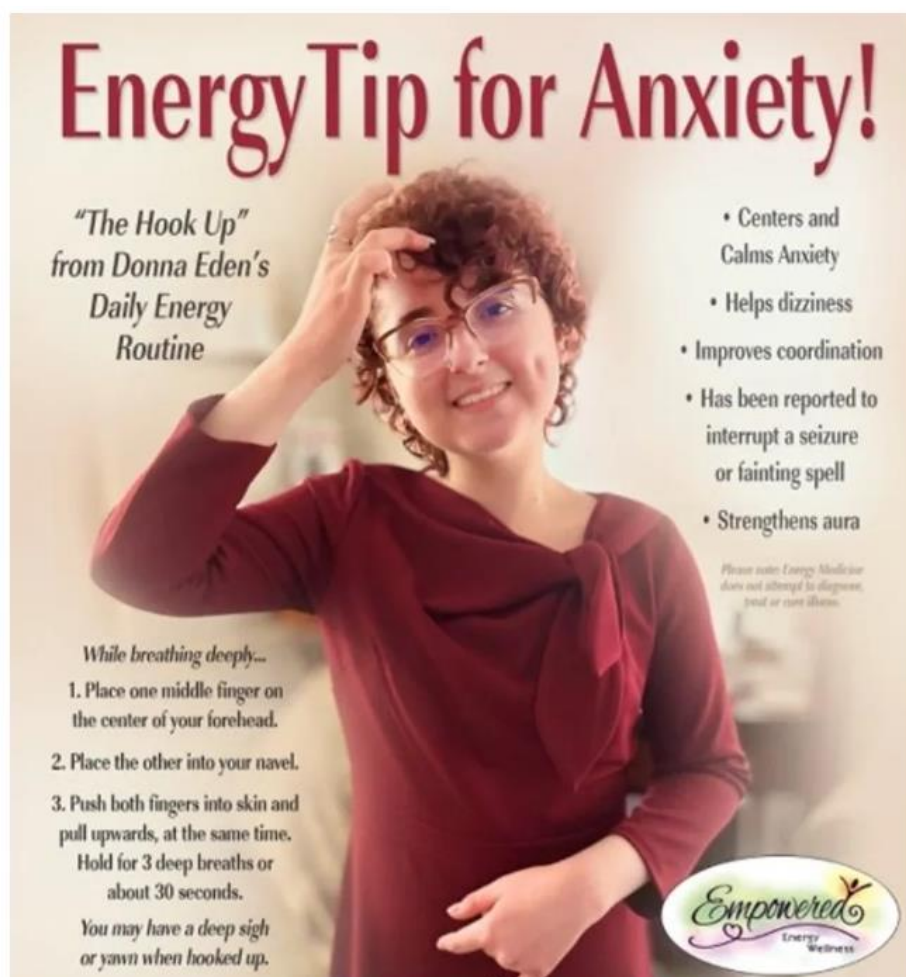
## Interview with Aurora Raven Dragonfly aka Julie



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

# Energy Medicine Tip: Hook Up to Feel Centered and Calm Anxiety

By Michelle Brzezniak



**Energy Tip for Anxiety!**

*“The Hook Up”  
from Donna Eden’s  
Daily Energy  
Routine*

- Centers and Calms Anxiety
- Helps dizziness
- Improves coordination
- Has been reported to interrupt a seizure or fainting spell
- Strengthens aura

Please note: Energy Medicine does not attempt to diagnose, treat or cure illness.

*While breathing deeply...*

1. Place one middle finger on the center of your forehead.
2. Place the other into your navel.
3. Push both fingers into skin and pull upwards, at the same time.

Hold for 3 deep breaths or about 30 seconds.

*You may have a deep sigh or yawn when hooked up.*

*Empowered Energy Wellness*

**Are you anxious, frazzled and feeling powerless to pull yourself back together? Have you experienced a sudden shock or change in your life? Do you ever feel dizzy, or have a pattern of fainting or having seizures? If any of this is true for you, or you just feel a bit off, there is a deceptively simple energy technique by Donna Eden, that can quickly help you feel whole, connected, and centered again! The Hook Up has a profound balancing effect on the energy body, and has been reported, many times, to actually interrupt fainting spells or seizures, within seconds!**

**The Hook Up, creates a very valuable connection between your Central Meridian (which sends energy up the center of your body) and your Governing Meridian (which sends energy up your spine), also reinforcing a stronger connection between the top and bottom, and front and back of your body. Donna Eden refers to this connection of vibrant spiraling energy as the Microcosmic Orbit. This continuous loop of Yin and Yang energies has the wisdom to travel in either direction, bringing safety and protection, wherever it is needed most. It strengthens the aura, the radiant circuits and activates many other energy systems. Doing a Hook Up will likely help improve your coordination, calm your nervous system and help you feel deeply centered and connected.**

**Try this quick, simple energy technique now, and see if you feel a difference!**

**The Hook Up (use as often as you need)**

**While breathing in deeply through your nose and out through your mouth...**

- 1. Place the middle finger of one hand on your third eye (between your eyebrows above the bridge of your nose).**
- 2. Place the middle finger of the other hand in your navel.**
- 3. Gently press each finger into your skin, pull it upward, and hold for at least 3 deep breaths, or 15-30 seconds.**

**Often a spontaneous sigh or deep breath signals that the energies have hooked up.**

**Adapted from Energy Medicine by Donna Eden and David Feinstein Ph.D.**

**For more information on Energy Medicine please visit [www.edenmethod.com](http://www.edenmethod.com)**

**This exercise is part of Donna Eden's Daily Energy Routine, which she designed to rebuild the immune system, relieve pain, increase vitality and improve clarity of mind. Each month, I am highlighting, in detail, one exercise from the routine. We have covered the 4 Thumps, the Shoulder Pull, the Cross Crawl, the Wayne Cook Posture, the Crown Pull, Connecting Heaven and Earth and the Zip Up in previous months. You can still find these tips on my Facebook page, Empowered Energy Wellness. This month's exercise, the Hook Up, comes sequentially after the exercises listed above, in the official routine. However, each of these simple**



**exercises can be done individually or out of order...and still be just as effective. The Hook Up is actually the last exercise in the routine...yet there are still many more vital exercises that can be added in. Try this hold alone, or follow Donna's entire video online. It only takes about 12 minutes and even less once you memorize it. That is a very small percentage of your day, and I think you'll find the benefits well worth it. I honestly don't go a day without doing it, at least once! When I first discovered the routine, I had no idea it would end of my 25 year struggle with chronic, debilitating migraines and lead to relief from my own autoimmune disorders. Committing to this simple, daily self-care really changed my life, and I am confident it can yours as well!**

**The routine can be found at the following links:**

**<https://eembymichelle.wixsite.com/hope/blank-page>**

**or <https://www.facebook.com/eembymichelle>**

**Donna Eden actually has hundreds of free self-help exercises available online, but if you need more help with a stubborn, chronic condition or would like to embark on a personalized energy balancing journey, I would be honored to help. And if you enjoy these monthly tips, or have questions or comments about Eden Energy Medicine feel free to contact me. I would love to hear from you!**

**Please note: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It does not attempt to diagnose, treat or cure illness. Eden Energy Medicine Practitioners are not physicians, but are trained in balancing the 9 subtle energy systems around the body.**

**About Michelle: Michelle Brzezniak is a Clinical Eden Energy Medicine Practitioner (EEM-CLP) at Empowered Energy Wellness, located in Macedon, NY, (just outside Rochester, in Western NY). After having chronic migraines for 25 years, which were resistant to traditional treatments, she found natural, effective relief in Eden Energy Medicine. She then completed the 3 Year intensive, hands on Clinical Certification program, offered by world renowned energy healer, Donna Eden. By consistently balancing her own energies, Michelle's autoimmune psoriasis and psoriatic arthritis symptoms have significantly improved and she has had a dental cavity resolve itself and no longer need a filling! She is extremely dedicated to this work and plans to continually deepen her studies. Like Donna Eden, Michelle is also very passionate about sharing this work with those who struggle with chronic pain and health issues.**

**Michelle also has considerable experience in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching, Graphic Arts and has a Bachelor of Fine Arts (BFA) from Syracuse University.**

**In an Eden Energy Medicine session, 9 subtle energy systems are gently balanced, so the body can reclaim its natural state of health and well-being...and thrive! This work serves as a complement to traditional health care as well as a complete system of self-care. Michelle offers complete energy balancing sessions and empowers her clients to participate in their own well-being with Donna Eden's simple techniques. She is currently accepting new clients, in person or remotely.**

**Please note Michelle is not a physician and does not attempt to diagnose, treat or cure illness.**

**Michelle's website: <https://eembymichelle.wixsite.com/hope>**

**Michelle's Facebook page: EMPOWERED ENERGY WELLNESS  
<https://www.facebook.com/eembymichelle>**

## **Interview with Michelle**



**Link: <https://youtu.be/RsgAVaTTtPc>**

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## Who Are The Guides? By Frank Chodl



**So, just who are these Guides that everyone is talking about? Ghosts or entities can be loosely divided into three groups: earthbound, fully transitioned, and angelic (so to speak). Each of these groups can be subdivided further into more specific identifications. I'll leave the elementals and fae folk to another discussion. In this article I want to address what we might consider the “upper echelon of heavenly beings,” the Guides.**

**Guides go by many names depending on cultural beliefs. You may refer to them as Angels, Guardian Angels, Archangels, Ancestor Spirits, Guardian Spirits, or Fairy Godmothers. The names that we give them are less important than the role they play in our lives.**

**These are our mentors, our protectors, and in many cases the source of our divine intuition. The Guides are not necessarily our family members or loved ones who have passed, although those folks do often pop in to offer support. Our Guides have been with us since long before we were born into this life. They will be with us long after we leave it. They are older than time as we understand it, and they help us navigate through all of our**

**lessons in every life we encounter. Probably the hardest lesson we have to learn is to listen to and trust their guidance.**

**If these Guides are so all knowing and their job is to help us get through every challenge, then how come bad things happen? The better question is, “How will you react to those bad things and what can you learn from them?”**

**Have you ever had someone tell you something that you really thought you didn't want to hear only to find out later that it was, in fact, what you really needed to hear? When I was a high school/college teacher it wasn't uncommon for students to come to me complaining that they had “lost” their assignment because their thumb drive or SD card had crashed. It's technology. It happens. Well, it also just so happened that I had a fairly high-tech data recovery program at my disposal. I was usually able to retrieve 80-90% of their lost data, just like law enforcement does with “erased” hard drives. It's really still there, you just can't see it (kinda like ghosts). Before I would run the program to get their homework back, however, I would warn them that it might recover things they thought they had permanently erased. “If there was anything on there that you wouldn't want your mother to see, let me know now!”**

**That's basically what happens when I do readings for my clients. The Guides know what's really important. They know everything that you know and everything you have forgotten. They will address your needs before they consider your wants. Sometimes, those needs can be painful. Things may come up that could be personal or embarrassing. They might bring up memories of stuff you'd rather keep hidden away. But that's not to say that readings are bad. Far from it.**

**Sometimes you have to pull off the bandage and reopen the wound in order to clean it out and allow it to heal. The Guides know what you need and when you are ready for it. They will not ever subject you to anything that they know you're not able to handle. I have actually had the Guides give me the answer to a client's question and then instruct me not to tell them. It turned out that the client really needed to experience the situation and if I had divulged the answer, they would most likely have avoided it.**

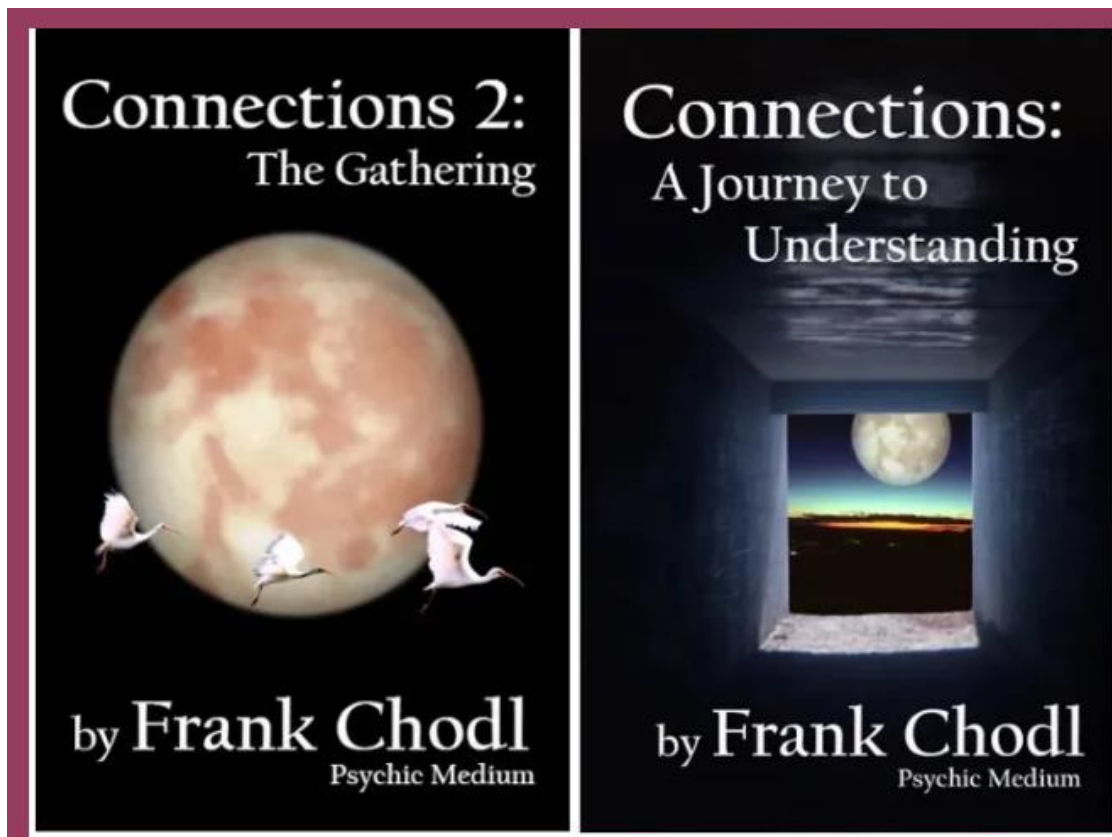
**You might not know that you're ready for what comes up, but trust that the Guides always do.**

**About Frank: An internationally recognized Psychic Medium, Frank Chodl has provided amazingly accurate psychic readings throughout his entire**

life. He has been observed by Psychologists, Parapsychologists, and Paranormal Investigators and has done readings for individuals and groups in private homes, historic inns and hotels, battlefields, and cemeteries. His research has taken him around the world to sites including the Forbidden City in Beijing, PRC, the ancient city of Pompeii, the Anasazi ruins in Colorado, Mayan ruins in the jungles of the Yucatan, and islands in the Bermuda Triangle. Along with Frank's many published books, blogs, and essays, his seminars, and presentations on the paranormal continue to inform and delight audiences both online and in-person.

Franks website: <https://www.FrankChodl.com>

## Frank Chodl's Books



[https://www.amazon.com/s?i=stripbooks&rh=p\\_27%3AFrank+Chodl&s=relevancerank&text=Frank+Chodl&ref=dp\\_byline\\_sr\\_book\\_1](https://www.amazon.com/s?i=stripbooks&rh=p_27%3AFrank+Chodl&s=relevancerank&text=Frank+Chodl&ref=dp_byline_sr_book_1)

# **The Language of Four: The Meaning of Tetragrammaton**

## **By Ethan Indigo Smith**



**Tetragrammaton is the Greek word for the Hebrew four letter word for God, YHWH. The exact pronunciation of YHWH is unknown, in part because of the lack of vowels in Hebrew, and because it was traditionally not to be uttered anyway. The Tetragrammaton was so secreted and taboo it would not be stated in readings, not be communicated openly, and was not even written down, sometimes four dots were used in its place. The tradition of the of secreting or silencing of The Tetragrammaton remains today, it is still a taboo subject.**

**The literal meaning of Tetragrammaton pertains to four lettered, four symbol based state of being. The Tetragrammaton is a four measure matrix, a four layered contemplation language. A tetragram is a four-sided idea or shape. Tetra means four, gram means measure or count or letter. Add aton and you form a concept resembling grammar. Only we don't say that in English, in English we say grammar. Tetragrammaton is most accurately translated to Four Grammar or the language of four, or the state of four measure. And so the name of God, the creator in The Bible, is Four Grammar.**

**“In the beginning was the Word, and the Word was with God, and the Word was God.” ~John 1:1**

**In this beginning was the word. What is the word? God. What is God? Tetragrammaton.**

**Simple etymological observation of the word form of tetragram reveals that The Tetragrammaton is not only a four-sided symbol, but tetragrammaton, a four-symbol state. The aton here is similar to the Egyptian name**

**for the sun God Atun, or Ra, of which the Biblical YHWH, or Tetragrammaton, is often compared to. But the aton suffix following tetragram is an approximate to the English suffixation. The word Tetragrammaton means four grammar. Four Grammar reveals God symbolized by the four lettered name, YHWH. Four grammar provides format for understanding Godliness, and the development of consciousness. The Tetragram-ma-ton can also distinguish the ma of the feminine and the root of the word matrix, and essentially you end up with the same meaning. The Tetragrammaton is The Name of God, but it is more accurately Four Grammar. Understanding Four grammar assists the self-development process to higher consciousness, ascension toward godliness.**

**The Tetragrammaton is the ineffable name of God. It is traditionally not to be uttered because of taboos, but presumably, I would suggest, at least in part, it is ineffable because it is not a name as much as it is a language, a grammar, a whole modality of comprehension unto itself.**

**Lord, Dominus, El, and Adonai were all variously used to denote God and The Tetragrammaton as were four dots in ancient Biblical texts so that people did not have to utter, nor even think of, that ineffable name when reading. YHWH is also related to the verb ‘to be’ or ‘to become’ which corresponds to many concepts, most crucially creation of life itself, the very becoming process of self-development, the I Am title or pronouncement, and the state of being/comprehension requiring a whole other set of grammar or terminology.**

**The prohibition of the annunciation The Tetragrammaton, and further, the prohibition of the consideration of any word/topic, let alone the word for God is strange and suspect, especially in the writings pertaining to God. Language forms the basis for psychological patterns of behavior, language is like a program. When a word and related ideas are prohibited, and when other words and ideas are superimposed, surely it is worth asking about the results, the program.**

**“Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what**

**shall I tell them?”**

**God said to Moses, “I am who I am. This  
is what you are to say to the Israelites:**

**‘I am has sent me to you.’” ~Exodus 3, 13-14**

**‘I am The I am, the verb to be.’**

**This infers the idea of generation or creation of being and becoming. The sentiment perhaps relates such simple lessons that we overlook them. The Tetragrammaton is a language based on the ineffable name, the silence, the stillness, the unsaid. The Tetragrammaton is four grammar.**

**The Tetragrammaton was likely prohibited because of its development properties and the tendency for such to be restricted by those with selfish interests. The Tetragrammaton is further ineffable because of its depth and breadth. That it represents primordial energy akin to the Tao, or the primordial All, akin to the causative Unmoved Mover, which we cannot quite entirely comprehend.**

**The Tao and The Tetragrammaton share many qualities. Each is said to represent that which we cannot entirely understand in a way that might assist us to come close to its consideration and comprehension. However, there is no accompanied taboo with The Tao as with The Tetragrammaton. To pronounce it is to reduce it, to encapsulate it toward full comprehension is to limit it, and to limit it prevents full comprehension of it, and yet the best way to begin to perceive it is by way of four grammar.**

**What is often perceived as a dogmatic Biblical presentation by a commanding and even egoic imbalanced God becomes lessons of universal principles when The Tetragrammaton is considered and better understood. What is on its surface monotheistic dogma becomes esoteric and exoteric wisdom teachings in parables when the four grammar of The Tetragrammaton is perceived. With the comprehension that Tetragrammaton is an terminology on a state of being the lessons presented transform from externalized and dogmatic demands of obedience into internalized and individualized ideas related to individuation and ascended being.**

**The Tao that can be expressed is not the eternal Tao.**



**The name that can be named is not the eternal name.**

**“Non-existence” I call the beginning of Heaven and Earth.**

**“Existence” I call the mother of individual beings.**

**Therefore does the direction towards non-existence  
lead to the sight of the miraculous essence, the direction  
towards existence to the sight of spatial limitations.**

**~Lao Tzu, Tao Te Ching**

**The Tetragrammaton and The Tao cannot be entirely known. We cannot properly pronounce the word because it is a representative of a primordial and ultimate energy, it is an idea that is an encapsulation of many ideas unto a whole, like a language, a grammar. The energy is at essence of everything, it is an energy of comprehension and creation.**

**In Tai Chi practice, which is essentially practicing being in alignment with The Tao, many practitioners eventually consider the concept of not knowing Tai Chi or The Tao, the ineffable and unknowable, but practicing Tai Chi. The subtle difference presents an enormous change in mind state. There is no completion to the practice. There are no belts in Tai Chi practice because practice is continuous as is the potential to integrate bettered comprehension of Tao or The Tetragrammaton into our being.**

**The Tetragrammaton is the four-letter name for God and more specifically the four measure grammar or terminology of being and becoming. The traditionally conceived teaching concept called The Trivium is an ancient format for learning. Trivium means the place where three roads meet. The Trivium reveals a comprehension process toward individuation overall as well as pertaining to specific subjects. Grammar is first, followed by logic, then rhetoric.**

**First, we have to learn the language, the grammar of a subject. We can then contemplate the matter at hand with logic, and then we can communicate our considerations and ideas with rhetoric. The Trivium is based on this format. First, we have to learn the grammar of the subject in question before we then can comprehend the logic and present our own rhetorical ideas. Without the grammar there is no way to comprehend derivative**

**logic nor any way to utilize pertinent rhetoric. The grammar or grammaton of The Tetragrammaton implies this modality.**

**In this way, Four Grammar is the language pertinent to becoming, toward ascension and individuation, and toward comprehension of Godliness. The Tetragrammaton is the grammar towards comprehension and cultivation of Godliness and/or self-development. The YHWH symbolizes The Tetragrammaton, and more than being a name for God, it presents a primal and powerful set of four to contemplate The Tetragrammaton, or four grammar.**

**Just like most of the Bible YHWH is also a combination of allegorical ideas and tribal stories from Judea, Egypt, and Mesopotamia. YHWH may be traced to any one particular God archetype from prior to The Old Testament. The Bible relates many concepts through Jesus that actually refer to The Egyptian God known as Thoth, Tehuti Tehutimoses, Yaw, Yod, Yahu, Iea, Enoch, Hermes Trismegistus, Mercury. Thoth is the God of writing and wisdom, of mind, of ascension into new dimension, of alchemical and mercurial becoming. Mind is the essential symbolic meaning behind The Name of God. The name of God is the mind of God, the ideas and wisdom manifest with language and idea transfigured and transmitted.**

**Below the four letters of The Tetragrammaton, read from right to left, is a simple presentation of a point, a circular plane, a line, and a solid sphere as a circle. The energies of the circle and the sphere are similar and share concepts as well as being difficult to differentiate when displayed on a flat surface.**

**One layer of The Tetragrammaton is the sacred geometry of becoming.**

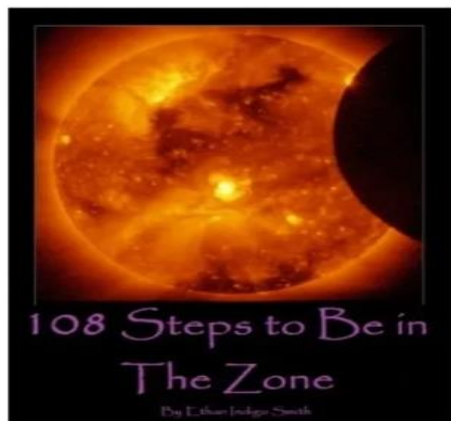
**About Ethan: Activist, author and Tai Chi teacher Ethan Indigo Smith was born on a farm in Maine and lived in Manhattan for a number of years before migrating west to Mendocino, California. Guided by a keen sense of integrity and humanity, Ethan's work is both deeply connected and extremely insightful, blending philosophy, politics, activism, spirituality, meditation and a unique sense of humor. Ethan's most popular publications include "108 Steps to Be in The Zone", a set of 108 meditative practices for self-discovery and individual betterment, and "The Little Green Book of Revolution" an inspirational book based on ideas of peaceful revolution, historical activism and caring for the Earth like Native Americans. His latest book, "The Geometry Of Energy", explores**

meditation and meditative energies through the sacred dimensions of geometry.

Ethan's websites: <https://wakeup-world.com/category/contributing-writers/ethan-indigo-smith/>

<https://matrixof4.weebly.com/the-duality-of-polarity-of-1111.html>

## Ethan's Books



Find Ethan's books on Amazon: <https://www.amazon.com/Ethan-Indigo-Smith/e/B0058V4P2U/>

## Interview with Ethan



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

## Tough Talk But Needed FOR the Trees By Basia Alexander



**I'm a tree lover. If you are interested in metaphysics, you probably are, too. And as a tree lover, I'm sorry to relay this bad news, but trees everywhere are stressed, sick, and declining from climate extremes and human interferences.**

**That means they are “stuck” in their internal functionality. Just as when a person is sick that person's ability to self-heal is compromised, it is similar with trees. Trees can no longer heal themselves or rejoin in their communities. When a person does a well-meaning meditation with trees or uses some kind of “boosting” device— oh, it helps temporarily and the trees really appreciate the attention from humans. But it's not enough.**

**How do we know this? What makes us experts? We at BioBalia Institute talk with trees, heal trees from the inside out, and teach people how to do that. My partner, Jim Conroy, is a PhD in Plant Pathology, refugee from a long successful career in agricultural chemicals, and — after a life-changing flash of insight — is The Tree Whisperer®. I am a life-long tree and plant communicator, teacher, and innovator in Spirit-based models for working with Nature Beings. Jim and I have spent the last 20 years developing effective, consciousness-based, collaborative methods for healing trees, plants, crops, forests, and ecosystems from the inside-out. It's foundation is in ancient and indigenous wisdom but it's all new, Aquarian-based thinking.**

**Please let me draw a couple of distinctions that you may not be aware of. WARNING: This is tough talk but needed FOR the trees and for humanity, if humanity is ever going to restore livability to this beautiful planet.**

**Conventional tree care is based on what we call “outside-in” thinking. Tree care people generally do what they want to do based on human-centric conclusions, not necessarily what the tree needs internally. They don’t ASK the tree about its inner health. Their maintenance work is beneficial when a tree is already healthy on the inside—which is rare. Since they have no products to apply or methods that actually improve trees’ INNER health, they don’t even know that such a thing is possible. Oh, they may claim certain improvements but you and I both know that it’s still not only product-based but also human-centric thinking.**

**What people DON'T usually get through conventional tree care is trees that are healthy from the inside-out and respected as conscious, living beings.**

**Many good, spirit-based teachers bring their students into the profound and life-changing experiences of connection and communication with trees. I applaud all such efforts. Many students get creative, moving, profound messages and insights for themselves from the trees. At the same time, they expand their desire to save, to conserve, to protect, to support trees and forests on the planet. This is all necessary. But, trees and forests are much sicker than in the past. The stakes are much higher now.**

**What people DON'T get through existing spirit-based approaches is effective, long-term methods for Do-It-Yourself HEALING of trees from the inside out, especially as trees encounter more climate extremes.**

**Trees are asking US to ask people to be more targeted, more accurate, to address their inner health needs more correctly.**

**What is DIFFERENT in what Jim and I do?**

**First, our focus is on “coming from the tree’s point of view”. It’s what we call being “tree-centric”, or asking a tree what its life is like and what its health is like while in profound and sacred connection with it. The approach we teach is based on the progression of the 4Cs: Connect, Communicate, Collaborate, and Co-Create.**

**Second, we provide Mindful Methods™ to HEAL trees. Our methods are permission-based, Spirit-guided, and infused with Light. We teach the use of intentional messages and visualizations that can be easily and quickly**

**conveyed from the heart and mind. These Mindful Methods are the result of 20 years of Dr. Jim's and my research and successful experience with countless trees and forests.**

**Here's the key: Those messages and visualizations are targeted, botanically and physiologically correct interactions that HEAL trees from the inside out. To use them, we explain how people's bioenergy and consciousness overlaps with trees' bioenergy and consciousness so that trees can get "unstuck", back on a path to healing their internal functionality, and become able to withstand more climate extremes.**

**Our two-pronged approach is globally unique and I believe worthy of your further examination because it goes beyond recently available spiritual methods of benevolent connection and beyond current cultural thinking about tree care.**

**Learn from us! A collaboration between our BioBalia Institute ("BioBalia" means Biology in Balance that brings forth a whole greater than the sum of its parts) and YOU could be amazing for yourself and needed for the trees and planet.**

**Please let us know what you think about this idea.... We will await your response.**

**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](http://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](http://www.PartnerwithNature.org).

Tree Whisperer's websites: [BioBaliaInstituteSchool.org](http://BioBaliaInstituteSchool.org)

[PartnerWithNature.org](http://PartnerWithNature.org), [NaturePartner@PartnerWithNature.org](mailto:NaturePartner@PartnerWithNature.org)

[TheTreeWhisperer.com](http://TheTreeWhisperer.com), [whisperer@TheTreeWhisperer.com](mailto:whisperer@TheTreeWhisperer.com)

## The Tree Whisperer's Video



Link: <https://www.youtube.com/watch?v=nQ6aA62Boqs>

## **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 TO WALK WITHOUT PAIN**



**Barbara writes: For nearly two years I have suffered constant pain in my hips and legs. I was diagnosed with piriformis syndrome and double sciatica and began a journey of physical therapy, pain meds, acupuncture with mild electric pulsing, and chiropractic adjustments; all with the blessing of my doctor. Two days ago I read an article about using positive affirmations to replace a negative focus. Of course, my constant pain was a focus!**

**So, I began with “I am pain free” and said it frequently. This morning I started my day with my daily MBOs and added the affirmation, even though the pain level was very uncomfortable with the rain. I had an appointment for a chiropractic adjustment, and while there mentioned that the pain was becoming almost unbearable. She suggested that they could try a piriformis release massage. After the adjustment, I was put on a massage table and it began. I am so excited to tell you that the massage was very effective! For the first time in nearly two years, I can walk without pain!! The sciatic nerves are still a bit inflamed but I am sure they will heal well without the piriformis muscle pressure on them.**

**I am so very grateful as once I changed my focus, obviously it was like I gave permission for the MBOs to work on me. Thank you so much for gifting the world with MBOs.**

## **MBO TO RECONNECT WITH OLD FRIEND**

**Mantej writes: MBO Story**

**Old friends reunite!**

**Lost contact with, and never saw an old friend of mine for many, many years. Never thought I'd see him again.**

**After randomly remembering my old friends a few weeks ago. I requested a MBO to meet up again with him, at the best and most perfect time for both me and him.**

**Never thought anything more about it. Recently had to go somewhere, and turns out without my knowledge he works there in that building.**

**And standing right at the bottom of the staircase that I was due to go up, was him. He was standing right there.... Couldn't believe it! I immediately said to him, that I was reminiscing about my old friends the other day including him. And before I said anymore, he immediately said “Hey, it's fate that we bumped into each other!”**

**Luckily I arrived there a little early, so I had enough time to have a quick chat, and catch up with him.**

### **MBO TO FIND FUEL AT MIDNIGHT**

**Urvish writes: I would like share an MBO I had asked for mid night fuel refill. I am starting to get into habit of asking for MBOs now, 😊 and doing benevolent prayer has really helped me. Hope this MBO finds its way into your newsletters. And I can't put in words what a great boon you and your effort has been to my life. Again sending lots of white light and love to you.**

**MBO for fuel refill in remote area with all gas stations closed.**

**We were traveling way away from home and were looking for a hotel in a remote town, and we were almost out of gas; unfortunately no gas pumps were open. We checked and called out at 3 pumps and no one responded, and it seemed they had all gone home. As we were heading to the last pump in the town, as we were almost out of fuel, I was nervous since we still needed to get to a hotel which was a little far away.**

**At the last gas station, which was closed, I saw a man sleeping near the pumps and asked if he worked there and would start the gas pumps and refill our car. He refused, saying he wasn't the owner and went back to sleep. I asked for an MBO to the situation, hoping the man would arrange something, and we could refill our car with gas to carry on.**

**After the MBO request, as I asked him again and he said "Lemme see what I can do". He went inside an adjacent building and turned on the pumps for us! The gas station was lit with lights instead being pitch black in dark.**



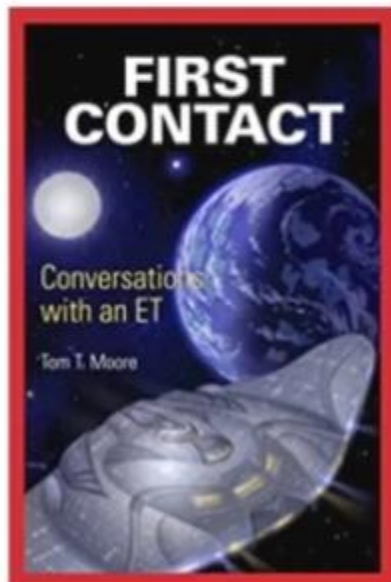
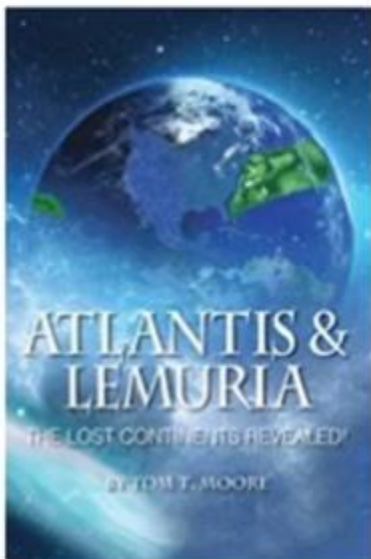
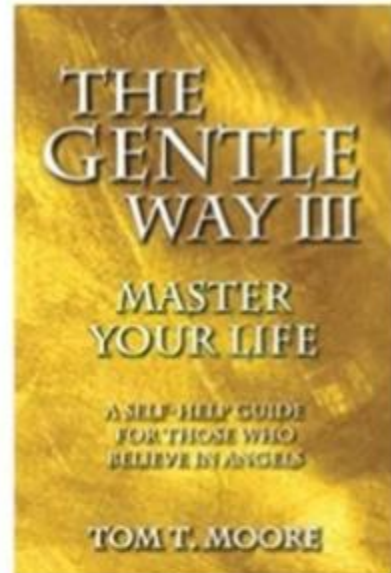
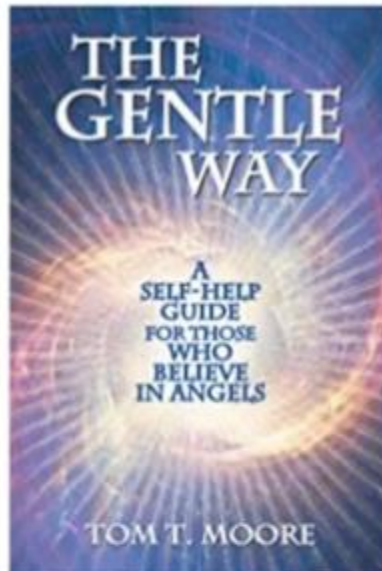
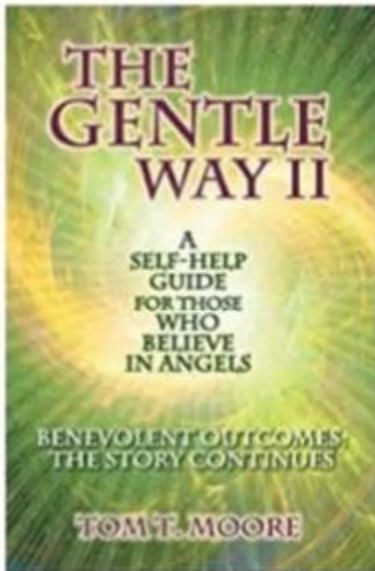
**We got our car filled up with gas and we thanked him with a generous tip. A miracle indeed and we all were relived and went onto look for hotel, as we didn't knew what we would do in middle of a road in a small town far off from home if we ran out of gas.**

**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](http://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/>

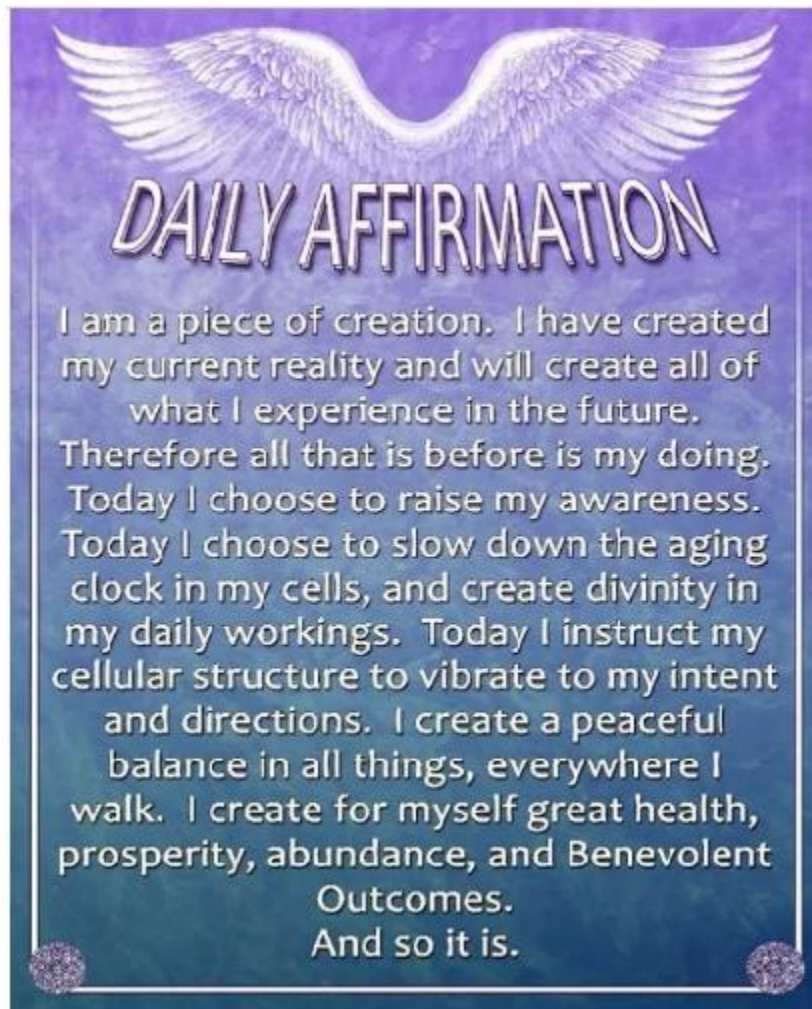
### Tom T. Moore's Books



**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](https://www.amazon.com/Tom-T-Moore/e/BooCR1C23I/ref=dp_byline_cont_book)**



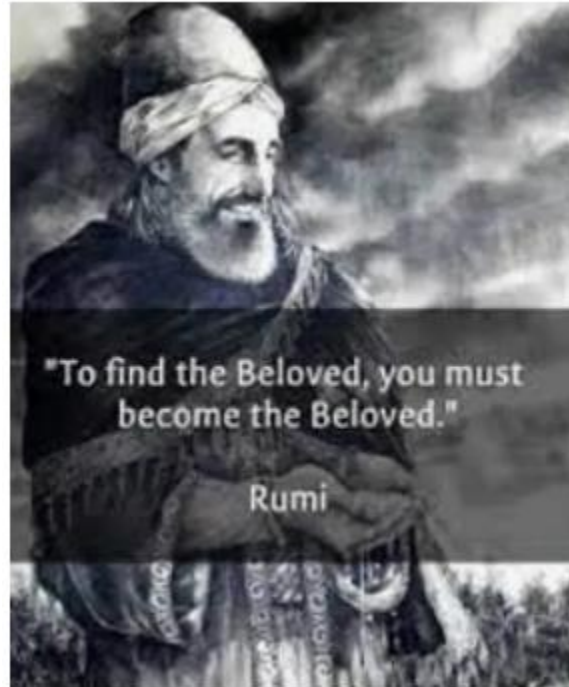
Link: <https://youtu.be/RJHpBt4sTv8>



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

Find other signs on Tom's website

## Beloved By Amanda Hoover



**The commitment to divine union, divine marriage, divine inner love flow ease is an inner relationship commitment to self, one's divine source connection embodiment. A divine union with self. A sacred reverent relationship with your divine self. All of you.**

**Healing the divided self. Forgive yourself, be gentle with yourself, be kind to yourself, love yourself the way you have always wanted to be loved. See yourself through the eyes of the divine mother and father. Your integrity, beauty, your gifts, your capacity to hold and be love. Divine love your birthright.**

**Your divine connection to your divine union reality of ease and grace and awe in the outer, a result of the inner relationship with self.**

**Learning how to say yes and how to gently say no. Learning how to care for you the same way you want your outer reality to care for you, your outer relationships to care for you.**

**Do for you what you have dreamed others would do for you. Tend to your needs the way you have wanted others to. Talk to yourself how you want others to. Make a divine love commitment to yourself and all others through this divine relational blueprint.**

**The secret recipe of divine love enlightenment mastery is knowing the nature of reality and nature's glorious beautiful mirrors of love within. The golden heart door from the outer opens from within. The keys handed to you in the outer upon readiness and divine time. You are the master. The beloved emanating your outer beloved. All become the beloved. Within you the whole time.**

**To find the beloved you must become the beloved ~ Rumi**

**In humble gratitude of the divine master consciousness multidimensionally within and the outer so gracefully emulating this consciousness for ALL.**

**There is no place like home.**

**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/>**

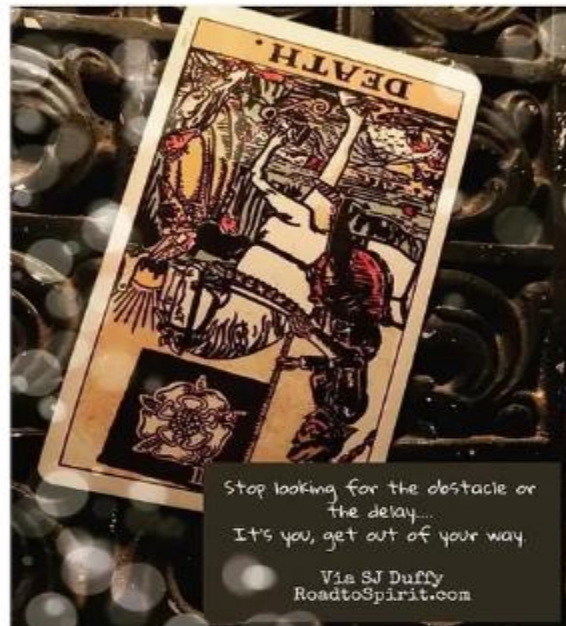
## Video By Amanda



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

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## Past Lives And The Ties That Bind... By Stacey Duffy



Ok today's post -for the regulars- will make perfect sense. For those who are new to RoadtoSpirit, here's a crash course to get you up to speed.

I wrote in Horror movies *Within* that I often meet up with a huge black wolf in meditation. He has been with me over many lifetimes and brings me great solace. Oh, and sometimes he turns into man. As one does... 😊

I have also mentioned in *Let's Go, Go, Go, It's Time* that I consulted with the wonderful, wise and inspiring Ingrid. During that consult we spoke a great deal about my past lives. The first one we went to was, my life as Native American. Now I know that it is considered trendy to have a Native American guide, or totem or something, but I really do. I know it, without doubt and it has been confirmed on many occasions. The wolf, (when I try to figure out who how he fits in) always tells me that "we are one." As Ingrid speaks, I slowly start to understand. Not only that life but pieces of this one too. He was extremely dear to me. He was also very highly ranked within the tribe. I'm trying to sound smug, but he was ranked so highly that my demise came swiftly after his - to make a statement. Not a happy ending for either of us.

This information has led to a great deal of pondering, piecing together, and understanding. Even so, when I went into meditation the other night, the events that followed caught me by surprise.



Ok, 🦇💩 alert...

After a bunch of rituals and mantras I found myself at the foot of a hill. The grass is long and soft beneath my feet. It feels silky. As I reach the top, I look out into the distance, but I can't see anything. I continue to walk down the other side of the hill and as the land plateaus I find that I am on stones. Smooth stones, but they are tedious and make the walk harder. Eventually the stones turn to pebbles and then tiny stones that give way beneath my weight. Finally I stop in a river, the water rushing past my ankles. It's cold. I know the wolf is here, but I can't see him. Walking further into the water he eventually emerges. He is in 'man form' and his black feathers break the surface before his face does. I catch myself thinking that it's a very dramatic entrance. Ha ha! 😂

As he comes up, I tell him that I know how he fits in. He says "yes, we are one." (How annoying) before I know it, I am shouting at him. "It's all because of you! You just got in the way over all these lives! It's you, it's your fault!" I am sobbing at this point heaving in sadness and relief because I finally understand. Both physically and in the meditation, I can't breathe under the weight of the sorrow. He tries to turn back into a wolf, and I scream "No, stay here! That is not helpful!" (OMG, I'm so extra!!) It's because of you that I shield myself! Hiding for aaalll this time! It's you."

Now if you have ever had an argument with a man, you will know that there are few things more infuriating than one who looks at you with pity and says nothing. Just as I am about to explode, he says; "yes, but it isn't me doing it to you, not anymore" at this point I am confident that even men in from a past life say the wrong bloody thing. Heat in my chest, gasping for air between the sobs, anxiety, overwhelm and the added burden of him being right. All these lives later, it's me doing to me. Repeating a pattern I learnt so long ago. Fu\*k!

Bawling uncontrollably, I look up at my main guides and say "I can't". For the first time ever, Lilith and Ezekiel seem to agree with me, instead of looking down and waiting they grab me and take me up. Eventually we stop somewhere in the cosmos and from my chest streams a grey river of dust or glitter or something like that. I can't stop it, suspended in the universe head back, chest out and hair blowing - it just flows out of me. I try to work out what it is. I perceive it to be pain. A great spiritual pain, a cosmic pain. Huge amounts of pain!

I suddenly come out and I am exhausted. Much later, after some thought and journaling, I realise that I was not releasing a cosmic pain, but rather a

very old very real pain. A pain that I was running from and, in so doing, bound it to myself. I finally released an unconscious pattern. Wow. It's a good thing, but hells bells, it wasn't pleasant.

Spiritual people always talk about past lives and patterns etcetera, it doesn't have to be as much like a movie as mine was, but it's so healthy to look back and clear toxic habits or limiting beliefs. I am always astounded by the many different ways that I get in my own way and sabotage myself.

The point: You don't have to meditate and speak to wolf-men or explore past lives to do this. Whatever you believe, you owe it to yourself to dig deep and face this kind of shit. When you get to the other side it's worth it and you move a little lighter.

About Stacey: A drone for the first 33 years of my life, I lived by checking the boxes. Finish school, go to varsity, get married have children... etc. I am not filled with regret but post spiritual awakening - I feel alive, I am a writer, and I'm craving experiences.

Writing for calm and clarity I find myself passionate about guiding the beginners. Spirituality is an ethereal rollercoaster and, in amongst the deluge of captivating information, I strive to be a relatable voice of encouragement and confirmations for the many who will undoubtedly question their sanity and resolve as their paths unfold.

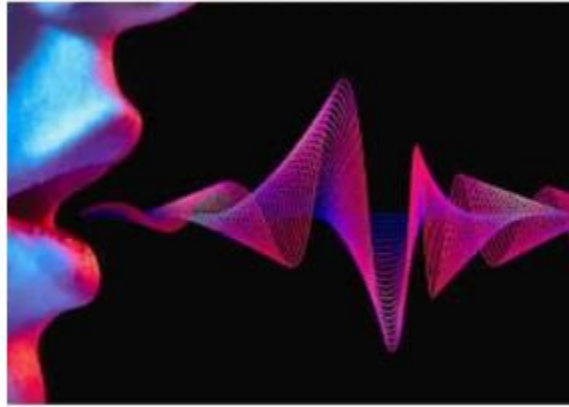
Stacey's website: <https://www.roadtospirit.com/>

### Interview With Stacey



Link: <https://www.youtube.com/watch?v=QC7T8Mny74s>

## Does Your Name Define You? By Jill Mattson



### **Ancient Civilizations May Hold the Answer**

**Ancient people used sound and music to heal, balance and uplift their worlds. One crucial way was to properly use the sound of one's name. The sound of one's name is a constant energy-influence for one's entire life, because of the sheer number of times it is heard. In ancient times, how one said his name was crucial, as it described his energy to others. They guarded against saying their name in combination with negative emotions, as these subtle energies intermingled. They would, however, say their name with love to uplift their subtle energy communication, or utter their name with the feeling of power to assert their authority.**

**Reflect on how you say your name. When you introduce yourself to others, does your name sound like a question or a request for approval from others? Is it a warm and inviting sound? We can easily perceive how others react to us - all on their own, yet this subtle art that we are discussing arms us with the power to put out a vibratory field in our voice so that others react to us - as we decide. It is simple to do this: merely project with your a feeling when you say your name. That simple exercise intertwines your name with energy that emits more powerfully in all directions throughout the quantum fields. This is tantamount to throwing a little pebble into a lake versus a large rock - the difference is obvious.**

**The Ancient Sumerians took the art of using the sound of one's name to another level. They converted one's name into pitches. There were several processes that were utilized to convert one's name to music. One system was called Gematria, in which a number was assigned to each letter in the alphabet, and thus letters were converted into numbers. For example, the 25th letter of the alphabet would represent the number 25. Numbers were then used as frequencies. The number 25 correlated to 25 cycles of sound**

**per second or a very low musical note! This converts the letters in one's name to sound. Ancient people listened to the music of their name and harmonized with this sound. Thus, they accepted their energies, strengths and weaknesses in a positive and harmonious manner.**

**Many sages believed that pitches, rhythms and harmonics (vowel sounds create different harmonics) were the building blocks of the energy in one's name. For example, how fast or slow a name is uttered affects its "feeling." Vowels and consonants were said to bestow specific vibratory benefits. Each vowel sound has a subtle psychological and chemical influence, because the physical and emotional body are both affected by vibration. For example, the letter E denotes a subtle feeling of the feminine qualities of grace, wisdom, beauty and receptivity, while letters O and U have a masculine quality of power and expression. The letter A has the perfection of both qualities. What "energy" is in your name?**

**With intense focus, vowel sounds were correlated to parts in the body with which they resonated with. Through sympathetic resonance, these sounds massaged subtle energy in a specific part of the body. For example, the letter U stimulated the pelvis, hips, legs, feet and lower body in general. The letter O vibrated the lower trunk, abdomen area from solar plexus to groin. The letter A vibrated the chest cavity, heart and the body as a whole. The letter E massaged the throat, upper chest and head regions. Finally, the letter I energized the back of the skull and head regions. The vowel sounds within your name, were believed to subtly encourage health in resonant areas of your body. In an interesting application of this, a person could take a nickname, with the energy sounds, to stimulate body areas that need extra energy.**

**What energy is in your name? What is the feeling that accompanies your full name versus nick name? Which do you prefer? This three-time book author recommends that you practice how you say your name so that its sound matches desired emotional qualities! Please see her site for information on using sound and music as a powerful tool to improve your life.**

**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

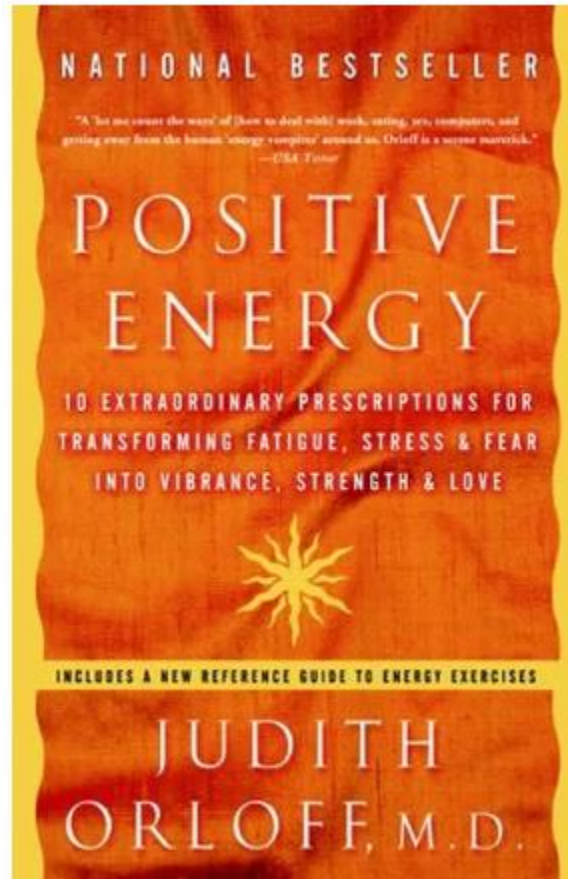


**Find her art on her website: [www.jillswingsoflight.com](http://www.jillswingsoflight.com)**

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# How to Intuitively Make Smart Decisions

By Dr. Judith Orloff



**As an intuitive psychiatrist I worship my high octane intuitions. I owe the blessing of becoming a physician to one. However, at twenty, when an unwavering inner voice told me I was going to medical school, it was the last thing I thought I wanted. This gut centered voice committed to your happiness, health, and survival, is, with practice, accessible to everyone. But when you deviate even a nano-fraction from your inner voice, energy wanes, whether a subtle seepage or radical bottoming out. The more ferociously faithful you are to this truth the more energized you'll be.**

**Intuition offers a direct line to your life force, and also, as I experience it, to a divine intelligence. We can't afford to remain deaf to intuition's messages. Its expertise is energy; its job is to know every nuance of what makes you tick. A master at reading vibes, intuition is constantly tallying: what gives positive energy, what dissipates it. Who you meet, where you**

**go, your job, your family, current events, are all evaluated—crucial data that you can learn to interpret and apply.**

**Here's a formula from my book, Positive Energy to help you get started. First, listen to your body: there are positive and negative intuitions about relationships which highlight compatible matches. Second, act on this information, which is often the hardest part. Let me walk you through the process.**

### **Recognize Your Body's Intuitions About Vibes**

**A people-skill most of our parents didn't know or teach us is intuitively reading vibes. We've learned to draw conclusions from surface data: how nice someone seems, looks, education, or if a situation adds up on paper. But intuition goes deeper; to make it work for you other ingredients must be considered such as what positive vibes feel like, for instance a sense of heart, compassion, and nurturance. In contrast, negative people project prickly, draining vibes that put you on guard.**

**Here is a general guideline of body-based intuitions. Use this checklist at a first meeting, to troubleshoot problems if you're already involved, or to weigh "opportunities." Also, feel free to add to it. Being an intuitive, I know that a signature energy always accompanies situations or people. Remember the Lil' Abner jinxed cartoon character who always had a black cloud hanging over his head? Not a vibe that bodes well for auspicious outcomes. Instead, learn to gravitate towards brightness, a positive intuition your body's responses will affirm. When tuning into vibes take a few quiet moments to go into sensing mode, not intellectual analysis. Look for these signs to determine attraction.**

### **Positive Intuitions About Relationships or Situations**

- a feeling of comforting familiarity or brightness; you may sense you've known the person before, as with the experience of deja-vu**
- you breathe easier, chest and shoulders are relaxed, gut is calm you find yourself leaning forward, not defensively crossing your arms or edging away to keep a distance**
- your heart opens; you feel safe, peaceful, energized, expansive, or alive**
- you're at ease with a person's touch whether a hand shake, hug, or during intimacy.**

### **Negative Intuitions About Relationships or Situations**

- a sick feeling in the pit of your stomach or increased stomach acid which may prompt an unpalatable deja-vu**



- **your skin starts crawling, you're jumpy, instinctively withdraw if touched**
- **shoulder muscles are in knots, chest area or throat constricts; you notice aggravated aches or pains**
- **the hair on the back of your neck creepily stands on end**
- **a sense of malaise, darkness, pressure, agitation, or being drained**

**Intuition helps you act from instinct, not impulse—a look before you leap wisdom that points you to positive energy. When it comes to who you love, where your work, or any important decision, the last thing you want to be is vague. Tuning in keeps you specific. Practice the next exercise to get this down.**

### **With Intuition Learn How to Pin Down and Act on Your Vibes**

**Now you're going to tune in, trust your body, and make choices based on the vibes you sense.**

**Tune In: Choose a relationship or situation that needs clarification about whether or not to go forward. Perhaps a friendship, vacation or move. Begin with an easier target before you take on higher stakes. Run it by this section's criteria for positive and negative intuitions—or others you find reliable. It's helpful to make a top five list of the most killer indicators of positive attraction. For one of my patients it includes feeling energized and safe. Another must register an increased aliveness and peaceful sense. Write your top five in a journal so they don't get hazy. See how they add up here.**

**Act On Vibes: This is where we must be warriors. I know personally and from patients how much easier it is to tune into than to act on vibes. Insecurity, ego, lust, stubbornness can obscure better judgment. Sometimes it takes succumbing to them all to realize you won't tolerate such battering again. But if you don't have to take such a bumpy route, try these options. If the vibes feel overall positive, go for it; explore possibilities. If the vibes are mixed or you're unsure, take a pass or at least wait. If there's just negative, have the courage to walk away, no matter how tempting the option seems. Then observe how listening to energy in this way leads you to the juiciest opportunities.**

**Now I want you to start listening. Really listening. I guarantee you'll start making smarter choices. Why? You'll be operating from a spot inside that's juicy, core-felt, authentic—not from an impulse to conform or disown your strength. You won't be seduced by what may look good, but betrays your gut. Intuition is a truth detector.**

**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://youtu.be/9cc3VBpigQg>**

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## 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>



## Poetry By Carolyn Chilton Casas



### Clarity

**It's a choice,  
a declaration to one's self  
not to live in fear of \_\_\_\_\_.  
Any dread could be inserted  
into that blank space.  
We begin with sensing what is true,  
which has its own summoning power.**

**Like how the deer fixate  
on leaves falling  
from the tree, looking up expectantly  
because they believe  
what they want and need  
will drop from the sky.**

**We allow our minds  
to be carried away  
to a place  
where we know not even ourselves.**

**There are so many ways to die.**

**Clarity is not a difficult thing.  
It's ringing a bell**

**to call loved ones in  
from far working fields.  
What if we, instead of terror,  
sow the quick sprouting seeds  
of kindness  
to cleanse  
our wounds as they heal?**

**~Carolyn Chilton Casas**

## **Mirages**

**The years scroll by,  
and I, not yet aware  
of what I will become—  
only mirages at a distance,  
like imagined water  
in the desert,  
of where I might go  
and where I have been.**

**Continually startled  
by unexpected beauty  
and the sting of pain.  
Warm Santa Anas blow  
the mist of cresting waves  
away from shore,  
while vultures devour  
a rotting seal carcass  
on the shifting sand.**

**And still, there are days  
I live as if death  
we're not on the nearing horizon.**

**~Carolyn Chilton Casas**

**About Carolyn: Carolyn Chilton Casas lives on the central coast of California, the perfect landscape for a love of hiking and playing beach volleyball. She is a Reiki master and teacher whose favorite theme for writing is about ways to heal. Her stories and poems have appeared in Braided Way, Energy, A Network for Grateful Living, Odyssey, Reiki News Magazine, Touch, and in other publications. You can read more of Carolyn’s work on Facebook, on Instagram at mindfulpoet\_, or in her first collection of poems titled Our Shared Breath.**



## Interview with Carolyn

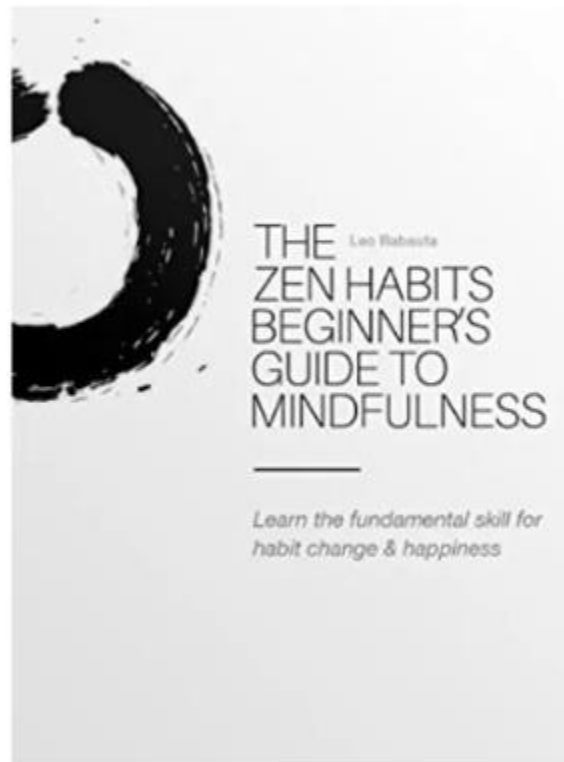


**[Link: https://www.youtube.com/watch?v=7s5LCnNtfF4&t=28s](https://www.youtube.com/watch?v=7s5LCnNtfF4&t=28s)**

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**zen habits by Leo Babauta**

**Everyday Wonder**



**I'm on my first international flight since the pandemic started, and I got lucky enough to have a window seat. Flying to Costa Rica by way of Guatemala to lead a retreat, I'm looking out at a vast expanse of mountains in Mexico ... and I'm in absolute awe.**

**What a miracle this is, to be flying so magically through the air, over such majestic stretches of this Earth!**

**I noticed that when I was traveling a lot before, I got pretty jaded about flights. Ho hum, another flight, let's get this over with, no big deal, I'm an experienced traveler, not some wide-eyed child. How did I get this jaded to the wonders of life? How do any of us get so jaded?**

**Life is miraculous. Life is filled with wonders. Life is majestic and magical.**

**And I don't just mean the magic of flight — which our ancestors would have thought was sorcery, by the way. I mean the magic of toasters and heating and houseplants. I mean the miracles of each human being we encounter**

**on the street, the wonder of having someone love you, the sacredness of grief and heartbreak, the joys of a berry.**

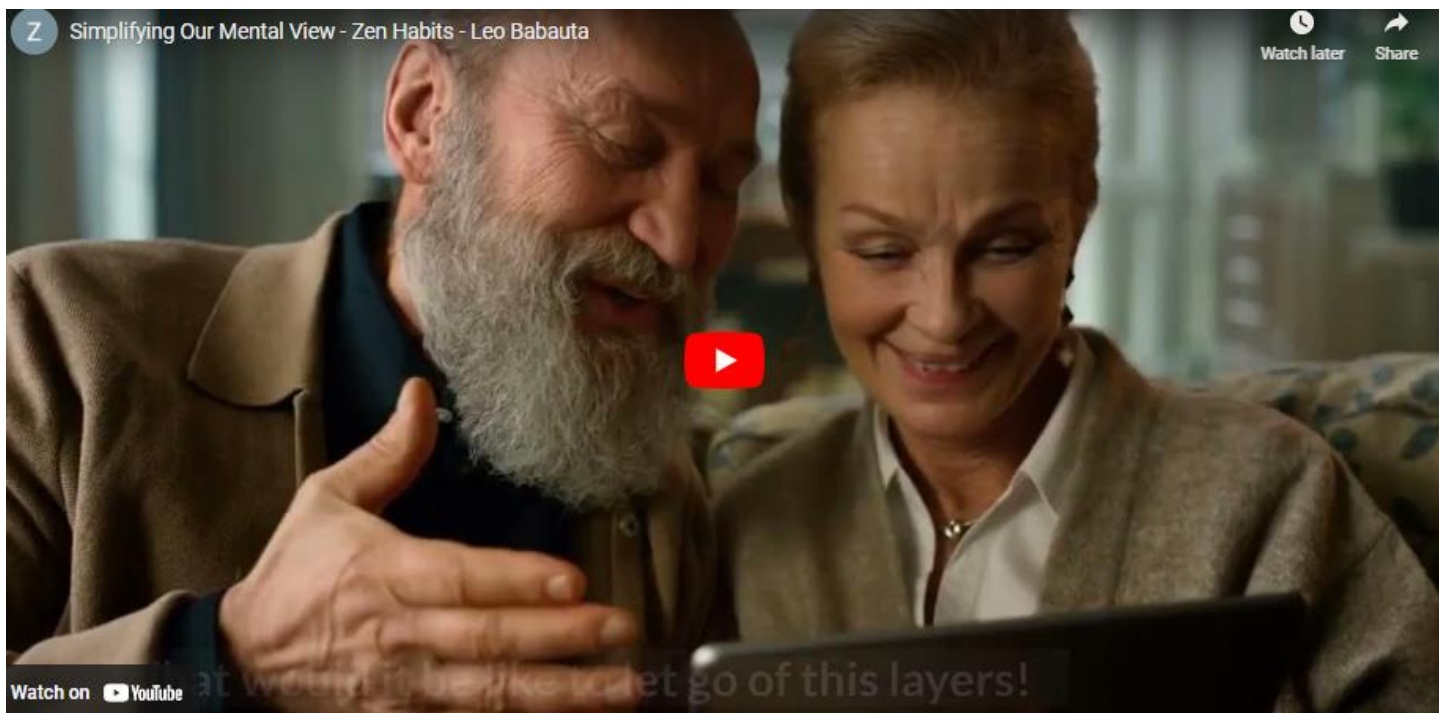
**Every moment, we have the opportunity to wake up to wonder, to awe, to everyday miracles. It is enough to make your heart leap with joy, to overwhelm your soul, if you let it. Every day, we have access to this, in so much abundance.**

**Will you let it in?**

**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=GXvWhmVFxKQ>**



# **Learning And Harnessing Psychic Abilities In Your Everyday Life**

**By Rev. Colleen Irwin**



**Everyone is psychic. What a person can or cannot do is not an indication of your true abilities. It is just like a muscle. How strong it is – is a result of exercise. Intuition and connection to Spirit is interesting. The more you listen to it, the more feedback it will give you. Therefore, you really need to practice trusting your intuition. To do this you must pay attention to the way your unconscious mind tells you information. For some it is a simple knowing in the quiet moments of meditation. For others it may be a gut feeling or a body sensation. The unconscious mind can use any of your senses to communicate; these include the five following senses:**

- Vision that involves isolated images or symbols you see, or it can be more detailed images of clairvoyance or remote viewing. You may see images in your head, or they can manifest in front of you.**
- Hearing, also known as clairaudience, involves hearing words or sounds in one ear and not the other. At first, this can be scary for those who are not familiar with it.**
- Touch is probably also considered clairsentience as it is a feeling intuition as physical body sensations.**
- Smell can also give psychic information whether simple or complex.**
- Taste, although far less common than the other methods, has been known for some psychics to get a taste in their mouths when interpreting psychic information.**

**There are many ways you can practice using your intuition. Some are listed below:**

- **Traffic:** If you live in a city with frequent traffic reports try to guess which roads are bad and why. This works even better if you have two routes to get home, each with an equal chance of having delays. You can guess which roads to use to get home faster, and then check Google Maps. (It is not helpful if one road is always bad, because then logic takes over.)
- **Shopping:** Without checking the internet try to guess what you are going to pay for something and where the best place to buy it is. Afterwards check out the facts.
- **Parking:** Try to let your intuition guide you to the best parking space. This is particularly useful during the holiday season.
- **Telephone:** See if you know it on the telephone before you look at the caller ID.
- **Sports:** Without knowing anything about the game or the teams try to guess who will win and what the scores will be. Then check out the results.
- **Watching other Psychics or Mediums work:** See if you can guess who they are going to give a message to, as they work, see if you get information that they present.

**The trick is to find something you care about, or something you cannot know for sure based on past knowledge and experience and you can get feedback on. Then pay attention to the difference in feelings between that which proved to be right and that which proved to be wrong. Take notice if you have ignored your intuition and see if you later regret not acting upon it. Be aware of how that information came to you so that next time it happens, you do not ignore it.**

**Learn to listen to feedback from your body on the psychic hits you get. One of the best psychic development techniques is learning to tell when you are getting information that is right or wrong.**

**Work on issues you hear all the time that you rarely act upon. You have to work on your psychological baggage; I cannot emphasize this enough! All information is accessed and processed through the unconscious mind. If you have issues and you do not want to look at them, you will find that the psychic information you receive will be distorted. Many people have found they are blocked by the spirit realm because they are unwilling to tackle their own issues.**

**The more you trust your intuition, the more information you will receive. This 'knowing' will become more and more definite. A good development circle will help you hone your gift. Everyone has room for improvement, including myself. These skills will help you make better decisions and feel more confident in your daily life.**

**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-a563251bo/>

**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>

## **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.**

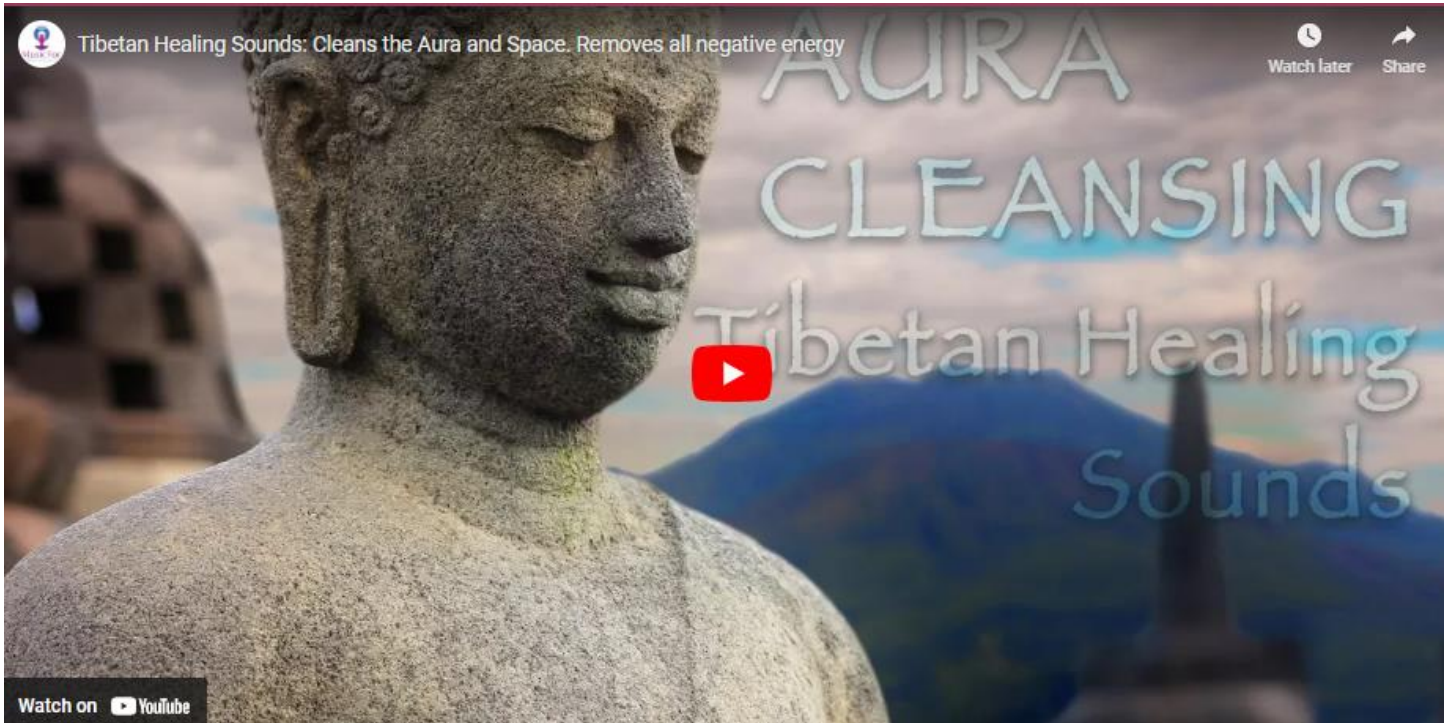
**Improves sleep. Strengthens immune system.**

**Stress reduction.**

**Deep relaxation.**

**Take some me time and listen to the video.**

## Video



**Link: <https://www.youtube.com/watch?v=x6UITRjhjI>**

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## **Sage Wisdom By Sage Walker**



**I have been noticing that time and energy seem to be going faster. So, staying in our old patterns will slow us down. While releasing old family and social mantra someone said to me, “See yourself as a tree that is getting ready for winter.” So shed old patterns, negativity, recurring themes of the past and anything which makes you uncomfortable. When I don’t know what to do I set the intent, as energy always follows intent. I have learned not to rehash all the old issues; they were just lessons and some of the most difficult taught me the most when I settled down. I always also set my intent to work at the highest spiritual level.**

**Life is sometimes hard work but the journey is worth it. As we do the work to clear our own issues and patterns it lifts our vibrations. This sends a positive energy into our world instead of more anger, fear and negativity. What we send out is what is returned.**

**Today I found this Spiritual Message given to me a while ago.**

**Hope**

**You are a Child of ours.**

**Never lose hope.**

**Follow the path to light.**

**Know we are always with you.**

**Believe in who you are and can be.**

**Believe we are here to help you.**

**Ask us to help you to be free. (Of anything which is troubling you)**

**You are never alone.**

**Namaste.**

## Blessings, Sage

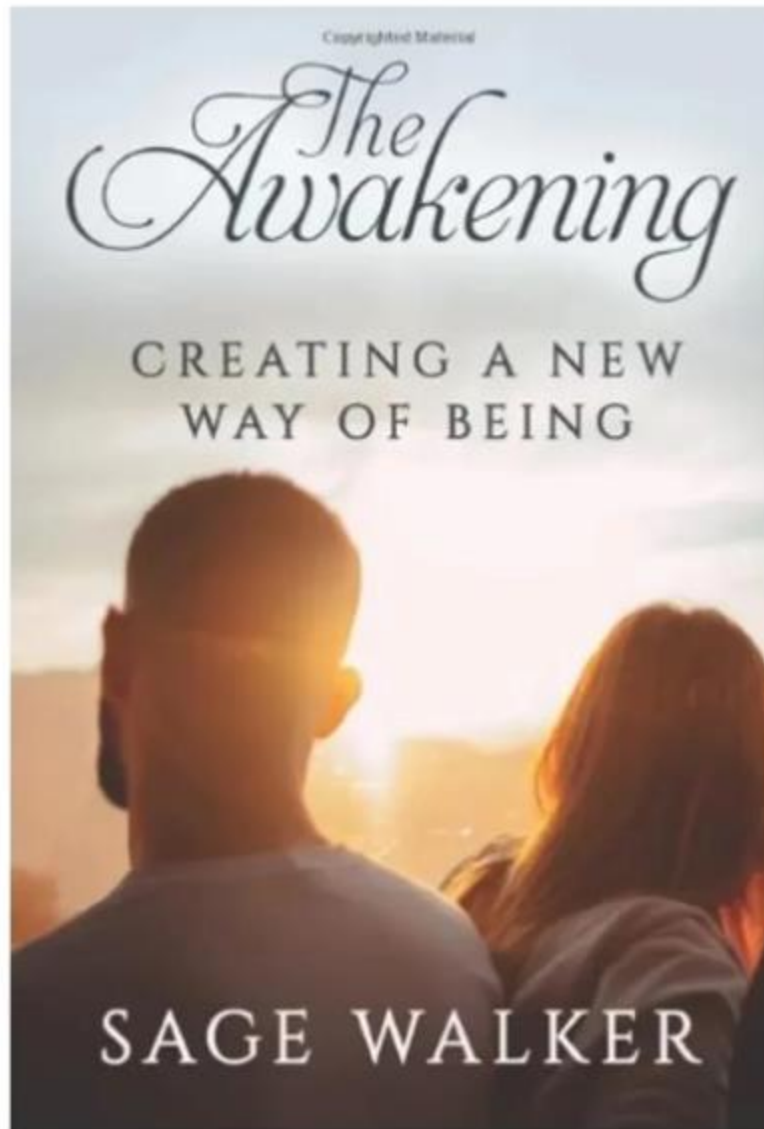
**About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.**

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

### Interview with Sage



### 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](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)**

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## **Celebrating Our Successes in the New Year** **By Barry & Joyce Vissell**



**At this time of year, it is common for people to make New Year's resolutions, looking back at the old year and finding ways to improve. This is a wonderful thing to do each year, but it is also important to avoid self-criticism if you do not follow through on those resolutions.**

**A very common resolution is vowing to take better care of your body through exercise. In the beginning of the year, gym memberships soar. I used to belong to a club where I went swimming almost every day. In the month of January, it was very difficult to find a place to park. I was told that this happens every year. People vow to exercise more. It lasts through January, then gradually wanes and by the end of the year, the parking lot looks almost empty. One of the managers told me that the gym actually plans on the increase of January memberships to keep running financially knowing that most of those people will not follow through. He further stated that if everyone used their gym membership regularly, it would be so crowded they would not be able to operate.**

**This year, I am going to suggest adding something to your routine of resolutions. How about looking back at the past year and celebrating the successes that you have made?**

**I am going to share one superficial celebration of success and a deeper one. My dentist and dental hygienist want me to spend even more time cleaning my teeth each night. They want me to spend ten full minutes flossing and ten full minutes using my Sonicare for a deeper cleaning. They also want me to use a rubber pic and then a little brush that goes between my teeth. Then when that is all done, brush with MI Paste. If I looked back**

**on the year in the eyes of my dental team, I would feel that I had failed. But this year, I am going to look back and see that although I did not do everything that they wanted, I never skipped the dental floss or the little brush or the Sonicare (but only two minutes) and of course brushing. I sincerely tried and that is a success. I can strive to do more, but at the same time congratulate myself for what I did do. It feels so much better to celebrate my successes than criticize my failure to do all that was suggested.**

**And something much deeper. Several years ago, there arose a misunderstanding with a man who we loved very deeply. Barry and I wanted to meet and work out whatever it was that caused the misunderstanding. We had full confidence that we could come to an understanding again. This man, perhaps out of fear or stubbornness, refused to meet with us and instead blocked us from all areas of communication, phone, text, email, Facebook, etc. He then moved out of state and we had no means to know where he was. I felt very hurt that this man did not even give us a chance to work things out with him. I could have chosen to close my heart to this man and reason inside that he does not deserve my love. But I determined to keep my heart open and think positively about him. I knew that closing my heart would feel terrible and could cause illness and sleepless nights. Even though I strived all year to keep my heart open, sometimes the anger would come, especially when I thought that he did not even give us a chance to work things out. When I was aware of anger, I would force myself to sit down, close my eyes and think of ten positive things about this person. I always felt better after I did that. At the end of the year, as I looked back, I celebrated that I tried to keep my heart open and that I was able to think positively about this man. I had slips into negativity, but I forced myself to come back to positivity. I was not perfect, but I did have some successes. It was important that I focus on the successes.**

**In the beginning of this New Year, spend some time remembering and feeling your successes of the past year. Were you able to forgive someone? If so, that is a big success. Were you able to apologize to someone? Again, that is an amazing success. Were you able to make some progress getting out of debt, or perhaps adding more healthy food to your diet, or learning something new? Did you care for your body in any way, even if you weren't consistent with your gym membership or other exercise? Did you declutter any part of your living space? Were you kind to anyone? The list can go on and on. Each success needs to be celebrated. You can be very proud and congratulate yourself. None of us are perfect, but we can love ourselves by acknowledging even the smallest successes.**

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

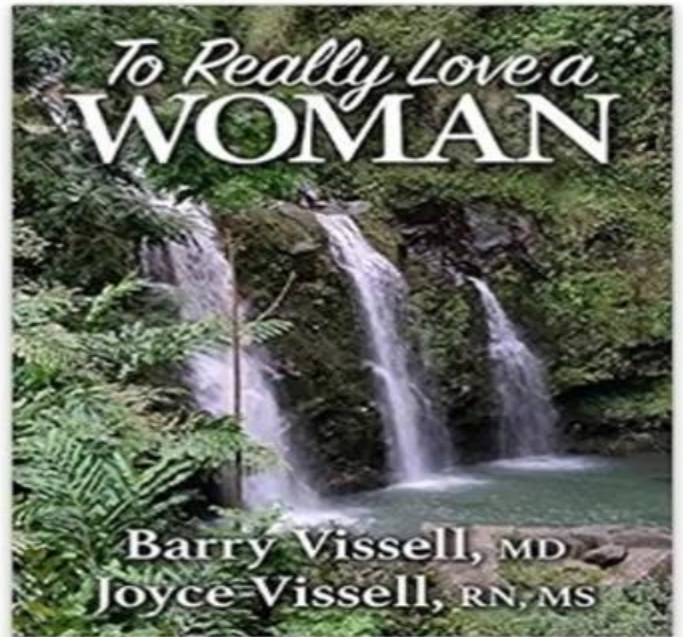
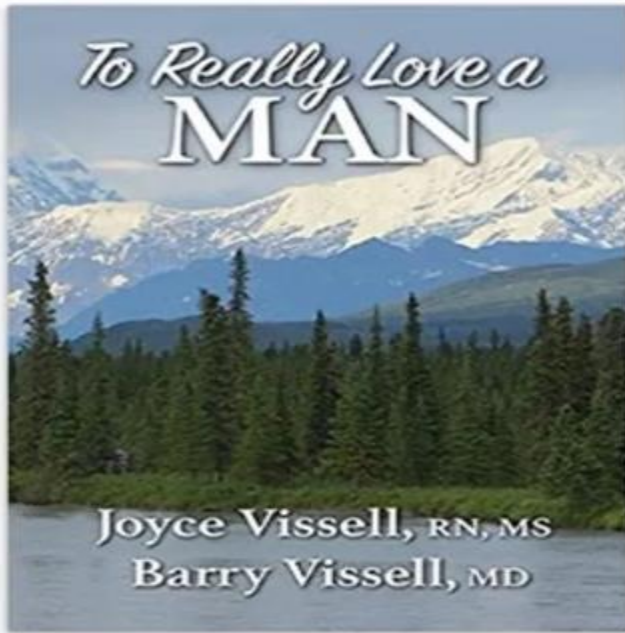
**Joyce & Barry's Website: <https://sharedheart.org/>**

### **Barry & Joyce's Video**



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

## Barry & Joyce's Books



Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/B001K8JARo?ref\\_=dbs\\_p\\_ebk\\_roo\\_abau\\_000000](https://www.amazon.com/Barry-Vissell/e/B001K8JARo?ref_=dbs_p_ebk_roo_abau_000000)

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## **OOOPS By Monique Lang**



**This car slipped in an unexpected snow storm and ended up in a corn field. No one was hurt.**

**The driver had the presence of mind to call a tow truck immediately and all ended up well.**

**How do you deal with unexpected circumstances?**

**Do you go into survival mode? Do you panic?**

**Do you become clear-headed and rational?**

**Where/how did you learn to handle the unexpected and challenging whether it is outside circumstances or inner feelings?**

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

**Listen to my new Podcast with Mariana 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.**

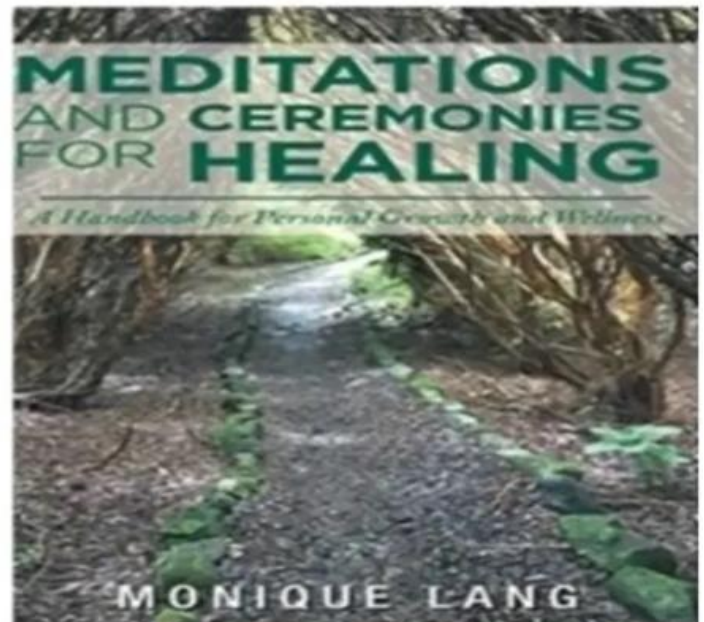
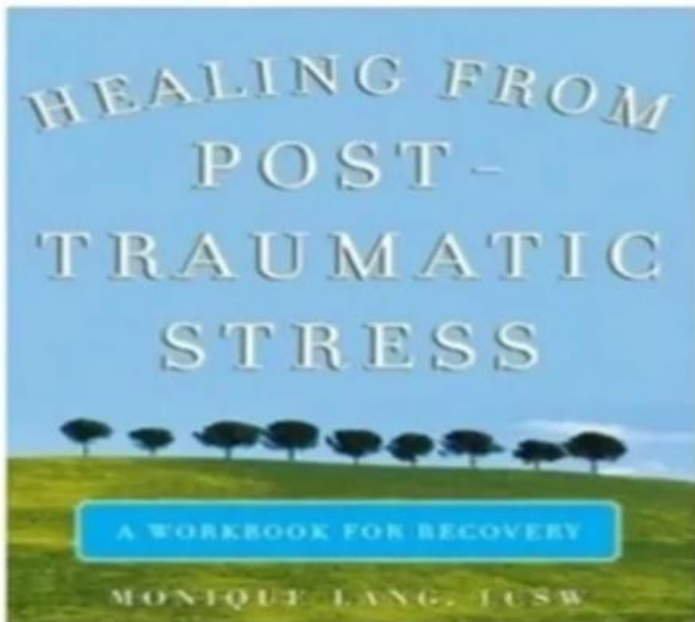
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual 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](https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang)

# The White Light of God And Love By Jennifer Sutton



Purchase the What If Cards on Jennifer's website

**I dream pretty much every night. Usually at least two dreams that I can remember in the morning, sometimes as many as four or five. Some of the dreams seem like they have information that might help other people (some are clearly directed at just me and some are just whacky!).**

**I have decided to share as many of the dreams that might be helpful to others as I can.**

**To that end...pull up a chair, grab a tea (or coffee or whatever) and prepare to hear the dream I had in mid-February. [It's actually pretty short – you can read it while in line at the grocery store!]**

**A quick note before we start...The message I got has God in the language. You can read it directly that way or insert the name you call your higher power. I believe our dreaming brains use our preferred language/term so we can understand the message more clearly. I think God and Love are interchangeable, so you'll see how that works for me in my dream.**

**The dream:**

**I was on a boat, a wooden skiff kind of thing. No sail or anything like that. There was another boat next to me, paralleling my progress. It was bigger and fancier and had a man and woman (a couple) on it. We were moving side by side up the coast of a long peninsula (water on our left, land on our right). In the distance I could see these huge waves forming...I knew we could be capsized easily when they reached us.**

**Suddenly I heard the words – “the white light of God and Love.” And I knew I was supposed to say them in the face of the waves and we would be safe.**

**So as the waves approached, I repeated the words out loud...and the lead wave reformed with a focal point at the top...and that shifted into an image of what I believed was Mother Mary...but it seemed more angelic looking – her arms were outstretched and formed the edge of the wave and had the bubbling foaming look, not truly a solid body, but one made of the wave. And then the wave simply sunk back down into the water and we smoothly floated over it. This happened over and over again as I spoke the mantra into the turbulent sea, until eventually the waves were done and we were safe on the water. The boat next to me benefited from me doing the chant/prayer/mantra/command? to the waves... they did nothing different, but also ended up with the smooth waters.**

**My thoughts:**

**I loved getting this mantra – I have already used it for meditation and also for centering when I am triggered in some way. I envision breathing in the white light of God and Love and breathing out any darkness or pain. I also love that the dream made it clear that if my boat has smooth sailing, so does the one next to me...and, if there had been others, those would have had smooth sailing, too. To me, this means that if I am aware of and heal/soften any inner pain or anger (the waves), everyone around me will have more peace. I got this dream the night before I started my 21-day meditation challenge. I chose to do 44 minutes of meditation every day as my inner contribution to helping soften the waves of anger and hopelessness in my community that are leading to teen suicides and overdoses. We will also do outer work, but I believe the first step is always inside of me. So it was wonderfully reassuring to get a dream that supported that idea, that gave me a beautiful visual of the boats and water and the sparkling sea after the waves had been calmed.**

**Your thoughts?**

**What does this dream say to you? Does it have a different message for you? Do you dream? Do you have any dream messages to share?**

**Please email me at Jennifer[at]whatifwellness[dot]net to share your thoughts!**

**With much love and gratitude,**

**Jennifer**



**About Jennifer:** Jennifer Sutton, M.B.A., is a Certified Infinite Possibilities Trainer, Transformational Journeys Guide, Founder of Trust Life seminars, business owner, and Shoshin Ryu martial arts teacher whose mission is to help people clear fear and pain so they can find and live in their joy on a consistent, daily basis. Jennifer supports individuals and groups using EFT tapping, brain training, and laughter to release physical and emotional pain and self-judgement allowing them to move toward a place of peace and self-confidence.

Coming from another angle to meet her mission, she also teaches martial arts and self-defense classes. No matter the content of the class, she is a natural teacher, bringing out the best in each of her students. Using laughter as a tool for healing and growth, she educates, empowers, and supports individuals by helping them feel safe and confident stepping into their authentic selves and find their true joy!

Jennifer's website: <http://whatifwellness.net/how-can-i-help-you/>

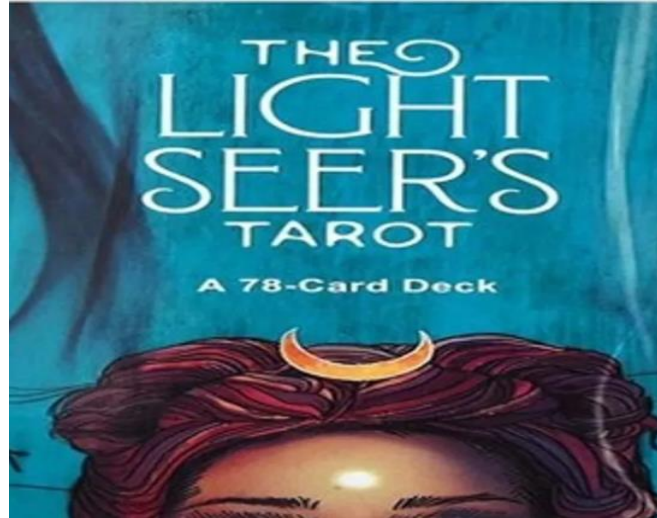
## Interview with Jennifer



**Link:** <https://www.youtube.com/watch?v=vD7mLL6OBmo>

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## Tarot Tendencies for April By Doreen Scanlan



**This is a give and receive month. If you have something extra find someone who could use some of it. If you are in need of something don't be afraid to ask for assistance. Givers tend to be not so gracious receivers.**

**Just remember the joy you get in giving. Don't deny others the joy of giving.**

**This month also be mindful of not taking on too much this month. You could easily get overwhelmed. Rather, focus your attention on living the life that you have chosen for yourself. If there are areas that fall short try to step up your game to bring it up to your vision for yourself. That may**

include looking at a new job or living situation that you have been putting off.

Once you set your sights on creating your ideal life it will be much easier to align with it. Once you realize you deserve it, ways to get there will become more obvious. Have a great first full month of spring.

**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>

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# What Is The Coincidence Project?



**TCP was founded by Bernard Beitman, MD and Juliet Trail, PhD. They gathered a cohort of “Coincidence Ambassadors” – writers, researchers, therapists and other professionals with a deep background in the experience and study of coincidence, synchronicity and serendipity.**

**Our Mission is to educate the public about meaningful coincidences and to encourage people to share their stories of meaningful coincidences, serendipity and synchronicity, in order to inspire a leap forward in the evolution of human self-awareness: individually, interpersonally and collectively. We accomplish this mission through research and hosting gatherings, seminars, and discussion groups both online and in person.**

## **Objectives**

**To enhance interpersonal and ecological compassion through connections discovered in world-wide coincidence storytelling and the understanding to be found in them.**

**To promote people who are passionate about representing meaningful coincidences, the Coincidence Ambassadors.**

**To educate people about the wide-ranging helpfulness of synchronicity and serendipity in human experience.**

**To create the Coincidence Research Group to study patterns in coincidence stories.**

**To define an ethics of coincidence functions.**

**To gather global experts to expand collective understanding of meaningful coincidences.**

**To leverage synchronicity and serendipity to guide and accelerate the progress of these missions**

## **Share Your Coincidence Experience**

**We invite you to join our global community by sharing your own story of a meaningful coincidence. It could be wondrous, funny, curious, unexplained, deeply profound, or anything in between! If you have more than one story to share, please create a separate story entry for each. Each**

**story is limited to a maximum of 300 words. Go to;  
<https://thecoincidenceproject.net/share/>**

**The Coincidence Project hosts Coincidence Cafe online via Zoom each month, on the third Saturday, from 11am-12:30 pm Eastern Time (US). At Coincidence Cafe, we explore topics relating to meaningful coincidence, synchronicity and serendipity with new hosts each month. We make time during each session to share our own stories together in small groups, inspired by the topic that month. This event is free and open to the public, but registration is required.**

**Register now for the Coincidence Cafe Monthly Series:  
<https://bit.ly/register-coincidence-cafe>**

**Website: <https://thecoincidenceproject.net/about-us/>**

## Physical Transformation - The Time Has Come By Patricia Cota-Robles



**\*\*\* Editor's Note - The message is from Saturday June 23, 2007. I like to share her messages since I think they're still relevant. \*\*\***

**For aeons of time, prophets, seers, religions and holy books have foretold of a coming Age when Heaven would manifest on Earth. The prophecies revealed that during that auspicious moment Humanity would awaken from our long exile in darkness, and we would remember who we are and why we are here. We would develop our latent powers within, and we would discover that we are not the fragmented, fear-based human egos we have erroneously accepted as our reality. On the contrary, we would realize that we are Beloved Sons and Daughters of God. And we would know, all that our Father-Mother God has is ours.**

**We were told by the ancient prophets that this would be an Age when our physical transformation would occur at an atomic, cellular level, and that our four Earthly Bodies—physical, etheric, mental and emotional—would be Transfigured into expressions of vibrant health, eternal youth and infinite physical perfection.**

**We have probably all contemplated this lofty vision at one time or another, but I do not think we ever imagined it would occur in our lifetime. As long as we thought of this physical transformation taking place in some distant time and place it seemed like a remote possibility, but right here and right now? That was beyond our comprehension.**

**Well guess what? This is the moment for which we have all been waiting. It is the dawning of the Age long foretold by the ancients when Heaven will**

**manifest on Earth. The Age when Humanity will be Transfigured into the infinite perfection of our Solar Light Bodies.**

**The day of domination and control by Humanity's fear-based human egos has passed. Through miracles that have taken place over the past several decades, a critical mass of the energy, vibration and consciousness for every evolving soul on Earth has reached the threshold of the 5th Dimension.**

**Our I AM Presence, our true God Self, now has direct access to our Earthly Bodies. Every man, woman and child's I AM Presence is standing in readiness awaiting the opportunity to take full dominion of that soul's thoughts, words, actions and feelings.**

**This is a moment we have all been preparing for since we fell from Grace aeons ago. The Heavens are rejoicing, and the elation pouring forth from the Company of Heaven is boundless. Now we each have the responsibility of listening to our I AM Presence to see how we can assist with the tangible process of our physical transformation. In order to attain our Victory in the Light, we need only to lift up in consciousness and step through the open door into our Eternal Freedom. This is the dawning Age of Enlightenment and Wisdom—the Age of Spiritual Freedom—when our humanly created, self-inflicted separation from God will be permanently healed, and the Truth of our own Divinity will be accepted by every Child of God.**

**Awakening is taking place within every Heart Flame, and change is being experienced by every Lifestream. Physical transformation is occurring subtly and deeply at an atomic, cellular level. The power of God is penetrating into every electron of precious Life energy evolving on Earth. This process of transformation has been a dormant seed in our consciousness and is now being activated by the tremendous influx of God's Light.**

**The seed of transformation is growing and expanding, filling our entire Beings with Light and lifting us up to touch the 5th-Dimensional Realms of Illumined Truth. This is empowering us to integrate the infinite perfection of our 5th-Dimensional Physical, Etheric, Mental and Emotional Solar Light Bodies. It is creating the sacred space for Humanity to become the perfection of our I AM Presence in the world of form, here and now.**

**People everywhere are feeling these incredible changes in a multitude of ways. Our Earthly Bodies have never been under such stress or**

**experienced such an acceleration of vibration. This is causing all kinds of physical problems and sensations. People are feeling exhausted and overwhelmed beyond their normal stress levels. They are experiencing all kinds of aches and pains, memory loss, scattered thinking, frustration, emotional turmoil, anger, fear, flu-like symptoms, confusion and all sorts of other physical maladies.**

**This is occurring because our I AM Presence is raising the energy, vibration and consciousness within our Earthly Bodies the maximum we can withstand in every 24-hour period. This acceleration is not intended to cause pain and suffering. The Divine Intent is to move us through this Ascension process quickly, so that we can experience the infinite perfection of our 5th Dimensional Solar Light Bodies as soon as possible.**

**In Ages past, through the often inadvertent misuse of our Gift of Life, we created the maladies that are manifesting in our Earthly Bodies. Through our free-will choice, we must now accept responsibility for transforming these vehicles back into their original perfection. We will accomplish this mighty feat by deliberately choosing to utilize the life-transforming tools that are being given to Humanity at this time from the Beings of Light in the Realms of Truth.**

**The exercises being given to Humanity from On High are designed to quicken the Core of Purity in every electron of Life, thus casting off the cloak of darkness and revealing the perfection within. The dense negativity that has been interpenetrating the cells, atoms and molecules of our bodies will then be cast into the Violet Flame and permanently transmuted into Light.**

**In order to assist Humanity during this unprecedented Ascension process, our Father-Mother God have granted a Cosmic Dispensation to the 5th-Dimensional Solar Elohim—the Mighty Builders of Form—and the Directors of the Elements. This dispensation will allow these selfless Beings of Light to assist Humanity and to intervene in our physical transformation process in ways that have never before been allowed. Through this Divine Intervention, Humanity will be able to lift out of the frequencies of aging, decay, disease and degeneration and into the embrace and control of our I AM Presence and our Solar Light Bodies of eternal youth, vibrant health and infinite perfection.**

**Humanity's physical transformation is a necessary step in manifesting Heaven on Earth. Embodied Lightworkers are being called to action by our God Parents and the Company of Heaven. We are being asked to put forth**



**the effort necessary to transform our Earthly Bodies into the infinite perfection of our 5th-Dimensional Solar Light Bodies. This is being requested of us so that people will have a living, breathing example of this seeming miracle to encourage and inspire them in their own transformational process.**

**Regardless of how hard we may have tried in the past to accomplish this illustrious goal, this time it will be different. The time is short. Never have we received the degree of assistance we are now receiving to help us with the transformation of our Earthly Bodies. Because of this Truth, more than at any other time in our human evolution, our victory is assured. The assistance being given to Humanity is pouring through every open door. All we have to do is reach up in consciousness and tap into the Realms of Truth.**

**The Company of Heaven have asked if we at the New Age Study of Humanity's Purpose, Inc. would be willing to transcribe the information, the visualizations and the invocations from the Elohim and the Directors of the Elements onto a set of CDs. That request was made, so that these powerful tools will be readily available for anyone who is interested in the unprecedented assistance now being given to Humanity to help us with our physical transformation.**

**The Beings of Light said that the advantage of using CDs such as these to help us with our physical transformation, is that even if we are working alone in our homes we can join in consciousness with people all over the world who are using the same CDs. When we are doing the same invocations, meditations and visualizations as are thousands of people all over the world, our efforts are amplified a thousand times a thousandfold. This collective consciousness of Lightworkers creates a building momentum of Light that the Elohim and the Directors of the Elements will use to infinitely enhance the assistance they are now allowed to give to each and every one of us.**

**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](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=wTL0DY363Z8>

# Hearing the Voice of Spirit - The Dark and Light Balance

## 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, 20 February, 2016**

**Greetings, dear ones, I Am Kryon of Magnetic Service. The energy of the day is so different than when my first experience took place with my partner. So much has taken place in the way we expected. My partner teaches about potentials verses reality, and when I met him in 1989 the information I presented was as real then as it is now. I told him that there would be no nuclear war at the millennium; there would be a change of consciousness instead and that the magnetic grid of the planet would move. Now science has established a connection between Human consciousness and that very grid I spoke of. Everything I mentioned has taken place.**

**What I present next is one of the most esoteric things you can imagine: I will tell the story about free choice and where it has taken you and about Human consciousness development. It's not complex, but if you just tuned in, it may be a little strange.**

**Humanity has free choice, not just to do what it wishes to do without intervention from Spirit, but it also decides where it takes itself and the energy and level of its own consciousness. Humanity decides how it works and thinks and if it cooperates with itself or not. This is the free choice of**

**humanity. This entire free choice puzzle is not a test of the Humans, but rather it is a test and battle between dark and light.**

**We have told you that your soul is eternal and that you live over and over and over. Your life experiences on this planet are vast and many. Do you think it's possible through many generations that you might be able to raise yourself from your bootstraps, increase the consciousness of humanity, and graduate into that which is peace on Earth? If so, it would require a totally different paradigm of existence. Can you change this much? I came in 1989 because that is the exact potential now, and it's measured by something that I will now speak of.**

### **Your Immediate History**

**The entire reason that things took place in the 1980s the way they did is the "wild card" that you experienced, which was the fall of the Soviets. This was not only unexpected by your experts, but it was shocking to all of the planet. These big, unexpected shifts are tellers, messages of changing times, and of an increased consciousness for humanity. Human nature is beginning to change, to grow up and get out of that which I call "the playground of consciousness" and move into a more grown-up "elegance of consciousness". This will be one that creates togetherness and peace, which is just the beginning of a new kind of Human and a new kind of society.**

**I told you earlier that we might title this communication, "Hearing the Voice of Spirit" or "Hearing the Voice of God". This, of course, is a metaphor. People who tune in spiritually don't normally hear a voice from the sky. Hearing the voice of Spirit is a metaphor for being tuned in to the intuition from your own Higher-Self. The Higher-Self is that spiritual part of you that connects with your eternal soul. It is what most seekers strive to connect with and it gives you help with your own life, and in that, helps the planet.**

**The reason this intuition is so hard to hear or discern is that there's a low, constant drone, you might say, which is a metaphor for a noise or rumble that seems to obfuscate, or cover up, the message. It's like trying to hear something while there is a constant noise. It's the best metaphor we can give of how massive darkness can cover light. But the noise level of this drone is starting to decrease. So, what happens when you get a better, clearer message? You change; the world changes; those around you also hear better and even those who don't want to hear it will still know there is something different happening.**

**Again, this hearing is a metaphor. The meaning is really discerning the intuition of what has integrity or not, what's going on with your own life, and the ability to enhance the feeling of coming potentials. All of that is hearing the voice of Spirit. It's the Human Being starting to "grow up" and have a higher consciousness.**

### **The Relationship of DNA to Consciousness**

**Now, the hardest thing for us to teach is what my partner has been teaching for some years. It's hard because it's not something that you have been told before in this way. Your consciousness is related to your multidimensional body. The easiest way for you to approach this idea is this metaphor: Your DNA is not working at 100 percent. Instead, it's working in the thirties percentage area. It's not even performing at half of what it was designed to do. There is no instrument that is going to clamp around your DNA and give it a percentage reading. But this measurement metaphor is the best we can do to tell you where you are at when it comes to the potential consciousness of humanity. I want to give you some information that you need to understand - how this all started and what happened.**

**If you had to start a test of consciousness on the planet, the fairest thing would be to have it equal or midpoint of low and high. For this metaphor, you would have to start with the same amount of light and dark. That's the way it was in the beginning. That is the design.**

**We have given you the history of humanity in the past. Your entire history is extremely short, for the galaxy and your solar system have been here for more than 4 billion years. Yet humanity as you know it really only started 200,000 years ago. I didn't say, "Humans", I said, "Humanity as you know it", for the entire test started with the creation story, the seeding of the knowledge of light and dark. I'm speaking of Humans with altered DNA - you with only 23 chromosomes. Then there was another 100,000 years to have this develop for all Humans. Then Lemuria and some other "seed areas" helped with the teaching for another 50,000 years. When the seeding was really finished and the test was working, it was only yesterday! You're new! If you looked at the length of time Earth has been here as a 24-hour clock, then you compare when an "aware" Human got here, you would have arrived at the last second! All of known history happened in the last second of this time clock!**

**The irony is that those listening to this, and some of those in the audience, have been there for all of it. Old soul, we've given you this explanation many times: You remember from your Akash what you think to be Atlantis,**

**sinking islands, wars and chaos. It just means you've "been there and done that". You've seen the cataclysms and you've been there when many historic things took place. They are etched into a memory you can't really sort it out well, but you carry it with you. What it means is you are an old soul and, perhaps, you helped start the planet!**

**The Sisterhood [referring to the Lemurian Sisterhood as created by Dr. Amber Wolf] is a great example. For those of you who feel inclined to come to the Sisterhood gatherings, you will celebrate a beginning consciousness that "rings" within you as a positive ancient memory. It celebrates a time when women were given credit for their intuitive power and were the shamanic leadership of society. Who better to do this than the life-givers of all humanity? It represents a time, in the beginning, of equality and wisdom that was the beginning of the light/dark test.**

**The DNA, at the beginning of the test, was set at 30 percent. Now, standby because I told you the beginning was equal, but this doesn't sound equal, does it? The percentage quickly went to 35 - quickly, to create a fair test, because that is where it belonged (35%) to have full equality with the darkness. Now, stay tuned and listen, and you will learn why this is fair. I'll give you something you should know: These numbers show you the power of light over dark. When you had the 35 percent of DNA working, it was balanced with the 65 percent of darkness on the planet.**

**Now, for those of you who don't really understand these numbers, let me explain. The balance of light and dark was indeed equal, but because light is more powerful, it only took 35 percent of light to make that happen. This ought to show you that the dark is weaker than you are. You had less of a percentage of the planet of light, and yet you were equal to a larger percent of darkness. Light is more powerful, and you don't need as much of it to be equal, even with a lower consciousness.**

### **The Process of Percentage of Efficiency of DNA**

**Now let me tell you something about what happens at 35 percent of DNA efficiency. It shows up in consciousness as well as biological efficiency. At 35 percent, there is an intuitive understanding of gender balance on the planet - who does what and why. This is what is celebrated today in the Lemurian Sisterhood gatherings. It was a time when the genders of Earth respected one another and understood that the feminine gender is the one that is more in touch with Spirit. Not only were women a bit more in touch with multidimensional things, but they are the ones who mother all of humanity (both genders) as teachers of the children. All men are held and**

**adored and taught by the mother. Therefore, they are the ones who would help guide all the societies of Earth.**

**With free choice, the percentage of DNA efficiently started to go down as humanity grew. As soon as the DNA started to lose percentage, the gender balance was dysfunctional. If you want to have a test of any society, anywhere on the planet, and you want to know the DNA percentage number [consciousness quota] as a society, there's an easy test: How do they perceive and treat their women? The higher the DNA functionality, the more the feminine divine is honored. This is the test! Different cultures create different DNA consciousness, even at the same time on the planet. So you can have a culture on Earth at 25 percent and one at 37 - and if you did, they would indeed clash.**

**In the Middle Ages, or perhaps before, the planet went to 25 percent. If you doubt that, all you have to do is look at gender dysfunction. The women went from being respected and being the shamans to second class, even third class, then they were seen along with the animals. No balance at all! That's what happens when the percentage starts to dip in a survival mode consciousness. There is no elegance in consciousness during this time and no appreciation for art or culture. There is instead the dysfunctions of war, hatred, uncaring, anger, drama and perpetuation of horror.**

**Then recently, the average percent started to go up again, and you hit the 30 and 31 mark. History showed that women were finally seen and the respect again began to be rekindled. It happened slowly and it's very telling. In more elegant societies, women were partially given the right to vote and then it got better. You went to an average of 32. That's when the Soviet Union fell over, disabling a nuclear war at the millennium. That's also when you celebrated the Harmonic Convergence, and I arrived to begin to train my partner in 1989.**

**Oh, dear ones, there are still those on the planet who feature tremendous gender dysfunction. Lower consciousness society can't "look up" to see anything better. Darkness can't see the light, and we told you about this back in 1993. Someday you will look backwards in history and say, "What was wrong with us? Why didn't we see the obvious?" When DNA is at 25 and 30 percent, the strongest win. It's a survival consciousness and very little else matters. If you wish to see a balanced society working at 35 and above, look at the gender balance. Respect and appreciation will be there.**

**Learn from the Ancients**



**Let me give you something else that my partner always talks about: Find the oldest society, the most long-lived culture on the planet. Then look at the teaching of their elders to find out what they believed in the past and did. What do their records say? Let me tell you what the records say: Women were the shamans! It was acknowledged that they had better intuitive ability. Imagine having somebody able to guide you, who could see and feel the voice of God? It was clear to them! That's gender balance. The men knew it and depended upon it, and the women depended upon the men to do the things that men do best, to hunt and gather and provide. Gender balance! This system is still around in many of the indigenous societies of this planet who have been around a very long time. It never changed.**

### **Continuing the History**

**When the DNA percentage got to 32, I spoke to my partner and gave him the choice to tune in [1989]. The snowball of an advanced DNA was rolling. This planet was starting to lift itself up on its way to 35, on its way to an equal balance again. Perhaps it will even go to 36, where dark would run the other way.**

**Dear ones, we told you that 35 percent was equal dark/light, but you've never seen that in your lifetime until right now! In fact, it's getting higher than that and dark is running the other way. It's coming out of the woodwork, as they say, indicating that it's being squeezed out of many places where it formerly hid. Imagine a dark army on the planet who can recruit young people even from your own country! This dark army is not recruiting Americans, it is recruiting darkness! This represents Humans who are invested in darkness and have a very young Akash and a very old consciousness. They willingly will be dysfunctional with the others, and they haven't got a clue about what's really happening. Darkness cannot look up to a higher level. A fool doesn't know he is a fool. Listen to me, darkness cannot look up and see light. It's blind to higher purpose. It only sees the strength of dark. It doesn't understand light, so it's not wise and can be defeated. It doesn't understand that it is going to lose. All it can see is itself. It's so obvious, is it not?**

**What is happening now supports what we are saying. What is going on right now on this planet? We said it earlier: Right now as I speak, you have the most dysfunctional politics you've ever had in this country. The reason? There is massive change going on! The fighting, drama and seemingly odd behaviors of many represent those who are tired of an old establishment government that is itself dysfunctional. The thought is, "Anything would be better than what we have now and the past!" This is**

**what happens when higher consciousness can see something better as it starts to grow from a lower one that it has been participating in.**

**This is different for all of you, and it's because of a continued increase in the percentage of DNA. It's for everyone, and not just for those who might be in a belief system like those in this room. Integrity, transparency and the longing for systems with integrity that actually work for people is at hand. It is the longing for integrity in high places instead of dysfunction. It's an awakening! You have a population that is tired of an old energy because it's starting to hear the voice.**

**Who "Hears" It?**

**The voice of Spirit is for all humanity and not for a select few. However, the select few who are old souls will understand it better and be able to discern and know better what the message is about. As the noise, confusion and the drone of darkness start to become more equal to the light, many will start hearing Spirit for the first time. They won't know it's Spirit, but instead it will be "the sense of what's better for us" and an intuition that is new. For the masses who are not interested in being in this room, all it is to them is a new beginning, a new awareness. They don't know what they're hearing or feeling. They just know they want change and a new feeling of "what's right". Old souls on this planet will recognize this clearer message for what it is and will start receiving messages and guidance from it. That's the difference! But all humanity is aware of the change at some level.**

**You're creeping toward 36. Even with the things that are around you, as you defeat the darkness on this planet, you'll be at 36. Now, that means you're winning. It also means the drone of noise that hides the voice of God is going to start diminishing, and things will start to clear up regarding understanding the messages. Intuition won't sail by so fast as it has in the past, where you are not certain what you heard. Intuition will stick around longer and will speak to you in a clearer voice. You may even be able to stop it and examine it!**

**The problem with intuition at the present is that it's covered by the drone-noise. This is a metaphor, dear ones. I hope you understand. Covered by the drone means that your intuitive thoughts are elusive and soft because this underlying energy keeps it from being seen and heard clearly. The logic inside your brain keeps stuffing it down all of the time, saying, "It's not accurate. It's just your wishful thinking or your imagination." This is all part of that which is the lower percentage number of your DNA. As the percentage starts to creep toward 36, everything changes. The logic of your brain changes, because it's in the DNA. There is an awakening, a more**

**efficient DNA, and you start to think differently. All the things regarding Human nature that you've been told about in psychology studies start to morph into something else entirely. Wisdom becomes intuitive, not something that you wish you had. Society starts to change in general. Solutions to the unsolvable begin to appear. New, wiser thought starts to be heard on the media as humanity starts to grow up and graduate from the playground of rock throwing and name calling. Programs to help each other really start to work. Funding is far more available for projects that make a difference for the poor.**

**You're at 35. There's an equality here, you're starting to see the dark and light, and it's changing everything. You take a look at history and you've come a long way, but it took a long time to get here. Dear ones, we've seen this process before and the snowball is rolling. There isn't anything in the way that's going to stop it. In the path of this snowball of higher consciousness are all kinds of things that will be run over and perish. Part of this is what you call "the establishment". Watch for some very big established things to fall over! The snowball will simply knock them down.**

**Don't be alarmed and don't think it's the end of the planet when certain kinds of things happen that create fear, for this is just about being at 35, going to 36. Remember, the darkness is starting to react and be afraid of the light. The results are a battle where darkness will try its best to beat up your light and make you afraid. However, you're in the right place at the right time and will prevail. I've said enough.**

**When you walk out of here, I hope you understand this message. Listen to it again if you have to. It's about that which is the light and dark quotient of the planet and where you are. It's about the fact that you're winning, and that's why I came. It's hard to talk to those who are winning when they've never won before and they have a consciousness of loss. That's what you're working on the most. Stand tall when you leave this place and know who you are. This message of Kryon never changes, for it represent the truth.**

**And so it is.**

**KRYON**

**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/>

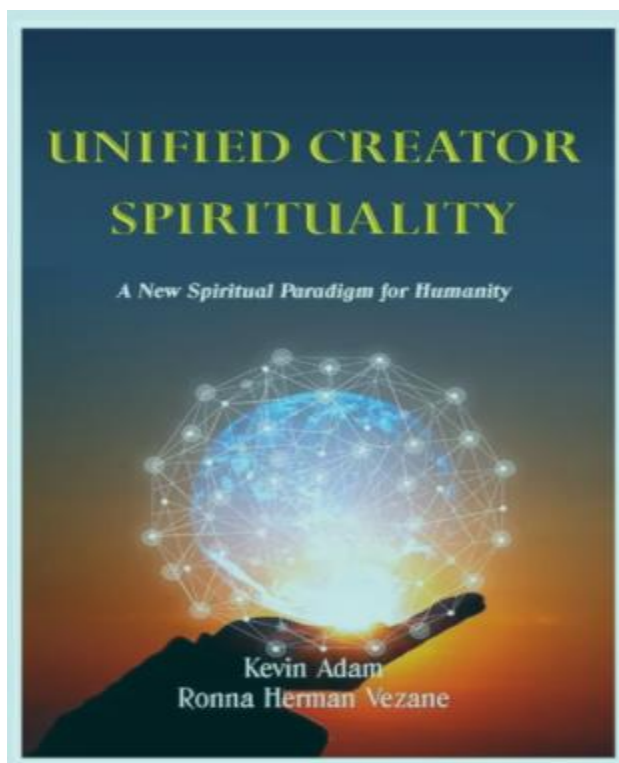
### Lee Carroll/Kryon Video



Link: <https://www.youtube.com/watch?v=Y84zdMwtt34>

# Seeking Peace and Serenity From Within

## By Ronna Vezane



**Beloved masters, it is time to take an inventory of what you are habitually thinking and the emotional energy you are projecting during these critical days of conflict, turmoil, and stress on your planet. Are you diluting or distorting the aura of harmony you have created around you by allowing yourself to be caught up in the chaos of miscreation and destruction that is taking place on Earth at this time? Are you engrossed in the scenarios that are being presented over and over again via the television, radio and newspaper media? Have you once more allowed yourself to be drawn back into the density of the negative environment of misinformation and illusion?**

**If your answer is yes to any of these questions, you are adding fuel to the chaotic vibrations of the negative mass consciousness belief system with your energy instead of adding your Love, Light, and Power to that of other emissaries of harmony and serenity throughout the world. Will you stand on the side of those whose greatest desire is to bring about a peaceful solution for the greatest benefit of all – or are you unintentionally aligning with those who wish to perpetuate separation, suffering and domination?**

**We do not mean that you should not stay informed as to what is taking place around the world; however, we are saying that now, as never before, you must rise above what is occurring and join us as observers from a higher vantage point: a vantage point where there is no right or wrong way, only different shades of truth and different motives; a vantage point where no race, country or religion is totally righteous or blameless, nor totally in the wrong.**

**Remember, each and every Soul on Earth carries a Spark of the Divine within. You must stay heart-centered and Soul-focused as you attune to your Higher Self with a Spirit-inspired consciousness so that your actions and decisions are always in alignment with the Divine Plan. Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to return the Earth and humanity to a true state of peaceful co-existence in an environment where our Father/Mother God reign supreme.**

**Granted, there are those who have agreed to play the devil's advocate, those who are presenting your shadow-side to you in its most destructive way. There are others who self-righteously claim to have only the highest, most altruistic motives; however, we see and know the ulterior motives behind the decisions that are being made, as well as the actions that are being initiated in the name of peace and justice. The game of duality is being played out on Earth in its most dramatic form right at this moment, and it is up to you whether or not you will be drawn into the swirling, downward spiral of mass karmic action that is currently taking place.**

**We have spoken many times before about the laws of cause and effect or "for every action there is a reaction," which results in what is known as negative or positive karma. For many Ages, you, as the en-Light-ened ones, have been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity – returning to balance and harmony in all Facets of your Beingness.**

**There is much conjecture about what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and "everyone." Dear ones, it depends on what you are feeling and thinking. What is on your mind and in your heart? Are you standing firmly in the Light or are you adding to the negative karmic thought forms that are being created each and every moment? Many of you have succeeded admirably in balancing your karmic ledger of life. Symbolically, imagine that you have a plus and a minus**

**column, and your goal is to turn the minuses into pluses or positive energy patterns.**

**We are not asking you to passively sit by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before. You are much more powerful than you can imagine, my brave friends. Make no mistake, you ARE playing an important role in attaining a peaceful solution to a very unsettling world situation. The collective energy you and other Light Workers are radiating forth from your heart centers has just as much an influence on the outcome of this great conflict as those who are on the “front lines.” You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested Adamantine Particles of Creator Light, so that you may mold them into powerful positive thought forms and actions that can overcome any adversity.**

**It has disturbed many of you that we use the terms “Warriors of Peace” and “Warriors of Light” or what might be construed as militant terminology. Here again, there are many different interpretations and different Facets of truth. Ever since the Earth’s and humanity’s fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion and the negativity, which were created by your collective consciousness beliefs of fear, guilt and unworthiness. We have endeavored to assist you to reconnect with your Divinity and to help you remember how magnificent you truly are.**

**We have also diligently carried out the orders and directives handed down from our Father/Mother God and the Creator, “Assist our children to return to the Light and to reclaim their Divine Heritage.” Yes, we have been involved for eons of time in a war between the Light of the Creator and the shadows of humanity; however, our weapons have been love, compassion, understanding and support as you traverse the valleys of despair and seek to soar to the mountain tops of hope and illumination.**

**If you will join us in our efforts to bring Light unto the shadow world and hearts of humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that only our Father/Mother God are aware of the total picture and what is truly the best outcome); if you can maintain a sense of peace and joy within and radiate the expansive love of the Creator to ALL humanity, then you are truly a warrior in our Legions of Light.**

**Those who protest, shout and march for peace are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting or not taking a stand. We have told you many times before, it is time to get off the fence of inertia and indecision, it is time to declare which side you will serve – the Light or the shadow side. It is time to declare that you are an Emissary of the Light, a blazing Spark of the Divine, and a cocreator of love, joy, abundance and harmony. Or a human being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright.**

**Peace and serenity are not the same. Peace refers to the Third- and lower Fourth-Dimensional fields of consciousness, which are primarily dominated by the emotional nature of humanity. Every step forward on the Path of Light is marked by conditions or challenge and chaos, interspersed with periods of integration and a sense of peace.**

**Serenity of mind and emotions creates a deep calmness within, which is free of any emotional disturbance, and therefore, the emotional nature is focused within a very slim spectrum of duality. The highest choices are the rule, and a detached view of all circumstances is maintained. Peace is a lower density state of consciousness, whereas serenity is a Fifth-Dimensional, emotional quality.**

**“Peace” is an often-used word in these unsettling times and can be interpreted in a multitude of ways. You use the term “peace of mind,” which means having a calm, tranquil state of mind, which is free of discord, inharmonious thoughts, or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation which benefits all who are involved, and brings about a calm, serene and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or you seek to promote a peaceful environment. You may “seek peace” or endeavor to “keep the peace” through conciliatory actions or by settling disagreements through compromise.**

**Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit, which always seeks the greatest and best outcome for ALL concerned. In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things;**



**however, this harmony must begin from within. It must blossom within the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you will begin to see through eyes filtered with love, and you will listen with ears tempered by compassion.**

**You will know that all you ever require is yours for the asking, and you no longer seek to take that which belongs to another. You will always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light, and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and allowing all others the same right.**

**You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of serenity out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature. Together and in force, you can overcome any adversity, and you can create and enhance the cells or areas of Light that you are building on Earth, as well as within your new Fifth-Dimensional environment. And when those thought forms of Light reach a certain level of magnification, they will miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point, and they will manifest seemingly without effort. The final touches are being made, and the preparations are almost complete, beloveds. Now watch for the wondrous results of all your steadfast efforts.**

**Humankind's inhumanity toward one another has been an ongoing, never-ceasing process since the fall into density. Peaceful co-existence has hardly ever been the ultimate outcome of a conflict. The underlying intent has most often been to conquer, seize, and force others into submission, without any consideration for the welfare of those caught in the middle or forced to fight.**

**We explained some time ago how the chasm between the Light and the shadows has been increasing for some time. However, gradually, the vibrational patterns of Light are being superimposed over the Third- / lower Fourth-Dimensional world of illusion and shadows. This condition is becoming more dramatically defined every day. It is imperative that you stay vigilant, heart-centered and Spirit-inspired each and every moment. You must learn to set assertive boundaries, and constantly reinforce your shield or column of protective Creator Light. You must listen to the**

**whisperings of your heart, for that is where your angelic guides and teachers will leave gems of wisdom for you to access and use.**

**Go within, my faithful companions, and remember how, so many eons ago, we soared the Universe together as we created new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and all you had to do was envision something and it miraculously appeared before you. Try to recall the many forms you have taken – some human – however, also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God. It is important that you remember that you have experienced every Root Race that has ever populated the Earth, meaning that you have been every color, and you have borne the characteristics of every Race now embodied on the Earth Plane. We are telling you that you, the StarSeed Souls, are multi-faceted Beings who have experienced all the richness and diversity that this Earth, this solar system, galaxy and Universe have to offer. And so how can you judge your brothers and sisters who are following on the Path behind you, because in this lifetime they have different colored skin than you, and they have different customs, beliefs and worship differently or call their God by a different name? It has been said, but it bears saying over and over again, “YOU ARE ONLY JUDGING YOURSELVES!”**

**Remember, brave hearts, during these times of great change, you can make a difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly mission and nurture you with our love. Together, we shall prevail. I AM Archangel Michael.**

**TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE \*\*  
\*STAR\*QUEST\***

**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](http://www.youtube.com/c/StarQuestmastery)**

### Ronna's Video



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

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## Joy of Life By Pamela Kribbe



**Dear people, I am the voice of the Earth, and I greet you all.**

**I have come today to talk about joy, the joy of life. You all long for it wherever you are on your path in life. There may be lighter and heavier periods in your life, but despite that, it is still possible to feel a basic joy flow through your life. And how do you get to that joyful ground, how do you create that? It is by letting go of control; through releasing and surrendering. And to what do you surrender? You surrender to something greater than your mind and your ego, with its desires and plans and thoughts.**

**The movement toward surrender, to letting go, seems to be a step into nothingness, into a deep, dark hole. But that is something you have been made to believe. You have come to believe that it is necessary to take control of your life with your mind and your will. And that is a very human thing to do, because only humans are capable of free will. Compared with the other creatures of nature, you have many more capabilities, and it is tempting to want to shape life using your will and thought. But if this determination takes the upper hand, your vision becomes narrow. You are restricted by what you perceive from your perspective, as well as the ideas you derive from others.**

**You develop tunnel vision if you rely only on your wits, on what you know, and on your reasoning, ideas, and the plans you have. And this can happen especially when you do these things without consulting your feelings, your true nature, because consulting your feelings, your nature, is basic to the flow that brings you joy. And how do you find that? You find it in a very different place within you than in your intellect and reasoning. However, doing so can feel awkward for people who have grown up with the idea that the mind is the most essential part of being human.**

**Let us see where we can find that natural flow in your body. Take note when you try to take control of life, and observe which parts of your body become activated. Look at what wanting to control your life does on a physical level, how it registers in your body. It is often accompanied by thoughts such as: “It has to be; I want this now, it is time, it is necessary”. Be aware that there is a pressure behind those thoughts, a certain urgency, and there may also be fear. Feel for a moment what that flow of energy does to you. It is often like a steamroller that wants things to go faster than is often possible. This flow has to do with the energy of the head, and you can also feel it in your solar plexus, the seat of your will.**

**Now feel what happens when you let go of trying to control life. Take something from your everyday life, something that occupies your mind, such as a problem in which you have already invested many hours of thought, or the things you worry and fret about, and now imagine that you release all expectations about a solution. Release the problem and look to where your consciousness travels of itself in your body. You can feel, when you let go, how you sink deeper into your body. You become more conscious of your physicality: your arms and hands, your legs and feet, your abdomen. Feel the tranquility that is natural to your body.**

**Your body goes through many processes during each day: blood circulates, food is digested, breath flows in and out, skin cells renew themselves. All these processes progress steadily at a natural pace. Everything has its rhythm inside your body, just as does the life of nature outside your body. Yet you often have such an anxious spirit: it wants to leap ahead and so loses connection with the flow inside you. However, your feelings are closer to the natural flow of life within you, so connect with them and let your awareness flow throughout your body.**

**Now look again at that situation you so often think about, the problem on which you are so concentrated, and it could be anything that is distracting you. Allow yourself to detach from the problem. Feel what it does to you when you say to yourself: “I don’t know the solution, so I will just let it go completely and return to my center.” Doing that is immediately grounding.**

**Wanting to think too much and to be in control keeps you away from the now. But grounding and letting go brings you back to the present, to being here and now. Dare to rely on larger forces that are helpful and beneficial and want to accompany you in your life, and rely on these forces without being able to see ahead with your earthly senses or being able to contain everything within your human mind. These forces are always and everywhere present and at work.**

**Animals and plants find it easier to allow this flow. They do it spontaneously because they do not have the kind of thinking processes that humans have. Put your trust in the natural flow of goodness that runs throughout Creation, throughout all life, and listen to your feelings.**

**At the times you get stuck in your life, you are often full of thoughts. Thoughts that tell you that things are not going well, that things should be otherwise than they are and should go differently. And you work yourself into a state of mental tension doing that. However, the solution never comes from the mind itself or through thinking. The real solution always comes from letting go and stepping back.**

**Feel that you are good as you are. Know that it is possible to experience joy, a quiet sense of well-being even though there are problems in your life, even when there are challenges that demand a lot from you. You can experience the basic current of joy and goodness by daring to let go, but this requires a certain discipline. Not the discipline of concentration and effort, but the discipline of going against this inclination to require a solution, to do it all by yourself, to think you know better.**

**Sometimes the solution is just over the horizon and it can come to you only when you let go. And if you feel a kind of relaxation occur – a sense of relief when you do let go – then you know things will be okay. Because the flow of goodness in the universe, the power of joy, can be recognized by your own senses. Feelings of happiness and of relaxation will tell you that you are making connection with that joy. Put your trust there, again and again, even when it appears to be against the laws of the mind.**

**Make regular contact with your body. Observe yourself to make sure you are completely present in your body. Realize that beneath all that worries you is something greater that supports you. It is that which is greater that has caused you to now be here on Earth as a soul embodied as a human being. And it is that which is greater that you will take with you to the other side when you let go of this body.**

**Trust that this greater reality is also with you during your life. You can call it the soul or call it God, it does not matter. But the language it speaks is one of joy and peace. And as soon as you feel that, you are connected to the essence of Creation. I wish you all much joy of life on your path and the courage to dare let go.**

**Thank you so much.**

**Pamela Kribbe**  
**Translation by Maria Baes and Frank Tehan**

© Pamela Kribbe

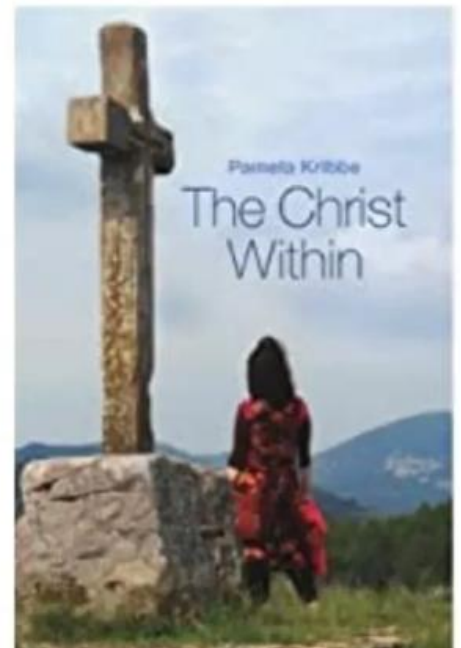
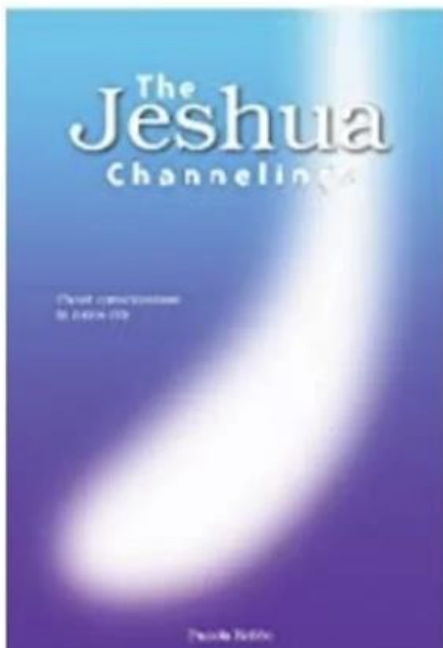
**About Pamela: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.). The Jeshua channelings by Pamela Kribbe are a series of inspired or channeled messages about the transformation of consciousness in the present era. Humanity is growing towards a heart based consciousness, acknowledging the oneness of all that lives and letting go of fear based ways of living and thinking.**

**Jeshua is the Aramaic name for Jesus. He prefers this name, as it better conveys his humanness and kinship to us. In these channelings, Jeshua presents himself as our brother and friend.**

**Jeshua's messages shed light on our soul history and destination and they also deal with everyday issues such as relationships, health, work, and more.**

**Pamela's website: <https://www.jeshua.net/>**

## **Pamela's Books**



Find her books at: <https://www.jeshua.net/category/books/>

## Pamela's Video



Link: <https://www.youtube.com/watch?v=lwwof1LoqNE>





# Your Self-Love Final Exam By Brenda J. Hoffman



**Dear Ones,**

**You likely feel that nothing has changed except you – a new being in a world that no longer suits your personality.**

**Such is to be expected, given that you are the first of the first. You expect others to understand your needs despite all they are experiencing as they play catch-up with you.**

**That they do not seem to get it or even want to get it hurts your feelings in ways you cannot verbalize. Why do they not sense what you need? Why are you taking care of them even though they do not seem to reciprocate? What is it they do not understand?**

**So it goes day after day. You pick up the slack while they ignore or cannot understand what you do. But then, you are used to taking care of so many pieces, and they are comfortable accepting it.**

**They are not necessarily ignorant of your needs. Instead, they are used to how you functioned before your transition. You have changed dramatically, and they have changed slightly.**

**Those of your heart notice you are different, but they cannot comprehend how different. They believe you are tired, overworked, or you are experiencing psychological difficulties – fully expecting you to return to the compliant 3D you they are used to.**

**They do not understand you will never be that 3D person again, nor would they want you to. Just as you are shifting, so are they – only at a slower pace in a somewhat different direction because their path is not yours.**

**Does that mean there will be a divorce or the ending of a once lovely relationship or friendship? Perhaps. But most likely, the two of you will**

**return to a new loving relationship as you stake your ground, and they do the same.**

**Very soon, the two of you will again be in synch. But for now, it probably seems you are on one planet of needs, and your partner or friend is on another. You frighten them, and they anger you.**

**Even though this is a short-lived phase because those following you are transitioning more rapidly than you did, it will be a phase filled with anger, disappointment, and rancor.**

**Allow yourself to be you despite what the other person wants or demands because this is your self-love final exam. Can you be you despite the demands of that other person? Demands that you acquiesced to for much of the time you have been with that person. Demands stated or unstated that they expect of you and you once expected of yourself.**

**This is your self-love final exam. And an eye-opening, sudden understanding for them of the need for new interactions.**

**Will they shift at the rate required to remain with you? A definite yes if they are transitioning beyond 3D. And a most definite no if they do not wish to move beyond 3D.**

**This is the make-or-break point for many of your personal or romantic relationships. If your friend or partner refuses to acknowledge your need for self-love and the end of your caretaking for those pieces they can do for themselves, the relationship will unlikely continue. If they attempt to meet your needs, even if they do not always understand those needs, you will likely meet somewhere in the middle within days.**

**The most important part of this message is that it is time for you to fully claim self-love, which means you will need to say “No” to those who can care for themselves without you constantly soothing their emotional owies.**

**They are adults learning how to love themselves. That will not happen if you carry their loads for them without complaint, a smile on your face, and thousands of other indicators that you believe they are incapable of taking care of or fully loving themselves.**

**No longer are you limiting your self-love. No longer are you a caretaker. No longer will you allow yourself to slow down or stop because someone seems to need you more than you need yourself.**

**It is self-love time, baby! For you and those you love.**

**The energies swirling about enhance this phase for those wishing to claim self-love. Those who opt to ignore the energies and their inner voice will likely no longer be in your life. For your new supporting actors are as strong as you. And just as you are a star, so will they be soon.**

**Allow them to flounder a bit as they discover their new truth without you caretaking them for each little boo-boo. Everyone would love to have a servant taking care of their every need. A system 3D enhanced time and time again.**

**You and others no longer require a caretaker or servant. You are all powerful in your new self-love-based world. So be it. Amen.**

**About Brenda Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, *A Glimpse of Your Future*. This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing the New Age and what earth will be like in the year 4000. Before she and her husband retired from the work-a-day world to South Carolina, USA, Brenda held positions in corporate marketing, business management and social services. She has a Master of Science degree in sociology. It is her great joy to share her insights through Brenda's Blog - her weekly, channeled blog and Creation Energies – the 15-minute, channeled show for BlogTalkRadio.com. Both free weekly channels are at her website: [www.LifeTapestryCreations.com](http://www.LifeTapestryCreations.com).**

**Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to help you suspend those beliefs that limit us as we download our Lightworker/new earth creation tool kit.**

**Website: <http://www.LifeTapestryCreations.com>**

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## ROC Metaphysical Business Advertising



## Plymouth Spiritualist Church

### Have You Experienced Our New Energy?

If you haven't considered Plymouth in awhile, we invite you to experience our calm and loving vibration.



President - Elias Hayes  
Vice President - Caitlyn Hart  
Secretary - Noelle Boone

Treasurer - Lindsey Giacalone  
Trustee - Gina Carello  
Trustee - Susan Davenport

Sundays at 10:30 a.m.

[PlymouthSpiritualist.org](http://PlymouthSpiritualist.org)

29 Vick Park A

### Come Join Us on Sunday

If you haven't considered Plymouth in a while, or have been wanting to learn more about us, we invite you to experience our calm and loving vibration.

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.**

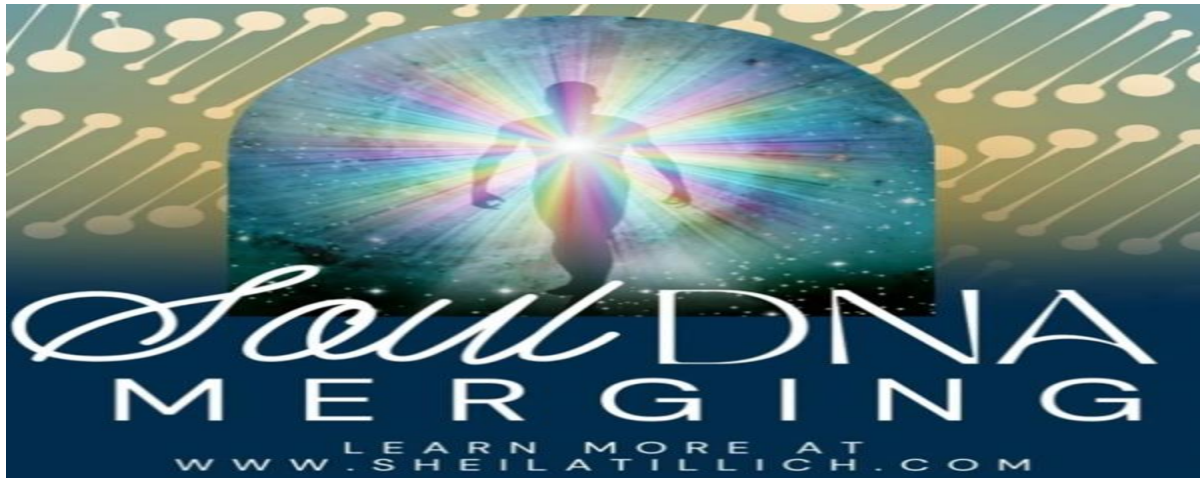
**We offer development classes. Please see our web or Facebook page for up-to-date information.**

**Caitlyn Hart's six weeks Intuitive Tarot Workshop. 6:30pm-8:00pm on Thursdays until March 9. \$20.00 each class.**

**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>**



**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 05/09/23. 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.**

**Soul DNA Merging is a technique where the Star Mothers transmit an activation process to help you expand your multidimensional spiritual abilities. This will allow you to connect physically daily with your divine spiritual self. It is a merging and alignment of your physical DNA body with your spiritual soul self. It is a process that is done with two 10 minutes sessions with a small break in between. Join me monthly as we work together to rebirth your Spiritual Soul.**

**To sign up go to: [https://sheilatillich.com/stec\\_event/soul-dna-merging-05-09-23/](https://sheilatillich.com/stec_event/soul-dna-merging-05-09-23/)**

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## **What is Magic and Witchcraft Class**

**What does it mean today to be a priestess of the Goddess, healer or even a witch? How can we Reclaim the inner Goddess in all of us?**

**Aurora Raven will shine light on and introduce what modern day Wicca and Goddess Worship is. Required reading; *The Spiral Dance: A Rebirth of the Ancient Religion of the Goddess* by Starhawk**

**<https://www.amazon.com/Spiral-Dance-Rebirth.../dp/0062516329>**

**This class includes:**

**-Herstory of Paganism-Introduction**

**-Basic creation of sacred space      -Ritual etiquette**

**-Elements and their meanings      -Trancework to find your inner Goddess**

**-Goddesses and Gods      -Chants and how to raise power**

**-Sharing      -altars**

**Bring a journal and pen to take notes.**

**Get to know your host: The basis of my teaching is gleaned from over 33 years of practice based in Germanic, Dianic, Gardnerian and ultimately Reclaiming witchcraft. 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. The Goddess, 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**

**Cost: \$100. No refunds. Duration: 5 classes of 2 hour- 5/1/23 -6/5/23 Must pre-register with Stratton by check or PayPal.**

**I offer 2 scholarships email me at [juliestuetzle @ gmail.com](mailto:juliestuetzle@gmail.com) for details.**

**Please PM me for payment details.& information. I will send you zoom link and PayPal account.**

**Limited to 13 participants ONLY.**

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## **Shopping & Self Care Day At The Assisi Institute**



**Please join us for an afternoon of Shopping and Self Care**

**Saturday May 6, 2023 12 noon-5pm**

**The Assisi Institute 1400 N. Winton Rd Rochester NY 14609**



**There will be special one day only items and special pricing in The Blessing Shop.**

**There will be a variety of Self Care options you can treat yourself to.**

**Each Service is Donation Based. With a suggested minimum donation of \$5.00 for each service.**

**Diane Gerber will also be here with her jewelry designs**

**Lisa Jones-LulaRoe will be here with their fabulous easy care easy wear apparel**

**Stan Munro-Toothpick World with his fabulous toothpick creations**

**Paulette Elberti- Will have Widows of India Items**

**Bring a friend or 2, your spouse or significant other for a fun and relaxing afternoon. We look forward to seeing you !**

**Practitioners include:**

**Sage Walker- Angel Readings      Dana Gamache` - Raindrop Technique**

**Helena Listowski- Hand Massage   Rowan Janiszewski - Chair Massage**

**Sheila Tillich- Unity Field Healing**

**Michele Law Nourished Naturally(Holistic Nutritional Wellness)**

**Olivia Shaffer- Reiki**

**These are all Mini session**

**For more info about the Assisi Institute go to: <https://assisi-institute.org>**



## **IET Master Instructor Class May 20 & May 21**

**It's time to step into your Magnificence and Live your soul's purpose!**

**Join us for our two-day life-changing Master-Instructor certification class. Pre-requisite: Completion of IET Basic, Intermediate, and Advanced levels by the time of the class.**

**Master-Instructor Level works at the 6th pair (alignment with the Divine) of the 12 Strand DNA and provides students with the ability to activate the DNA of others and attune them to the Basic, Intermediate, and Advanced Levels.**

**Are you ready to become the Master of your life?**

**Are you ready to improve all aspects of your life, raise your vibration and create the life of your dreams?**

**Is your soul calling to be of higher service as you interact with people in your daily life?**

**Here Is What you Will Gain From Our Class:**

**This weekend is filled with new processes to support you in lifting into vibrational alignment with your destiny, purpose, and passion beyond that which you can imagine.**

- \* Receive the IET Master-Instructor Attunement which activates your 6th pair of Spiritual DNA**
- \* Learn and practice to optimize your DNA    \* Learn the Secrets of IET Sacred Geometry**
- \* Discover and Live Your Reach                      \* Special Masters Only Techniques**
- \* The Blessing Bowl Process                            \* Sacred Heart-Netting**
- \* 12-Strand DNA Alignment                            \* I-Chi Process**
- \* IET Power Bursts                                        \* Amplifying IET Energy**
- \* Attune Your Students & Re-Attune Yourself**
- \* Be certified to teach IET and much more....**

**Date: May 20th and 21st, 2023    Time: 9:30 am - 6 pm**

**Location Description: Class is located at a private residence in Fairport, NY. (address provided with registration)**

**Price & Terms: Go to Sheila's site to sign up and find out about pricing.  
[https://sheilatillich.com/stec\\_event/iet-master-instructor-classes-rochester-may-2023/](https://sheilatillich.com/stec_event/iet-master-instructor-classes-rochester-may-2023/)**

**Lunch Description: There will be a lunch break on both days and students are responsible for their own lunches. There are restaurants nearby. Students can sign up for Panera Bread lunch delivery Saturday as they check into class.**

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## **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. Suggested donation-\$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](mailto:juliestuetzle@gmail.com)**

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

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

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## 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](mailto:hgshealing@gmail.com)**

**Sign up at;:**

**[https://docs.google.com/forms/d/e/1FAIpQLScS\\_6B6ydhU5wOx86rsLpb3pW2ztW2VWFjYvbfKuJO5yEiP6w/viewform?fbclid=IwAR1E3Lm-3DqWjjZZ9yeXyDMvrvaFyeAFdDfrLiau-Id4hZwlTBkqkATTLKQ](https://docs.google.com/forms/d/e/1FAIpQLScS_6B6ydhU5wOx86rsLpb3pW2ztW2VWFjYvbfKuJO5yEiP6w/viewform?fbclid=IwAR1E3Lm-3DqWjjZZ9yeXyDMvrvaFyeAFdDfrLiau-Id4hZwlTBkqkATTLKQ)**

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# Metaphysical Business Cross Promotional Advertising



**Pearls Of Wisdom - A site for Inspiritual quotes, sayings, stories to awaken our consciousness to uplift, heal and feed the soul for self growth, inner peace & global peace. Buddhist Wisdom, Native American Wisdom, Peace Pages, Empowering Women, Inspiritual Song Lyrics, Soul Shoppe, Healthy Living. Go to the site - <http://www.sapphyr.net>**



**Alternatives for Healing is a leading holistic and alternative medicine directory for finding practitioners, natural products, books, CDs, DVDs, stores, magazines, classes, schools, retreats, videos, newsletters, blogs, articles, and talk radio.**

**<http://www.alternativesforhealing.com>**





**OfSpirit.com: Holistic, Spiritual & Self-Improvement Resource.**

<http://www.ofspirit.com>



**What Is Wisdom Magazine? Wisdom of the Heavens, Earth, Body, Mind & Soul is published bi-monthly (every other month) as a free holistic, spiritual and metaphysical magazine serving the culturally creative community.**

<http://www.wisdom-magazine.com>

Holistic Health, Natural Healing, Spirituality and Awakening

## Body Mind Spirit DIRECTORY

Your Guide to Conscious Living

Body Mind Spirit  
DIRECTORY

Want to know where there are practitioners in a certain location or where there is a wellness or psychic fair? Check out the Body Mind Spirit Directory.

<http://www.BodyMindSpiritDirectory.org>



Email [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com) to advertise

# ROC Metaphysical Alternative Directory



**Rev. Vicki Snyder-Young**

**Spirit and Tarot Connections  
Pen-Far Office Park  
481 Penbrooke Dr Suite 3A  
Penfield, NY 14526  
585-354-6907**

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

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



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

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



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

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



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

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

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



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

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

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



*The Lotus Blossoms*



The Lotus Blossoms  
100 White Springs Ln  
Geneva, NY  
315-789-4650

<http://www.thelotusblossoms.org>  
<https://www.facebook.com/TheLotusBlossoms5/>

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

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





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

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

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

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

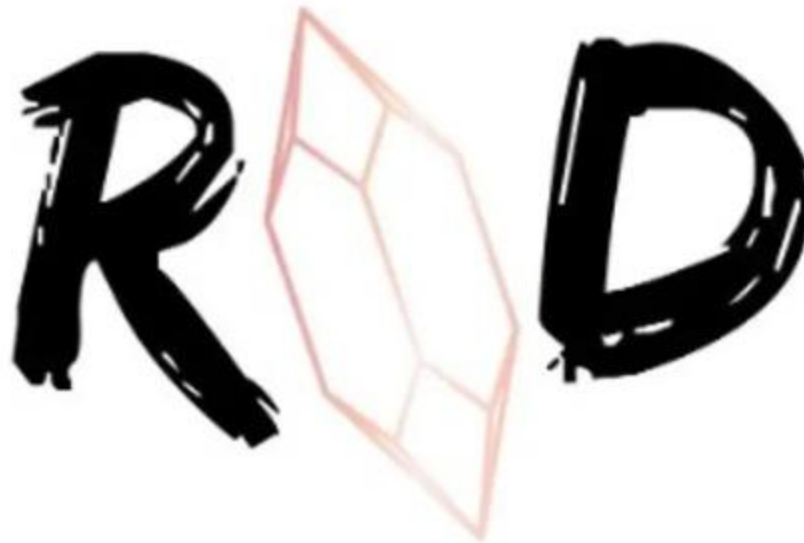
**Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>**



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

**Where magic and healing begin!**

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

**[www.meetup.com/Rochester-Friends-Who-Meditate](http://www.meetup.com/Rochester-Friends-Who-Meditate)**

**[www.healthyalternativesrochester.com](http://www.healthyalternativesrochester.com)**

**(585)663-6454**

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

**585-455-1953**

**<https://www.nextstepholistic.com>**

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



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

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





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

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

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



Dancing Crowns, LLC  
Leticia Ferrer-Rivera  
349 W Commercial St Suite 2945, East Rochester, NY 14445.

[www.dancingcrownspsychic.com](http://www.dancingcrownspsychic.com)  
[dancingcrownsusa@gmail.com](mailto:dancingcrownsusa@gmail.com)  
407-529-9881

**Leticia Ferrer-Rivera is the Owner and Founder of Dancing Crowns which is an online based business and also is at different Psychic Fairs and events around WNY. The title comes from her being a Dance Instructor, Performer and former Pageant Queen. Leticia has been an intuitive person all her life and she started getting clairvoyance messages through her dreams at the age of 7. Since then she always did Dreams Interpretation along one of her aunts who helped her understand and search for the meanings. Leticia became a Wicca Priestess in 2005 and since then she started studying Tarot, connecting with crystals and using Pendulum. She kept developing her connection with the Feminine, the Goddess and all Elements through Belly Dance and Afro-Caribbean Drum and Dance. In 2018 she decided to take her skills and gifts of Tarot, Pendulum and Crystal Reading to another level and she also got Certified in Crystal Healing. She expanded her business to include her handmade Crystal Healing Jewelry, Crystal Grids, Crystal Therapy Bags, Magickal Items and a whole variety of Stones, Rocks, Minerals and the famous Gems Water Bottles. She has recently incorporated handmade greeting cards with Pagan and Holistic designs. Leticia is also a Holistic Life Counselor, Tarot Master and Certified Crystal Caster. She is also certified in other areas such as Reiki and Crystal Healing for Pets. Leticia has achieved her High Priestess as she finished her studies of Magick and the occult as a student of Marcus Katz.**

**Learn more about Leticia: [https://youtu.be/NaU\\_Bf6IDZE](https://youtu.be/NaU_Bf6IDZE)**



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](mailto: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>**

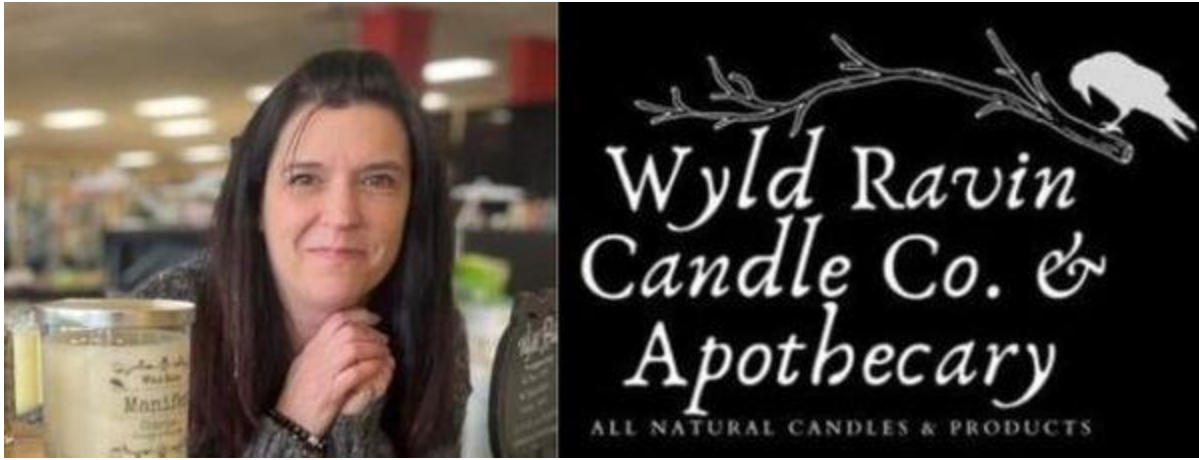
**Join the Lightworkers Connection Circle Facebook Group:**

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

**Follow me on Instagram: [https://www.instagram.com/sheila\\_b\\_he...](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](mailto: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](mailto: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](http://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](mailto: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](http://www.judylynn.org)  
[jlspiritualadvisor@gmail.com](mailto: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](mailto: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](mailto: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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Your Business Here

## Metaphysical Stores in NY and More



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

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

Majestic Hudson Lifestyle Boutique 223 Katonah Ave Katonah, NY 10536

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						
Today April 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 6:30pm Are you a Spiritual Experien	29	30	31	
2 Experience Psychic Fair - Embassy	3	4	5	6	7	8
9	10	11 8pm Soul DNA Merging	12	13	14 Usui Holy Fire Reiki III - ONE Wellness	15
16 Usui Holy Fire Reiki III - ONE welln 11am Greystone Castle Psychic Fair	17	18	19	20	21 Unity Field Healing Practitioner Train 7pm Friday Night Event with Dr. Joh 3:	22
23 Unity Field Healing Practitioner Ti	24	25	26	27	28	29
30	May 1	2	3	4	5	6

**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](mailto: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.**