

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

February 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

"Eden Energy Medicine Tip: Open Your Energies, Relieve Joint Pain!" By Michelle Brzezniak

"What is Evidential Mediumship? By Judy Lynn

"Five Concepts for the New Human" By Lee Carroll/Kryon

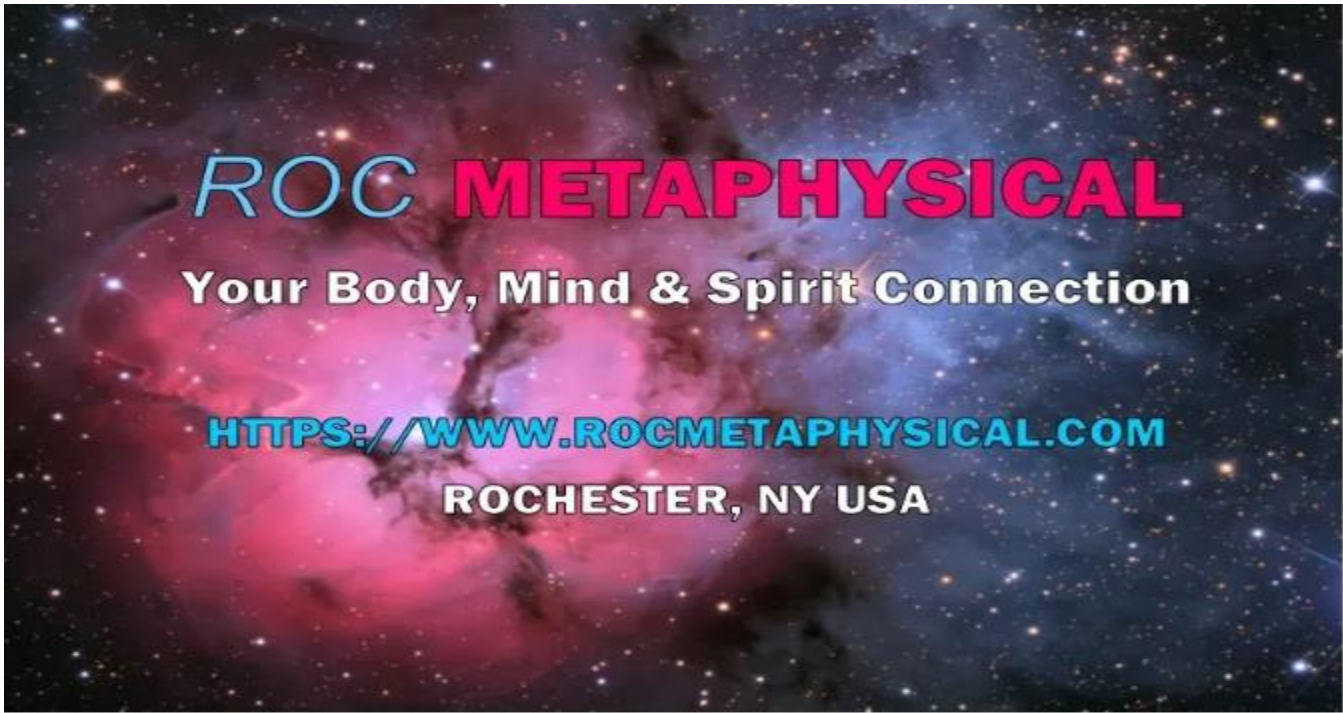
"Forewarned is Forearmed" By Stacey Duffy

"Music of the Spheres" By Jill Mattson

"Children and Spirituality" By Rev. Colleen Irwin

**"Raising Your Frequency and What It Means To Your Life Now"
By Melissa L. Watkins**

"The Courage to Admit Mistakes" By Barry & Joyce Vissell



Sections



Read Great Articles

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



Alternative Businesses

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

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



Calendar of Events

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

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

Video About ROC Metaphysical



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

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

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

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

The magazine has alternative health, spiritual and metaphysical articles, videos, event listings, advertising and an alternative directory. The first of each month the new edition is uploaded. Prior issues can be found at 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

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

Write and Advertise with Us

Have a story idea for us, want to share your article?

Your article should fall under metaphysical/spiritual/alternative health topics.

The article can be up to 2000 words, provide a head shot, bio and web link.

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

Email us at rocmetaphysical@gmail.com

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https://www.youtube.com/channel/UCUckLvvdvS3djiMGUUR-muQ?view_as=public



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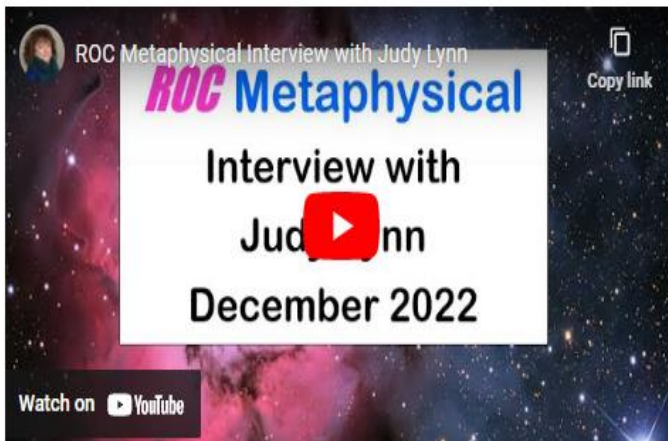


Now that Google+ is gone the next generation is MeWe. Find us there. <https://mewe.com/profile/5caba69765a0815f48d3d128>



You can read prior issues of ROC Metaphysical thru the www.issuu.com website where you can enlarge the version into a full screen. The monthly editions are in a pdf version. Try it out.

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 Online Magazine

Articles for February 2023

Michelle Brzezniak



**"Eden Energy Medicine Tip:
Open Your Energies, Relieve Joint Pain!"**
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Judy Lynn



"What is Evidential Mediumship?"
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Aingeal Rose & Ahonu



"STOP Apologizing!"
By Aingeal Rose & Ahonu

Leticia Ferrer-Rivera



"Get Out of the Rose Quartz Cliché"
By Leticia Ferrer-Rivera

ROC Metaphysical YouTube



"ROC Metaphysical YouTube Channel"

Lee Carroll/Kryon



"Five Concepts for the New Human"
By Lee Carroll/Kryon

Stacey Duffy



"Forewarned is Forearmed"
By Stacey Duffy

ROC Metaphysical Book Review



**"Animal Wayshowers The Lightworkers
Ushering in 5D Consciousness"**
By Tammy Billups

Leo Babauta



"Creating Sacred Focus"
By Leo Babauta

Jill Mattson



"Music of the Spheres" By Jill Mattson

Tom T. Moore



Most Benevolent Outcomes or MBO's
By Tom T. Moore

Dr. Judith Orloff



"7 Habits of Surrendered People"
By Dr. Judith Orloff

Poetry



Poetry By Carolyn Chilton Casas

Rev. Colleen Irwin



"Children and Spirituality"
By Rev. Colleen Irwin

Doreen Scanlan



"Tarot Tendencies for February"
By Doreen Scanlan

Amanda Hoover



"The Gates Are Open"
By Amanda Hoover

Patricia Cota-Robles



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

Monique Lang



"Thin Ice" By Monique Lang

Melissa L. Watkins



"Raising Your Frequency and What It Means To Your Life Now"
By Melissa L. Watkins

Sound Healing



"What Can Sound Healing Do For You?"

Sage Walker



"Sage Wisdom" By Sage Walker


Barry & Joyce Vissel

Your ability to
love yourself,
is mirrored
in the love you accept
from others.

If you're seeking a
deeper love,
look within
and seek a deeper
love within yourself first.



"The Courage to Admit Mistakes"
By Barry & Joyce Vissel

A decorative floral illustration in the top left corner of the text block, featuring several flowers and leaves.

"You are what
you believe
yourself to be."
- Paulo Coelho



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

Dianne Robbins



"The Secret to Immortality is Simple"
By Dianne Robbin



Shelly Dressel



"2023 A Year Of Movement"
By Shelly Dressel

Ronna Vezane



"The Vibrations of Love Overcome All Negativity"
By Ronna Vezane

Brenda Hoffman



"New Multi-dimensional Threads"
By Brenda Hoffman

Ann Albers



"Focus, Feeling and Happiness"
By Ann Albers

Patti Fields



"Your Unique Part in Healing the World"
By Patti Fields



"Eden Energy Medicine Tip: Open Your Energies Relieve Joint Pain!"

By Michelle Brzezniak



Energy Tip for Joint Pain!

Energy Exercise from Donna Eden's Daily Energy Routine

Connecting Heaven and Earth

1. Start with hands on thighs.
2. While breathing in through nose and out the mouth, bring hands together, in front of heart, in prayer position.
3. Continue breathing and stretch one flat palm up towards the heavens and the other down towards the earth. Repeat on other side. Do sequence several times.
4. Bend over and drop arms towards feet, hold for 2 breaths.
5. Slowly stand up, while moving arms in sideways figure 8's all the way up and over the head.
6. Rest arms back at sides.

- Make Space for Energy to Move
- Relieve Joint Pain
- Expel Toxic Energy
- Open Meridians
- Strengthen Aura
- Improve Grounding

Empowered
Energy Wellness

Do you have joint pain? Do you take on other people's energies? Take a quick break and recharge with this simple Eden Energy Medicine stretch called Connecting Heaven and Earth. As you stretch your waist, hips, torso and arms your body pulls in extra oxygen and releases carbon dioxide and toxins. Stretching also creates space throughout your body which releases stagnant energies, especially from tight areas like joints, and relieves pain. It can also help calm and balance your emotions.

Donna Eden developed Connecting Heaven and Earth while experimenting with ways to heal herself. She could literally see and feel the energies shift while she did the stretches, witnessing its transformational potential. Later she realized that this exercise is actually one of the oldest in recorded history. In ancient Egyptian tomb paintings, figures are depicted holding one flattened palm face up and the other face down, just like in Donna's

exercise. Energetically, holding the palm face up, actually draws positively charged Yang energies down from the heavens, and into the hand. Holding the other palm face down, pulls negatively charged Yin energies up from the Earth, and into that hand. This boost of electromagnetic energy enters the hands, and is then circulated throughout your entire body, bringing more balance to subtle energy systems such as the aura, chakras and meridians, recharging your body and enhancing your well-being. Donna Eden even says doing Connecting Heaven and Earth can help you “nip a cold in the bud”.

You can rejuvenate with Connecting Heaven and Earth, anywhere, any time of day, but you can get extra benefit from doing it outside in nature, especially with bare feet! The soles of your feet actually have an energy vortex on them, which releases old energy into the earth, as well as welcoming in vital new energy. This promotes better grounding, which helps keep your body healthy and your energies humming.

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

Connecting Heaven and Earth

- 1. Stand up, and put your hands on your thighs, fingers spread.**
- 2. Inhale through your nose while bringing your arms out and together, in front of your heart, in a prayer position. Exhale through your mouth.**
- 3. Inhale again, stretching one arm up and one arm down, pushing with flat palms. Hold, exhale through your mouth, and place your hands back in prayer position. Switch arms and repeat.**
- 4. Do this several times for each arm, emphasizing the stretch.**
- 5. Let your arms fall at your sides. Fold your body forward at the waist, and bend your knees slightly. Take two full breaths, then slowly roll your spine up to standing, while making sideways figure 8's with your arms, all the way up and over your head. Bring your arms back down to rest at the sides.**

(Figure 8's bind together all the subtle energy systems for better communication)

Adapted from Energy Medicine by Donna Eden and David Feinstein Ph.D. For more information on Energy Medicine please visit 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, and the Crown Pull in previous months. You can still find these tips on my Facebook page, Empowered Energy Wellness. This month's exercise, Connecting Heaven and Earth, comes sequentially after the exercises listed above, in the official routine. However, each of these simple exercises can definitely be done individually or out of order...and still be just as effective. Feel free to skip ahead and follow Donna's entire routine. It only takes about 12 minutes each day. 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 leave me a message on my Facebook page or email me. I would love to hear from you!

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. Not unlike 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 balancing sessions and empowers her clients to participate in their own well-being with Donna Eden's simple techniques. Michelle is currently accepting new clients, in person or remotely.

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>

"What is Evidential Mediumship?" By Judy Lynn



I struggle to explain what Evidential Mediumship is, even though I have been studying it for over 25 years. Not because it's complicated or difficult but because it seems to take me off in many directions. From what is EM to what to expect in a EM reading and off yet again to what it takes to be an Evidential Medium. So for this article I will keep it to "What is EM."

Evidential Mediums strive for proof in their readings and that proof is called Evidence. Proof positive that after leaving this human body we can still communicate with the living. Some Evidential Mediums can communicate with animals and pets also. We have all seen signs that we believe were from our loved ones or spirit, heard things rattle or lights flicker and found objects like feathers or coins. I can say that I have brought through specific signs being left by spirit for my clients, which is great validation and usually puts a smile on their faces and relief that they weren't imagining it.

Evidence can come in many forms from the spirit world like cause of death, appearance, hobbies, dates, names, scars or injuries, and what the living are doing currently in their lives, just to name a few. To me the most meaningful and healing information is the emotions that spirit communicators share and the memories they bring forward. And of course the messages, which in some cases are funny and light hearted but, always given with love and understanding. Usually the messages are kept until the end of the reading because they hold very little if any evidence. But, wow they do hold so much love, forgiveness and healing.

This form of Spirit communication is a powerful way to communicate with the dead and in some cases those in transition between the earthly plane and the Spirit realm, such as people in and out of consciousness and the

terminally ill. Evidential Mediums are a bridge to the spirit world connecting those in spirit to those still living so that healing can occur. The person who has passed on has no fear, pain or emotional distress any longer and wants you to understand that. Evidential mediums have been used for legal cases and to help law enforcement solve missing person cases as well.

Having a reading with an Evidential Medium can give you peace of mind and closure and help you through the grieving process so the healing can begin. You should approach the appointment with an open mind and invite your loved ones in spirit along. During a session with an Evidential Medium you should feel safe, comfortable and trust the process. This type of mediumship helps you let go of the emotional pain that you are feeling. When someone dies we mourn their passing. We grieve for what we have lost. The body is a vessel that no longer serves us and we let it go, but the true essence of who they were does not die, but continues to live in the spirit world.

Evidential Mediumship is a gift or better yet, the ability that allows a medium to communicate with people who have passed on. Their bodies are gone but their soul or energy remains intact and ready and willing to communicate with us with evidence, emotions, memories and messages forever. They are just on another plane of existence on the other side but still able to communicate with you at any time. You may also be able to feel their touch or smell their perfume while they are speaking with you through the medium. After a reading with an Evidential Medium you should leave knowing that you have communicated with your loved ones in spirit.

As I've said, I've been studying EM along with other metaphysical modalities for more than 25 years now. Some might even say I'm obsessed with EM! That I won't disagree with. I have come to realize that spirit communication is a calling for me. A way to help, heal and teach people who are ready. It comes with it the understanding that evidential mediumship brings hope to the living. In finishing Spirit is omnipotent, all knowing with no limitations. We as humans have the limitations and the belief system to stop or hinder the information coming through. We must trust, without fear, that life after this life does in fact exist.

**Blessings
Judy Lynn**

About Judy Lynn: Judy Lynn is an Evidential Medium, Psychic, Energy Healer and Spiritual Advisor. Judy is the Co- founder and Education Director at the [Spiritual Oasis Universal Learning Center \(S.O.U.L Center \)](#) which has a strong global presence. She is a founding member of the [Institute for Spiritual Development in Oneonta, NY](#) and an Authorized Psychic Medium, Certified Healer, and Teacher.

Judy has also studied and trained in Lily Dale NY with many amazing Teachers. She is also a member of the Spiritualist National Union where she continues her growth and development. She is always continuing to expand her abilities and knowledge by studying under world renowned tutors and mentors. Her readings will offer you a lighthearted & organic approach to the spirit world and on a Soul to Soul level. You will gain understanding and messages that will bring you strength and healing through her connections.

She is also an Ordained Minister and enjoys forever joining two people in Light and Love.

Judy Lynn's website: <https://www.judylynn.org/>

Interview with Judy Lynn



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

"STOP Apologizing!" By Aingeal Rose & Ahonu



Aingeal Rose & I were talking about guilt and forgiveness. It began because of a Voice Code Analysis. Voice Code Analysis is a service we offer our clients to analyze one and a half billion bits of information from a 20-second sample of their voice. The small device returns it back as a voice code that resolves a lot of past-life and current issues. We're basically using sound frequencies to cancel old patterns and programs. Those old patterns brought up guilt and taught us to stop apologizing!

The device analyzes what's going on in your consciousness and in your subconscious by recording you saying the five vowel sounds. Then we hit upon the idea of using the Ho'oponopono statement instead. If anybody is familiar with that, the statement is, "I'm sorry. Please forgive me. I love you. Thank you". Well, stuff came up, and it was deep. It was all guilt, and it went back into lifetimes.

I remember stealing candy when I was six or seven years of age. I remember going into Woolworths and putting my hand into the candy jar when the assistant wasn't looking. Can you believe the guilt of that is still there? Sometimes when you admit something, it helps ease the guilt, but the sting of the guilt can remain. In my case, I didn't know how to stop apologizing.

In the Ho'oponopono statement, we're saying, "I'm sorry, please forgive me, I love you, thank you." Saying this statement, especially the first part, was great for a while. It was like I was apologizing out loud for things that happened in my past. But lately, the voice code had done its work, and the guilt was now gone, fully dealt with. I wondered, why do I keep saying I'm sorry? What am I apologizing for? How do I stop apologizing?

I heard it clearly. You don't need to apologize anymore.

The days of apologizing are over. You're sorted.

The intention of Ho'oponopono is that we're making a statement to forgive the idea that we came into a physical planet, and just by doing so, we bought into the ego thought system, and we're part of the creation of suffering because of that. So, when you say I'm sorry, please forgive me, you're basically apologizing to the world for any contribution you made to the ego's world of suffering. You're affirming that, at the highest level, none of us are really egos. We're pure spirit, and because of that, we're innocent.

At first, I was apologizing to those I hurt. Then I began a dialog with my higher self, saying, "I'm sorry for you being in that delusion and for all the mistakes you've made in your life. I'm sorry I haven't lived up to your expectations. I'm sorry I'm not the enlightened guru that perhaps I should know I am."

Out of it all, forgiveness arose, on all levels, no matter who's doing the talking. Whether it's you talking to your higher self, you talking to God, God talking to you, you talking to your younger self, you talking to a past life self of yours; whatever the situation, ultimately, it is recognizing its all a world of illusion, totally, and there was no need for the apologies. There was no need for the feeling of guilt associated with anything.

I know that's difficult. Here I am talking about apologizing and feeling guilty over taking a few sweets (candy), whereas there are people who have committed murder, or rape, or incest, or whatever, and it's very difficult to erase that depth of guilt from the conscious mind.

I'm not saying forgiveness is easy, but it is time to stop apologizing.

Begging for forgiveness is accepting that a vengeful God says, "you're all guilty of original sin, and therefore you must suffer in order to get out of it. And I'm going to make you suffer because I'm a cruel God, an all-powerful God that's going to make you suffer until you atone for your sins." That's not what's going on at all.

It was a huge awakening for me to realize that real forgiveness is us individually, us collectively, us at all the different levels of understanding of who we are, where we are, where we're going, what we're doing, realizing there is no place for guilt at all. We made it up; we created guilt on multiple levels to punish ourselves for nothing.

Guilt demands punishment.

As long as you want to believe in guilt on any level, whether it's yourself or someone else, it demands punishment. If not, well, then you believe in a punishing God/Source, which, from all my experience in the Akashic Records, that is not the case. God is loving. All God does is give us another opportunity to know love. That's it, more opportunities to know love repeatedly, no matter what anybody has done.

So, to get yourself to believe that you're loved that much, that you are completely innocent, is the challenge we all face.

In reading the following LinkedIn comments, you'll realize that people are at all different levels of understanding about guilt and punishment and forgiveness. Dr. Julie Smith said,

“If you live in England, then the word ‘sorry’ is something you hear daily as you go about your life. It can be good manners in a variety of situations. But when apologizing is driven by more than just cultural habits, it can be linked to low self-esteem, shame, and trauma. So look out for those apologies today and notice the impact they have on how you feel. Also, notice what feelings come up if you try resisting an unnecessary apology. This can help us understand what's going on in more depth. Stopping all the unnecessary apologies won't fix low self-esteem by itself, but it will help. And changing these small behaviors is a significant piece of the larger puzzle.”

Carrie Ann Nado, the CEO at Loop said,

“Ladies, stop apologizing.” (I'm sure this applies to men also, but I'm just writing word-for-word what she said). “Ladies, stop apologizing. Sorry I'm late, sorry I got confused, sorry I missed your call – you're busy, not wrong.”

And then, in that same thread of replies and responses (which was quite a busy thread), someone said,

“Language is so important. Stop, sorry I'm late. Try, thank you for your patience instead.”

Another person said,

“One of my favorite phrases I implemented a few years ago is, thank you for waiting for me, or thanks for being patient. It immediately praises and expresses gratitude towards the other person and doesn’t apologize for anything because, in most instances, there is nothing to apologize for.”

Another said,

“So the cancel culture is now going to cancel ‘I’m sorry’. I’m a male and I say I’m sorry when I have inconvenienced someone. It has nothing to do with gender or an expectation of gender. I’m truly amazed where culture is going.”

The next person in the thread said,

“This is a great post, something I’m guilty of as well.” (Notice how this person is admitting guilt, even though there’s no guilt attributable.) “Saying sorry and apologizing is easy for a nice down-to-Earth person, but it’s difficult for a stubborn and arrogant person. A knowledgeable and reasonable individual understands how to treat others and thinks rationally.”

Someone else said,

“Let’s stop apologizing and instead, BE sorry. Not just say sorry. 83% of all women struggle with feelings of guilt, guilty of not doing right, not being good enough, or the feeling of not living up to the expectations of what a woman should be.” (I think that comment applies to men just the same.)

Amanda Gurley, who is the National District Trainer for Ferguson Facility Supply, said,

“I used to apologize for everything until I understood and recognized the guilt and shame that came with constantly apologizing. So, I challenged myself to try something different. Every time I wanted to apologize for something that didn’t need an apology, I would pause

and think of how I could rephrase it. And so I began thanking people instead of apologizing. ‘Sorry for the delay’ became ‘thank you for your patience’. ‘I’m sorry I didn’t notice that’ became ‘thanks for catching that’. ‘I’m sorry for running late’ became ‘thank you for waiting for me’. Shifting from a constant place of guilt to gratitude not only helped me, it also improved my connections and interactions with others. So, next time you feel the need to apologize, try approaching the situation with gratitude and notice how that affects the situation and yourself.”

So there you go, folks, food for thought. If you’d like to get a Voice Code Analysis from Aingeal Rose & Ahonu, go to Aingeal Rose’s website at <https://aingealrose.com/voice>.

It’s absolutely worth it because it brings to the surface all this stuff we’ve been carrying around for who knows how long. It’s time to release it. It’s time to go into forgiveness.

Until next time. Thank you, from Aingeal Rose & Ahonu

About Aingeal Rose & Ahonu: Aingeal Rose spent years meditating and being taught by Archangel Raphael, who took her on many journeys into other worlds and planes of existence. She studied the works of J. Krishnamurti, Sondra Ray, The Science of Mind, and the Course of Miracles. During the past 40 years, she has acquired certifications in numerous healing modalities such as Reiki (all levels to Master Teacher), Psychic Laser Therapy (which is a form of psychic surgery), Hypnotherapy (including past life regression), Rebirthing, Kathara Healing, the Christopher Method, Sound Healing, Cellular Repatterning, and she’s also a Reconnective Healing Foundation practitioner and a facilitator of The Reconnection.

Ahonu is now an author, motivational speaker, intuitive business coach, and co-host with Aingeal Rose of the World of Empowerment podcast. He started the first organic holistic health farm in Ireland in 1993 which continues to this day as holistic.ie and for some time we were importing raw vegan Healthforce Nutritionals for the Irish market. Then he went on to found with Aingeal Rose the World of Empowerment organization and a Spirit of Love Project in 2009, offering an extra dimension of spiritual and ancestral healing with his spiritual artwork.

He has also published a wide range of holistic and metaphysical ebooks, all available on Amazon Kindle. He's held workshops internationally including spiritually focused visionary art, working with homeopathic color remedies, Psychic Laser Therapy, the Eight Steps to Freedom, Grief to Greatness and more. On 2/11/22 they re-launched the World of Empowerment where premium membership gives people unlimited access to the hundreds of hours of topic-specific Akashic Records group sessions generated by Aingeal Rose. These highly valuable, never-before-heard sessions down-stepped directly from God/Source contain important information on topics such as Earth and Climate Change, Evolution, Extinction, the Origins of Creation and Consciousness, Dreams, the Future, Alchemy, Life After Death, Prosperity, who we are, why we're here and much more.

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Aingeal Rose & Ahonu's website: <https://blog.aingealroseandahonu.com/>

Aingeal Rose Video



Link: https://www.youtube.com/watch?v=Aj_vPDiUM34

"Get Out of the Rose Quartz Cliché" **By Leticia Ferrer-Rivera**



It is now the moment to talk about it, and I am not sure if you are ready for this conversation. Every time we talk about the word L-O-V-E the first crystal that comes out of many people's mouth is Rose Quartz. I know! I am aware about how much you L-O-V-E it and your big attachment to it. But at least be open to what I am going to present to you in this article.

Let me ask you something; Have you ever find that after doing a love spell using Rose Quartz it has not worked at the level you expected it? Or, have you find yourself looking at the crystal as a peer pressure thing from social media but really not feeling it? It happened to me a while ago. These are the reasons:

- 1. I was using the wrong crystal for the type of spell I was doing (we can talk about love spells in another moment).**
- 2. I was not thinking out of the box and taking the time to search and connect with other possibilities. I thought the only crystal regarding love was Rose Quartz period.**
- 3. I went with what the social media or others said about Rose Quartz.**

After so many years working with crystals and last year finally being able to open my own Crystals Shop, I decided to feel every crystal I have an encounter with and experience it on my own. I also review my courses I have taken for Crystal Healing and some media material is good too, but feeling is key. One of the reasons was business, as I definitely did not want to base my shop (more like a boutique without the expensive side of the word), to become one more regular crystals shop out there. It will make no sense for me to have the same exact common ordinary merchandise everyone else does. So, I decided to start buying 9for me and my shop) new

crystals that are rarer, or unique or the ones I know that vibrates loud and clear, crystals that can dance with your Chakras and you and show you new steps of energy.

My latest discoveries for crystals that connect with the strongest vibrations of L-O-V-E are:

1. Angelic Peach Solecite – Its energy is unbelievable, and it is one of the best crystals I have ever connected with. I love them as Palmstones, and they are not as heavy as other crystals so you can easily toss one in your bag if you want to.

2. Blue Rose Quartz (also Lavender Quartz) – Oh-My-Goddess! This crystal is sooo full of love! It is the Romeo and Juliet of the crystals. It is that Turkish Soap Opera scene of romance. But at the same time it is my favorite for healing relationships, healing pains anywhere on your body and for self-love too.

3. Cinnabrite – Just like you toss cinnamon on your candles for money or love spells this stone is for manifesting love and passion. Also, for bringing clarity of intentions between the two. If you have a multi-people relationship this one will add that spice if you have it in your room (or dungeon).

4. Amazonite – Especially on the shape of hearts, this is the crystal for bringing happiness to your marriage. It is also the one for finding stability between business/career and your love life. It is gorgeous with flashes or matte. It is one of the best companions at a desk or at home. Amazonite assists with aligning prosperity and love life together. What a great combination for manifestation!

5. Rose Quartz – Yes, I must include it anyway. I still love Rose Quartz as I learned when and how to work with it and to do it when I really feel its energy. This is a Master Healer for the matters of the heart. It is great for overcoming traumas and self-love. But it is also amazing for transmuting sadness into happiness and great to have a house full of joy and harmony. For love with co-workers, business relationships and stop gossiping, Rose Quartz is your crystal for that.

I have a few more to mention like Green Amethyst, Jade, the passionate Garnet, and Carnelian. But let's do this. Can you stop by Dancing Crowns and drink a coffee (or tea) with me while we engage on this lovely conversation about your Valentine's Crystals? By the way, this year I am

creating Valentine's Crystal Boxes, similar to those in the memes yes!

I hope this article has been of a help and here is my info for you to visit either my brick and mortar or my online shop. Do not forget about Secrets of Paradise Tarot! I can sign your deck if you bring it to me...

Oh, yes, I am doing Tarot and Bones Readings too and if you want one with your partner let me know.

About Leticia Ferrer-Rivera: Leticia is Certified as Tarot and Crystal Healer. She does divination and Psychic Readings using the Pendulum, Tarot, and Crystals. Leticia is also a Wicca High Priestess and comes from a long generation of Witchcraft and Mediums on both sides of her family, especially from the Ferrer side from Barcelona, Spain.

Her sessions of Tarot & Café are pretty popular on her Youtube Channel. She is also offering Belly Dance On Demand for those who want to learn remotely.

Leticia has studied at Magicka School from the United Kingdom and has taken several courses in spell casting, and Tarot with Marcus Katz. Leticia is a member of the International Tarot Association. She has a BA in Criminal Justice and Graduate Studies in Education of the Performing Arts with a Major in Dance.

Leticia has written for Tarosophy International about Crystals Casting (A Crystals Tarot). Her latest project is Secrets of Paradise Tarot and Discover the Secrets of Paradise Tarot: A Guidebook to discover new symbolism and deities from the Caribbean and Latin America, never illustrated on a card deck before. She won a publishing contract with Hay House and this deck will be published February 2023!!!

Leticia's websites & media: www.dancingcrownsstudio.com

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YouTube - <https://www.youtube.com/@leticiadancingcrowns9429/videos>

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>

"Five Concepts for the New Human" By Lee Carroll/Kryon



Greetings, dear ones, I Am Kryon of Magnetic Service.

Again we tell you that the name magnetic service is a metaphor, for the magnetic grid of the planet contains that which we call the posturing of consciousness. We've told you before that you could not live here on this planet without it. Early on, we told you that the magnetic attributes of Earth had to change because of the coming consciousness shift. That was in order for all to be ready for what's coming. That's the service that I originally came for and now that it has been accomplished by my grid group, I am simply a messenger.

People have said, "Well, where do you really come from, Kryon?" I told you this morning that I am not an entity and I'm not singular. It's a Human bias that considers messages to only come from a singular source. Instead, I'm from the creative source, just like you are. I represent the pure consciousness of love and compassion and I speak through this Human Being who you see sitting in the chair.

Is this too unusual for you? Thirty years after the death of the one you call Jesus, Saul of Tarsus was in prison. However, now his name is Paul, and he's writing what will someday become the Holy Scriptures. He's sitting there by himself, and the man is filled with joy - tears are running down his cheeks and in the half-light of his cell, he is inscribing the words that so many millions will read one day. They will call it the word of God, but it's not. It's the word of Paul, under the influence of his beautiful God. That's channelling. Directly, he is receiving information about the wonder of God, what has happened on the earth and the master of love.

But when a modern man sits in a chair and gives you updated messages from the creative source about the great shift, there are many who object

and say, "Impossible!" This is your discernment, dear ones, and there is no judgment of your belief. But we continue to ask you to discern - at least discern this situation and feel it. Discern the energy of what you are hearing right now. Are you going to listen to these words and understand and hear them, or are you going to feel them? We invite you to feel the compassion and the love for each of you, or have you already got your mind made up that it isn't happening?

The Question of the Old Soul

This channel today is going to be an answer to a question that is often asked by awakening old souls: "Dear Kryon, dear Spirit, dear God, in this new, changing energy, what is it that old souls on this planet can do that will not only enhance this energy but help ourselves? What is going to happen? What can we do? What is it we should be doing?"

Dear ones, I've told you before that each time this question is answered, the answer evolves as your linear time goes by. The potentials change, therefore, you are sitting in a reality you have never experienced before. This is new. It may feel like it was yesterday or the day before, but the potentials have changed all around you. The kind of shift you personally expected may not arrive at all, but instead something better. Your situation is always dynamic [variable]. There is no set amount of energy being delivered to you on a certain schedule, dear ones. Your consciousness changes the potentials of your life all the time. It's beautiful.

I can give you these things that I'm going to give you because there has been precedence set in other worlds just like yours, and some of you have been through it already. You were there. Your Akash says, "Here is this situation again and I know what to do. I have seen this before." This is not the first time. You sit on the cusp of major Human shift on this planet. What can you do to marry with this energy?

Five Concepts

I'm going to give you five concepts today, and they're not easy. It's not a list for you to accomplish, dear ones, since we don't give lists. Rather, these are concepts, and the very first one I will say is primary - that is to say, it will be the first one each time we discuss this subject.

FIRST:

Cognize this experience. To cognize is an English expression that loosely means the cementing of belief. You believe there is gravity because you have seen it since you were born. It's invisible, but you believe in it so

strongly that you don't even think about it. It simply "is". You have cognized gravity. It is not something that you would believe in like you believed in the Tooth Fairy, for instance, as a child. No, it is cognized and it becomes part of you until your last breath. You believe in gravity.

We're going to ask you to cognize the belief that the energy you are moving into is vastly different from the energy you have come from. This is first and it is primary. You have got to cement this into your belief system so strongly that everything you do from now on recognizes the new energy as the new normal. It's never going to return to the way it was and it's part of a new plan. It's almost like you died and came back with gravity that was less and you could do more things. It's forever and so you must cognize this.

Dear ones, this always has to be first of the five because you won't be able to do anything else unless you believe that this shift has happened and it's real. The shift is dynamic, and it continues to change. However, similar to you turning a page, you're reading new words in a new novel, but the page stays turned. You don't get to go back and read what happened before it. You are now past the turned page, experiencing the new energy, and you cognize it by believing that it's happening.

SECOND:

Number two is "allowance of change". Oh, stubborn Human Being, get used to change! Things are changing and perhaps they are not changing in the direction you had planned? How do you feel about that? Oh, singular Human Being, can you understand that to allow change is to mature? Can you think out of the single box? Can you sit there and say, "This or something better? I allow growth, I allow consciousness change in me that may change my life in ways I never, ever thought." How afraid of this are you? The fear is about change, it's not about where it's going, it's just about the word itself - change! So the second in this set of five is to allow yourself to accept the changes without fear.

Look at the numerology of these things. Number one is always new beginnings, that's easy. Number two often deals with duality and duality is often the primary fear of change. You just don't want your reality to move off that center point that you're used to, do you? It's often about survival between light and dark. The duality that you've been used to, that balance between light and dark, is comfortable. Now suddenly, spirit wants to push it a little so that you capture a little more light and the darkness starts to

diminish in your life. That's going to make almost everything change! Do you allow it or not? Belief and allowance of change are the first two.

From the other side of the veil, we look at you and we know that everything that you're going through is like breaking old habits. But they're just habits, that's all they are. You're like someone who has super powers: You can fly, but it's simply too comfortable for you to walk around. The metaphor is clear - allowance of change.

THIRD:

The next three are more practical, but are very difficult. With your belief intact, and with your allowance for things to change, you're now ready for one of the biggest steps. Number three is compassionate action. Everything you do from now on will be from a standpoint of compassion.

Imagine you're going down the road and you're in a vehicle and somebody cuts you off! They sound their horn at you and they act like an idiot and a fool and yell something at you. How do you feel? Is it possible to take that scenario to a compassionate level? Really? The answer is yes. First of all, don't let it affect you. Is there some universal law that says you must now be angry in return? You're a compassionate person, so let the buttons of anger and frustration be disconnected to the point that there is no reaction at all. Instead, all you can think about is that person is having a bad day. So you slow down, give them more space so that they'll feel better. There's no grudge to hold, no retort you have to make, and you don't yell back at them. You have compassionate action in everything you do.

Things may happen to you in your life in relation to communication with other individuals that might normally hurt your feelings. Your life is unique and there are things people say that might hurt your heart. This is about the disappointments you have with those around you and how they act. Dear ones, this is simply Human. But what if everything you do as a result of these disappointments comes from a compassionate soul who sees it all differently? In a compassionate way, there really is no one who can hurt your feelings ever, because you know who you are. They can't define you and make you something you are not just because they say things. The real issue is that these individuals are probably unbalanced at that moment and they're just having a bad day. Do you see what I'm saying?

Compassionate action is coming from a compassionate heart no matter what. It is a position of strength and wisdom. Now, some of you who are

listening to this need to hear this: It is not a weakness to be compassionate. The masters who walked this planet exuded compassion! They broadcasted it! The very ones that you may worship are all about compassion. They were not weak, dear ones. So whatever you've been told about a kind, compassionate person, you're going to have to rearrange your perception. Balance is strength. Compassion is strength. A balanced Human Being will seldom catch disease, did you know that? A balanced Human Being will have that which you will call synchronicity. Others call it luck. Synchronicity is to be in the right place at the right time and have perfect things happen, because they're the result of compassionate action. Compassion actually is an energy that pushes the idea aside of luck or chance. You control your reality.

It's a beautiful package, isn't it? When you start a compassionate action path, everything changes. That was number three. Now, three in numerology is the catalyst. A catalyst is a word often used in chemistry as a substance that changes things around it, while it often remains the same. A compassionate person changes those around him/her, instead of being affected by them. No negativity will attach to you. It's such a position of strength, and others will often want to be with you. You change the earth where you walk!

FOURTH:

Number four - spiritual sight. I want you to start seeing the grander picture. I want you to see God in everything. I want you to look outside and see God in the trees and in the dirt and the light that comes from the sun. I want you to feel the warmth of God shining on you, even when you are in the dark.

Compassion is one thing, but with spiritual sight you can see the creative source in all things and other people. The one who cut you off on the road has God inside, just like you. Your spiritual sight, married to your compassionate action, says, "There goes a creature just like me, who doesn't yet know about themselves - not yet."

The compassionate soul, which was number three, who has spiritual sight is the one who can see God in everyone. It helps you to become compassionate, doesn't it, when somebody yells in your face and instead of anger, what you see in their face is God? Can you do that? You've got to think differently. You might even have to be more like the spiritual masters of the planet, because this is what they did.

Dear ones, these things I'm giving to you are a true and accurate representation of the new Human Being. You're not going to be fully, 100% successful in every one of these unless you practice them. Number one was to cognize that which has changed. When you cognize something, it doesn't happen instantly. You're going to have to work on it. The belief has to be gradually cemented to your brain as you see evidence of it and eventually it cognizes itself. You're actually training yourself to cognize and believe. The allowance for change is you training yourself to accept things that might be different. You're working on it all the time. A compassionate personality comes slowly, not all at once. Don't feel you failed because you get frustrated or even angry. It's just a reminder that you weren't compassionate yet. And spiritual sight comes with time, dear ones, it comes with time.

There'll come a time where everything you look at will be in the light of God, a totally different perspective. The server who comes to your restaurant table is not a server at all, but rather this person is a beautiful Human Being carrying the creator's light. You smile at the server and you just want to hug that person and say thank you for coming to the table. Is this too strange for you? Is it too odd to see beauty first instead of judgment and criticism? You eventually treat others differently and it's not a weakness. The biggest strength you can ever have as a Human Being is to see God in others. Outside, you see God in the trees and you know that there is a divine system and you're part of it, and it's part of you. You can be overwhelmed with joy and love just to be part of the system. It's so different than you were taught.

FIFTH

In numerology, five is change and it's one of the hardest attributes, since it calls for patience. The Human Being wants everything now. See? I know who's here! It is inbred in you to want things immediately. We have discussed this so many times. When authority speaks, they want something now. Every single time there are instructions and something to accomplish, there is a push to do it at the moment, not later. Human Beings want things delivered to them quickly and they want action to happen immediately.

You're going to have to practice relaxing with synchronicity. Listen: The things that many of you are asking for are dependent on other things happening first! Relax!

These other things will be things you seemingly have no control over, but the potentials are there for them to change. If you can wait for it, and not be frustrated or angry, that is the task. Years and years ago, when I first started channelling with my partner, we talked about having the ticket to the train and standing on the track. You have earned and paid for the ticket. The train is coming, but you just don't know when! So because you are a patient person, you will know the train is coming, be comfortable with it, and have a nice time waiting for it. This is instead of complaining that it's late. Patience!

Spiritual patience is gold. It's hard. Every single one of these five things is not intrinsic to any of you. You weren't born with any of them and that is why they're difficult. But they are so accomplishable, dear ones!

Don't work on them one at a time, except the first one. Make it first. Cognize what you're doing. Understand and believe, and then the rest of them you can work on all at once. Some of you will be better at one than another, and that's just because you're unique and your personalities are a summary of your past-life lessons and experiences. Don't compare notes with others, then feel that you're doing it wrong. Did you hear me? There's a tendency to get together and homogenize everything into a list, then make it so that if you don't measure up to a generic list, you're not doing it right. You can't do that, not with these things, not with the individual soul that you are, having lived so many lifetimes.

Did you know that what you did the last time you were here impacts you right now? It tempers how well you're going to do with these five things. Some of you are ready for them; some of you are not. And some of you will have to practice harder than others. So approach them all personally, and work the puzzle independently of what others tell you should be doing. You are vastly different from each other!

I want you to know that all this, and the learning of it, is totally and completely normal and acceptable before God. You're not going to fail. Don't compare yourself to others. I want you to look straight ahead into the eyes of the Creator and know that you are God, and that everything I have told you is true and possible. That's just the beginning. That's what I came to tell you today.

I'm Kryon, in love with humanity.

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=DVyAh7z4h8A>

"Forewarned is Forearmed" By Stacey Duffy



When I first began down the path of spirit, I did what most people do. I Googled the sh*t out of it. 😂😂 There is so much, and as with anything you Google, there's the good and the bad. You will inevitably come across articles such as "The Dark Side of Spirituality, The Dangers of Spiritual Bypassing or 10 Symptoms of Spiritual Bypassing." Its all very ominous and the images they use are quite dreary. When I first began, these headlines made me quite uncomfortable and I avoided the articles like the plague. I was so insecure at the beginning and I already thought that I was going crazy.

Fast forward a few years and I am well rooted in my beliefs and no longer shaken by the gloomy titles. I majored in Psych. and actually find it quite interesting so, I started to read and soon found that I was hooked. If you're not aware, the most basic definition of spiritual bypassing is: Avoidance. Using spirituality to avoid facing fears or dealing with traumas and/or emotional issues. It is not just "spiritual people" who do it, religious people do it too. People using faith to shield themselves from the unpleasant. Examples: When a person thinks about someone from their past and experiences deep shame or anger. "Rise above, this emotion is not serving me - good vibes only."

In theory that is quite spiritual but in this case the person is not healing, they are bottling and possibly heading for an explosion down the line. When a person gambles away their last penny because "The Lord will provide" they too are spiritually bypassing. It is really interesting. Have I done it? YES. Ha haaaa. 😬 In the beginning, I really did. Not to any serious

extremes but I minimised some things by clinging to the idea of "all solving" positivity.

So why write about it? It does seem counter productive to my cause.

Because the more I read the more I found and the more fascinated I became. Most people who have experienced spiritual awakening will tell you that it is no walk in the park. Today I watched one of Jason Wolverson's videos, and he too confirms that most growth and development come -mostly- from discomfort. The direct opposite of spiritual bypassing. Deep pain, severe self doubt, depression, grief and intense introspection. These are our most effective teachers. Given that it is so grueling, I can see how people end up in that space. So my advice is read!!!!!! Go there, check yourself. Forewarned is forearmed. Arm yourself...know what these things are so that you can make sure that you don't end up there.

All the reading really got me thinking and as a result I named my own spiritual psychology:

"Spiritual Dodging."

Recently I've been carrying some serious 'stuff'. It consumed my mind and led to loop thinking and panic. I knew I had to go in, but I didn't want to. I dodged journaling, meditating, tarot. I was really disconnected. All in an attempt to escape a truth that I already knew. When I eventually mustered up the courage to go in, the message I received -very clearly- was: "Stacey. You cannot just make poor decisions in the physical and then come here and expect us to clean it up spiritually." OMG!!!!!! My guides are so hectic. But they were right. Meh. 😞 Go in, be brave, clean out.

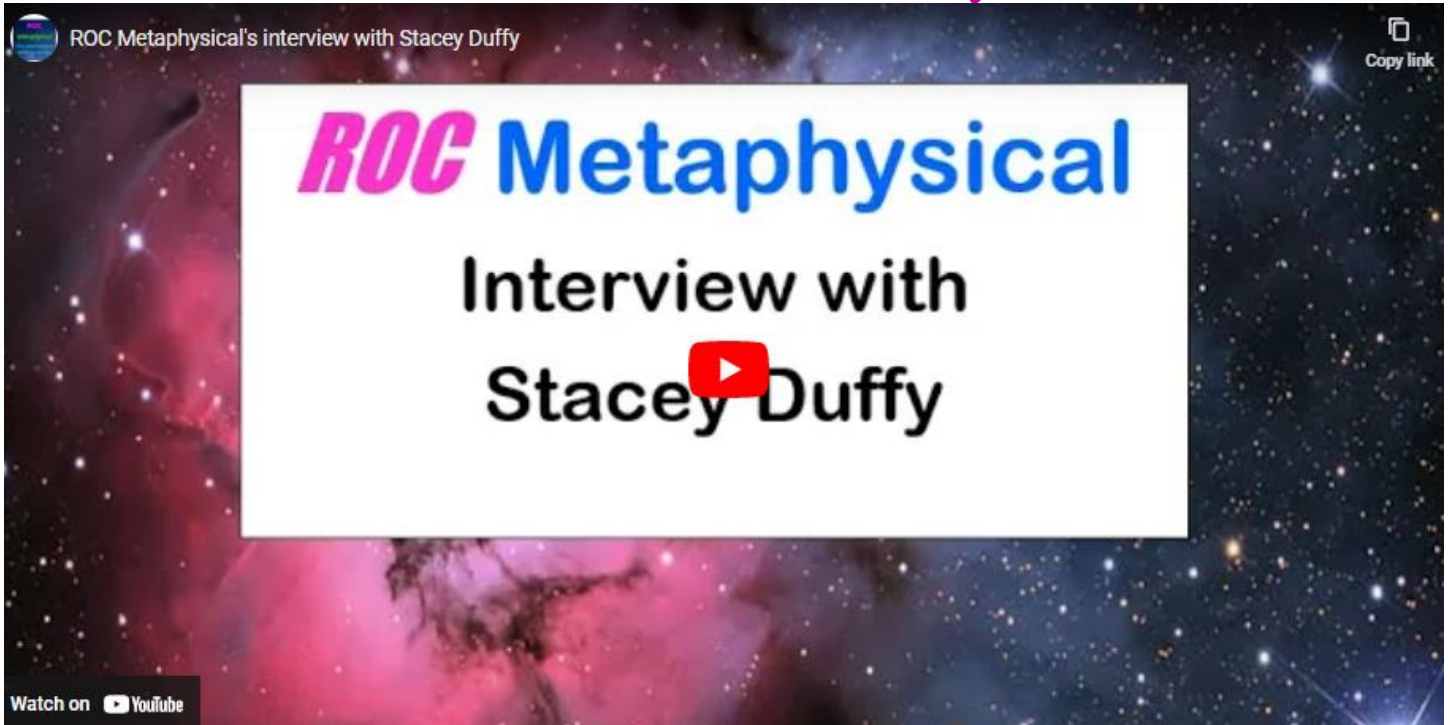
Don't be a Spiritual Dodger. 😊

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.

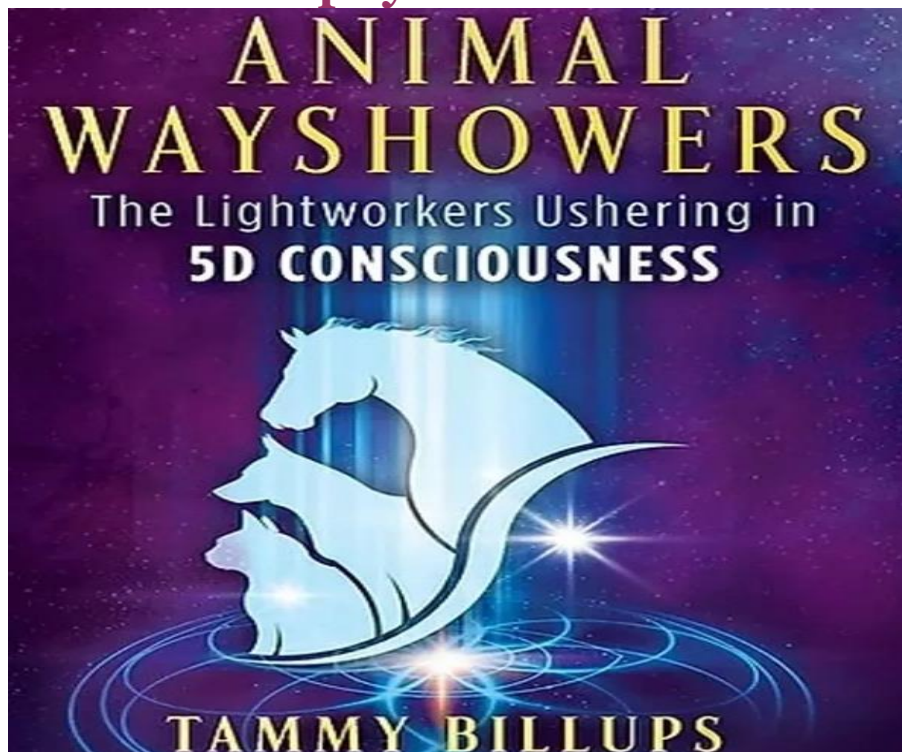
Stacey's website: <https://www.roadtospirit.com/>

Interview With Stacey



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

ROC Metaphysical Book Review



"Animal Wayshowers The Lightworkers Ushering in 5D Consciousness" By Tammy Billups

***** Editor's note: This book gives us a new look at why our animal friends are with us. The book is a reminder that they have a soul purpose to be here with us. They have a so called mission to help us, show us love and acceptance. The book turns our view around of why and how come our animals are here with us. See below I did an interview with Tammy to discuss her book. She shares some stories that helps us to understand their part in our lives while we're here on this planet.**

As Tammy Billups reveals, once we become aware of the soul path of our animal companions, we are then able to connect with them soul-to-soul, not only supporting their soul missions but also finding the healing we need to let go of 3D reality. Sharing stories of incredible animal wayshowers from around the world, she explores the many levels of service your beloved animal friends are providing you every day, including during disasters, storms, and pandemics. She shows how they help shoulder the psychological and emotional burdens we are not yet capable of holding on our own and show us the way back to our own hearts.

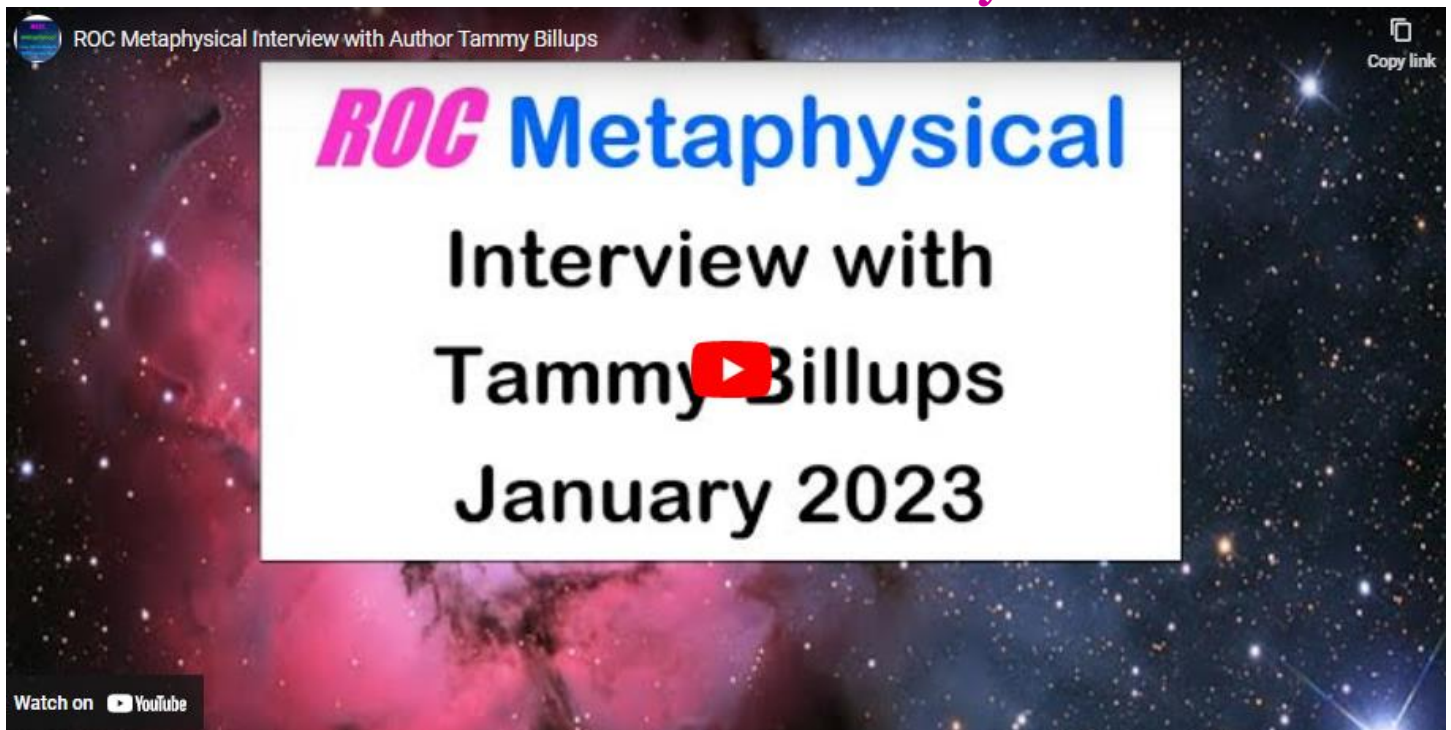
The author offers meditations, rituals, and exercises for applying the teachings of the animal stories shared, including transformational soul practices to embrace 5D frequencies, intuit heart intelligence, connect to the Higher Self, and heal the shadow.

Offering ways to embrace and emulate the soul teachings of our animal companions, Tammy Billups shows that, by honoring animals as courageous guides on our ascension to 5D consciousness, we too can become wayshowers in our own right

Find the book at Inner Traditions at:

<https://www.innertraditions.com/books/animal-wayshowers>

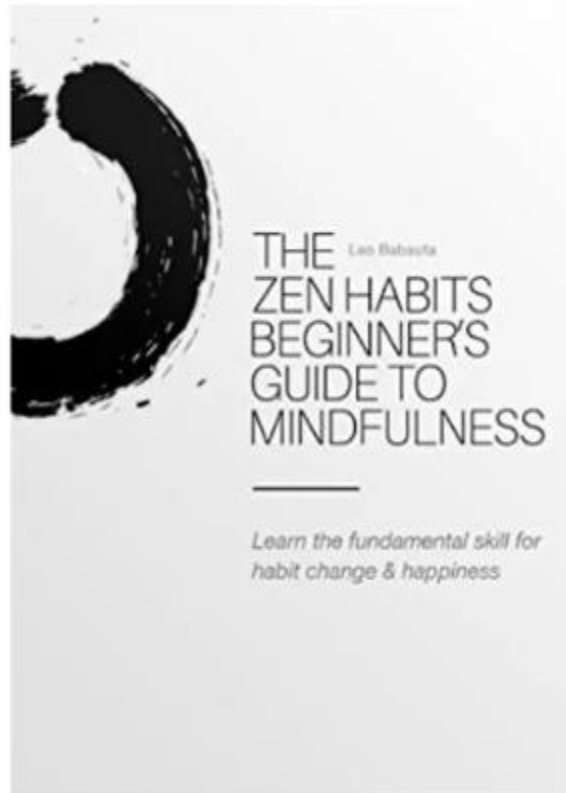
Interview with Tammy



Link: <https://youtu.be/phHuiW8Giks>

zen habits by Leo Babauta

"Creating Sacred Focus" By Leo Babauta



Our focus during the day is almost always muddled.

We switch between everything, and at any given 5-minute period, most of us would often be hard-pressed to say what we're focusing on. That's not how our minds work most of the time.

It's no wonder we struggle to face things that are scary, uncertain, difficult and meaningful. If you want to write a book, for example, how would you face that if you're constantly muddling your focus?

Our focus is precious and sacred. And yet we often use it as if it were worthless. How would you use your sacred focus if it actually mattered to you?

Let me share a few ideas that I believe are life-changing if taken to heart ...

First: If focus is precious and sacred, choose things that matter

What things in your life could use some sacred focus? Choose just a small handful that actually matter to you. For me at the moment, it's my Zen practice, exercise, writing, and eating nourishing meals.

If I offer my sacred focus to that handful of things that matter to me, my life changes. (Btw, I haven't listed loved ones, coaching clients and team members on here because I'm already reliable to give them my sacred focus.)

Second: Create a sacred focus session

You could think of this as a meditation — it's a specified period of time where you give your sacred focus only to this one thing that matters. In theory, you could meditate all day, but if that's your intention, you'll often muddle the meditation with everything else. Having a specific session where you focus completely is the way to practice deeply with this sacred focus.

I recommend setting a time of day for your sacred focus session — for example, today I'm going to do my writing session at 7:30am. And then when the time comes, clear everything away. Set a timer for how long you'd like to focus. Tell others that you need this time to be uninterrupted. When you're done, close with a bow of gratitude to your practice and yourself.

Third: Offer your full devotion

Once you're in the sacred focus session, the word I like to use is "devotion." If I actually care about something, I want to offer my full devotion, loving it with my full heart. Why write if I am only halfway devoted to it? Why only give half my heart to something?

Often, distraction, resistance, uncertainty and fear will get in the way of full devotion. That's OK! We practice with it. Notice what's stopping the full devotion. What can you offer this fear? The thing that's getting in the way is also worthy of your full heart, otherwise you'll always let yourself out of the uncomfortable place.

OK, that's all I have on this for today. Practice this and let me know what you find!

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=NawvJsvkheA>

"Music of the Spheres" By Jill Mattson



Throughout the age's arcane circles, priests and students of "higher" learning wrote about the importance of planetary sounds. Pythagoras wrote about these ideas - and they were ancient in his time. Pythagoreans studied music to gain insights into the mathematical underpinnings of the physical world. [1] Kitty Ferguson, who wrote *The Music of Pythagoras*, tells us, "The Pythagoreans used music to heal the body and to elevate the soul, yet they believed that Earthly music was no more than a faint echo of the universal 'harmony of the spheres.' In ancient cosmology, the planetary spheres ascended from Earth to Heaven like the rungs of a ladder. Each sphere corresponded to a different note of a grand musical scale. The particular tones emitted by the planets depended upon the ratios of their respective orbits, just as the tone of a lyre-string depended upon its length. The music of the spheres was never a fixed system. Many variant schemes existed because each philosopher approached it ... from a different perspective." [2]

For many years scientists have been looking for proof of the ancients' famed music of the spheres, the cosmic music from the heavens. In the 1600s scientist Johannes Kepler sought evidence for harmony in the universe, as described by Pythagoras and others. Kepler found that the movement of planets creates a scale that was linked to simple, whole numeric ratios. [3] In his book, *Harmonices Mundi*, the *Five Books on Musical Harmony*, Kepler calculated the angles of the planets (as measured from the sun) from their extreme positions in elliptical orbits during a twenty-four-hour period. A system of simple intervals emerged, sixteen in all, which are musical consonances or intervals with whole number ratios (two of the intervals were not whole number ratios). [4] He offers this as proof of harmonic laws in the cosmos.

If we take Kepler's diatonic musical scale [5] and reduce it mathematically through octaves, these waves correspond to the brain wave patterns of alpha, beta, theta and delta. Think about that. The movements of the planets create frequencies and our brain waves emulate that wave pattern. [6] Isn't that astounding? [7]

In 1776 Johann Titius observed the octave ratio between planets when Mercury is the center. It is known as Bodes Law, as Johann Bodes drew attention to it six years later. The ratio of 2:1 creates an octave. Earth is roughly twice as far as from Mercury's orbital distance as Venus. Mars is twice as far as from Mercury as was Earth. There is no known planet between Mars and Jupiter, but there should have been according to Bodes law. Later this spot became known as the asteroid belt. Some suspect that there may have been a planet here, but it was destroyed and been posthumously called Maldek. [8]

Hundreds of years later a pair of Americans detected a form of music from the heavens. "In 1993 Hulse and Taylor landed the Nobel Prize for discovering binary pulses - stars which send out electromagnetic waves in pulses. The most sensitive equipment located in one of the world's highest places, high on a mountain top in Arecibo, Puerto Rico, picks up evidence of their existence through radio waves." [10]

Author David Tame reports, "The sun itself has been described as a 'great musical instrument' by Dr. Martin Pomerantz of the Bartol Research Foundation... Scientists have detected oscillations on the sun's surface, which they believe originate from acoustic or vibratory waves inside the fiery sphere. Eighty tones or different kinds of vibrations have been observed, with periods of two to eight minutes."

Tame continues, "These oscillations, as well as radio waves of space have been transposed into audible sound. The results, though interesting, cannot really be said to correspond to music as we know it. However, Saturn's magnetosphere produces waves which when transposed into sound, have been described as a slow dreamy melody. When Voyager 2 drew close to the ringed world it picked up the whines and hisses of the magnetosphere and beamed them back to Earth." [11] When speed up they consisted of a melody.

When the human voice is raised three octaves it sounds like crickets chirping. When raised five octaves it resembles bird chirps. When increased by nine octaves a human voice mimics whale sounds. When

raised eleven octaves it sounds like N.A.S.A.'s space sounds. There are many ways in which music occurs in the universe the frequencies from space are connected to life on Earth in a multitude of ways (uni-verse - one verse or one song).

[1] Ferguson, Kitty. The Music of Pythagoras, Walker: N.Y., 2008. Pg. 130.

[2] <http://www.skyscript.co.uk/kepler.html#ch>.

[3] Godwin, Joscelyn. Cosmic Music: Musical Keys to the Interpretation of the Universe, Inner Traditions: Rochester, Vermont, 1989. Pgs. 111-112.

[4] Godwin, Joscelyn. Cosmic Music: Musical Keys to the Interpretation of the Universe, Inner Traditions: Rochester, Vermont, 1989. Pg. 117.

[5] A diatonic scale is a seven note musical scale comprising five whole steps and two half steps. Between each of the two half steps are either two or

three whole steps, with the pattern repeating at the octave. The modern major and minor scales are diatonic.

http://en.wikipedia.org/wiki/Diatonic_scale.

[6] Sylvia Francke said, "The harmonics of the diatonic tempered musical scale, in frequencies below normal hearing range, correspond to brainwave

cluster patterns." Francke, Sylvia. The Tree of Life and the Holy Grail. Temple Lodge: England, 2007. Pg. 200.

[7] Brain waves are measured as frequency and magnetic potential. When magnets are attracting, coming close together, they are increasing in kinetic

energy. When the magnets are decreasing in magnetic potential energy they are getting further apart. answers.yahoo.com electromagnetic energy

[8] Tame, David. The Secret Power of Music: The Transformation of Self and Society Through Musical Energy, Destiny Books: Vermont; 1984. Pg. 238.

[9] Tame, David. The Secret Power of Music: The Transformation of Self and Society Through Musical Energy, Destiny Books: Vermont, 1984. Pg. 238.

[10] McTaggart, Lynne. *The Field*, Harper Collins Publishers: New York, 2002. Pg. 88.

[11] Tame, David. *The Secret Power of Music: The Transformation of Self and Society Through Musical Energy*, Destiny Books: Vermont; 1984. Pg.

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/>

Art By Jill

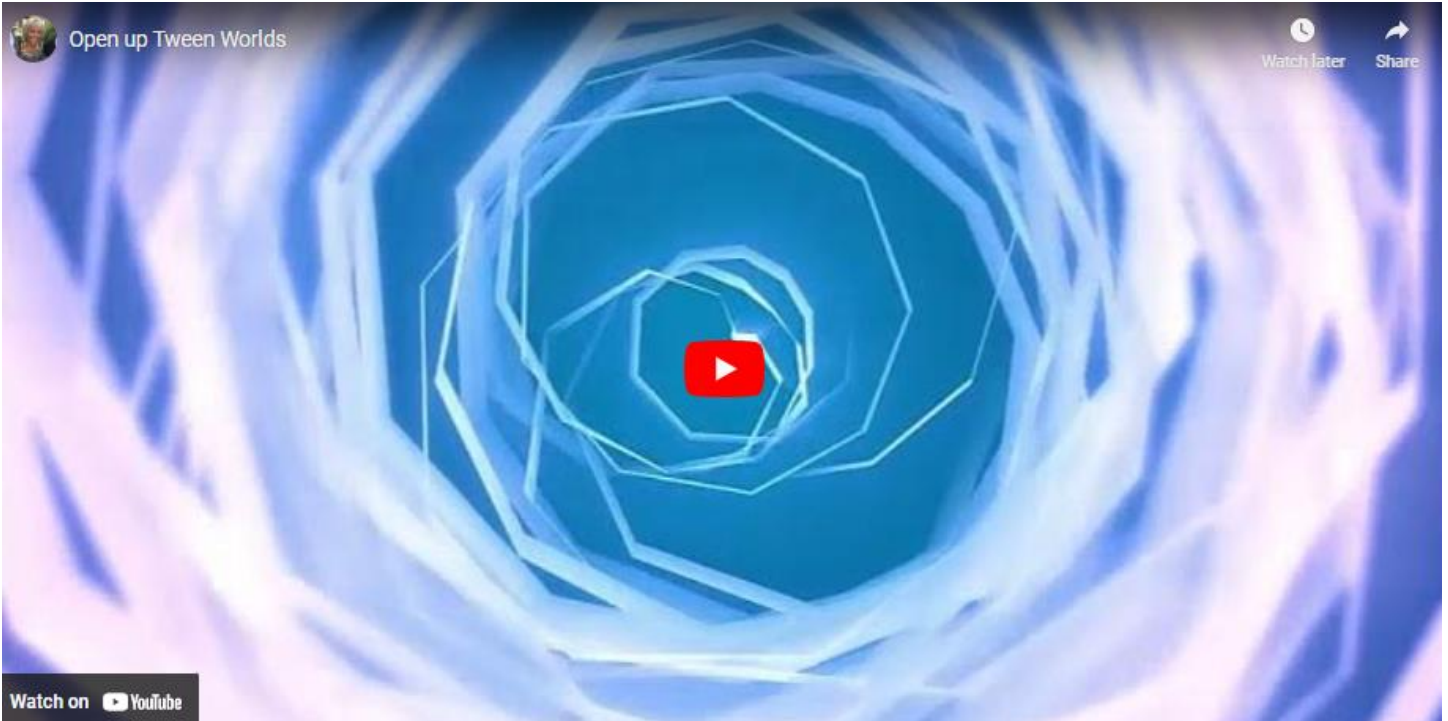


Interview with Jill



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

Jill's Video



Link: <https://www.youtube.com/watch?v=OxqZSjXby4M>

MBO's by Tom T. Moore

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

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

Be sure to participate when I ask you to say a Benevolent Prayer out loud, but are you also saying the Daily BP each morning as I do? Theo says this

is one of the most important things you could do for yourself not only for this life, but all the others you have lived or will live on earth, as they are all happening at the same time. Print it out and put it on your bathroom mirror to remind you. Here is the link:

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

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

Tom asks that we do this each day:

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

MBO FOR CAR TO RETURN TO RUNNING

David writes: OK, Tom, now I'm a believer! Off to work the other day, car wouldn't start. Called roadside assistance. Then I had the urge to say a MBO to get my car backup and running. Haven't use MBOs – figure I should save them for something important. But I decided this was important. Said my MBO to get my car back up and running, in the most expedient way, quicker than I could hope for.

The technician came and found my battery completely dead: not re-chargeable. He said they always carry standard replacement batteries...but unfortunately they don't carry the type of battery my car needs (it's the smallest one made!) and not very common. By this time I'm already late for work so I'm expecting a long wait.

Then he tells me it just so happens he does carry the battery I need. He goes to his truck, takes it out, replaces the dead one and I'm off. Had to have been the MBO to get me that exact technician – of all the ones who could have responded – who “just so happened” to be the one who had the exact, uncommon battery I needed!

Thanks for all you do!

MBO TO FIND MISSING CHAIN IN PARKING LOT

Ellen writes: I am a big believer in MBOs on a daily basis and I have been amazed by the results. Just today, I was given a beautiful gold cross with a lovely chain by my sweetheart. The new necklace had a very unusual clasp that I was not used to. I put on the chain and believed I had closed the clasp correctly. Afterward putting on the necklace, I left to run an errand to the local store. When I came home and got out of the car I heard something drop to the floor. It was the cross without the chain.

I was panicked. I retraced my steps back to the car but didn't find the chain. I then immediately said an MBO to find the new chain. I got back in the car and went back to the store and the parking space I used was vacant. As soon as I got out of the car and looked down at the ground and there was my chain! I was so happy! I immediately thanked my GA for helping me find my beautiful chain. MBOs truly work!

MBO FOR WIFE TO FIND HER DEBIT CARD

Cesar writes from San Antonio: I requested an MBO for my wife to find her debit card and within minutes she found it in a place where she had already looked for and it is the place where she always keeps it. Nice!!

In my experience I have benefited from times in which the outcome was not expected, and now I understand that it was my GA doing benevolent things for me.

I am so happy and looking forward to embrace and continue learning about my GA, MBOs, etc.

I am practicing daily MBOs already.

MBOs TO FIND LETTER, FOR INSECTS TO LEAVE

Millie writes: I misplaced my appointment letter for renewal of DMV National ID/Drivers License. I looked everywhere and could not find it. I knew I put somewhere safe. So I said an MBO. So yesterday we went to my son's to take a birthday gift for our Daughter in Law. The sun was in my hubby's eyes and he turned down the sunshade. Viola, my letter fell onto his lap. Thank you angels!

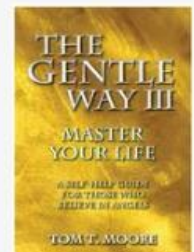
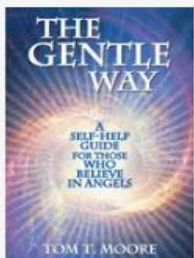
We have an abundance of yellow jackets, wasps, and flies at every entrance to my house and my greenhouse and around the yard. I said an MBO that they move their nests elsewhere and that they don't invade my house, yard

or my space. The first day after my request there were 3 residual flies in the house, no flies or bees at our entrances. Today, when I was watering my plants, one fly landed, so I reminded him of my MBO. No more pesky flies.

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

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

Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at:

https://www.amazon.com/Tom-T-Moore/e/B00CR1C231/ref=dp_byline_cont_book

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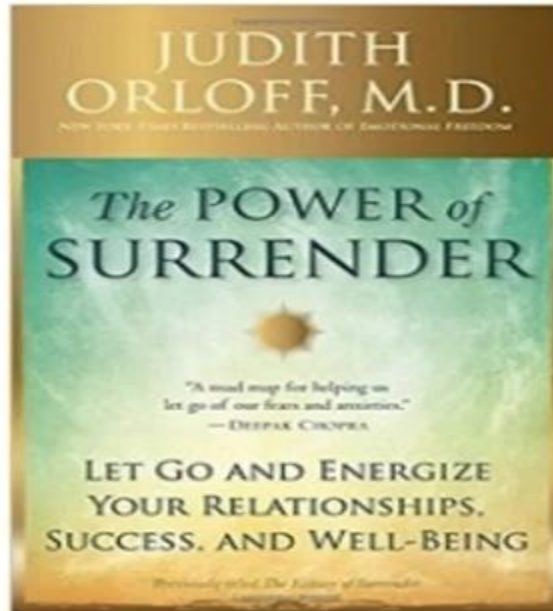


Link: <https://youtu.be/RJHpBt4sTv8>



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

"7 Habits of Surrendered People" **By Dr. Judith Orloff**



Surrender is a positive, healthy state. Being a surrendered person does not mean one is beaten down and so hopeless he or she has “given up.” It’s quite the contrary. Surrender is a state of living in the flow, trusting what is, and being open to serendipity and surprises.

As I write in *The Power of Surrender*, adopting the behaviors and habits of surrendered people helps us improve our relationships, feel love and gratitude, get healthier, give up destructive people and behavior patterns, and become more successful and influential in our lives and careers. And that’s just the tip of the iceberg as far as benefits go.

In my medical practice, I’ve identified specific habits of surrendered people that dramatically enhance their health and allow them to excel in many aspect of their lives. Here are seven of them:

They recognize they can’t control everything.

Being a control freak makes us tense, stressed out, and unpleasant to be with. Surrendered people understand that they can’t always change a situation, especially when the door is shut. They don’t try to force it open. Instead, they pay attention to their own behavior, look at the situation at hand, and find a new, different, and creative way to get beyond the obstacles.

They are comfortable with uncertainty.

Fixating on the outcome or needing to know all the details of an upcoming event, such as a trip, causes people to be upset when things don't go their way, overly focused on the future, and unable to bounce back easily. Inflexible people are susceptible to anger, distress, and depression. Surrendered people go with the flow, shrug it off when an unplanned situation happens, and tend to be happier, more lighthearted, and resilient.

They remember to exhale during stress.

We have two choices when things pile up at work or we're surrounded by energy vampires who leave us feeling depleted. We can get frantic, hyperventilate, shut down, and become reactive. Needless to say, these responses to stress just make us more stressed. Surrendered people have the ability to pause, take a deep breath, and observe. Sustaining silence and circumspection are two behaviors that lead to better, healthier outcomes.

They are powerful without dominating.

The most influential person in the room isn't the one who is being a bully, talking loudly, and imposing him- or herself on others. Surrendered people understand that true power comes from being respectful and listening. Surrendered people know themselves and are empathetic toward others. They don't measure themselves by how much they are liked, nor do they compete for attention. When they sit quietly in a room, others always seem to come to them.

They feel successful apart from their job or net worth.

Surrendered people enjoy life, relish their personal development, and value their friends. They may have an exceptionally good career and be wealthy, but they are more concerned with meaning and fulfillment. The drive to acquire money and power is a behavior that drains people of their passion and emotional connection to others.

They can admit when they're wrong.

People who hold on to grudges, insist on being right, and try to change other's minds have a difficult time maintaining healthy, happy relationships. Surrendered people easily forgive. They are open to new ideas, and aren't attached to being "right." As a result, people love working and collaborating with them. Others seek them out as mediators and advisors. They are more laid back and relaxed than their rigid counterparts, which makes them highly valued by others.

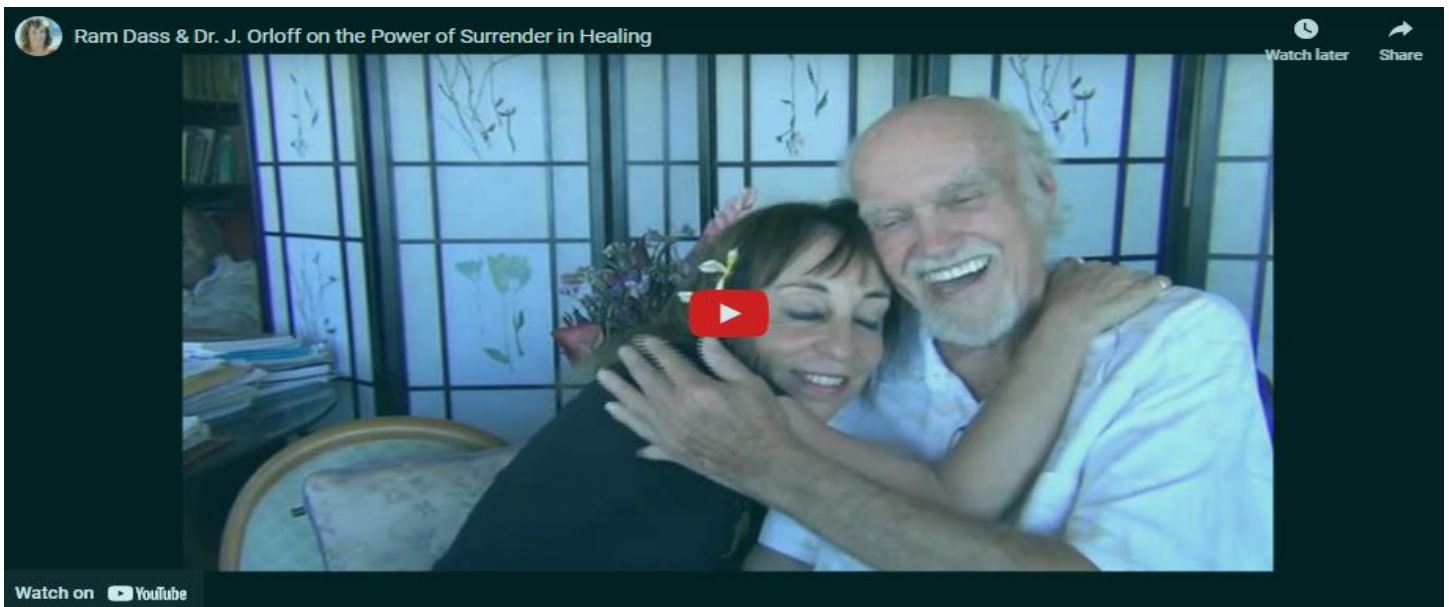
They are passionate and emotional.

People who feel the need to push and control tend to keep their feelings bottled up. As a result, they get shut down or remote, and their feelings come out in twisted, unhealthy ways. They become irritable, passive-aggressive, or volatile, for example. Surrendered people make great lovers. They can be spontaneous and playful. They love to feel and express all of their emotions. They look vibrant, healthy, and energetic.

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

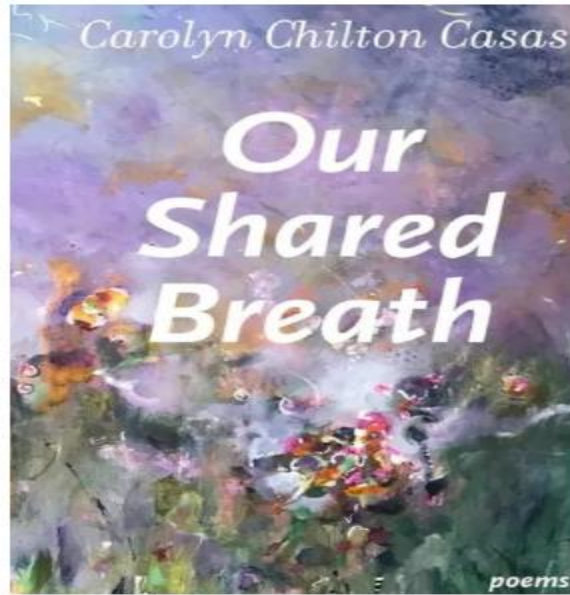
Dr. Judith Orloff's website - <http://www.drjudithorloff.com>

Video by Dr. Judith Orloff



Link: <https://www.youtube.com/watch?v=1NiIXo9IE64&t=40s>

Poetry By Carolyn Chilton Casas



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*.

What kind of poetry is this?

A cento is a poem worked wholly composed of verses or passages taken from other authors. See the numbers at the end of each line correlates to the author it was taken from.

Cause for Praise By Carolyn Chilton Casas

— A cento gathered from *How to Love the World*, edited by James Crews

Welcome. You've come to Earth.¹
This polished swirl of light,²
this one life, a gift we were handed.³
It could be a swiftly moving prayer,⁴
offered with voluptuous generosity.⁵
We must take the utmost care.⁶

How often we feel we're being watched over.⁷
But can we ever be known?⁸
I raise my cup to you, patient teacher;⁹
you sing of things we have yet to learn.¹⁰
And we, unacquainted with the names of things,¹¹
become become become.¹²

Each thing touched is cause for praise—¹³
docile buds of the apple blossoms,¹⁴
an old wooden bench, aging gray,¹⁵
the still-unformed creature beneath the soil.¹⁶
Beauty is needed most when it is useless,
when it fixes nothing at all.¹⁷

It isn't nothing to know even one moment alive,¹⁸
though real life is messy and vague;¹⁹
we are fractured like stars bred to shine.²⁰
The body's an empty cry for filling,²¹
and we have become changed by this.²²
Arrange us with meaning, the words plead.²³

There are days we live as if death
were nowhere in the background.²⁴
But then, we've often said our needs are simple.²⁵
Remember, time and light are kinds of love,²⁶
a universe hinges on tenderness,²⁷ and the sweet
and sudden ache lets us know we are alive.²⁸

Light lingers so long we can imagine ourselves immortal
Breathe in, knowing we are made of all this,³⁰
thankful for this new day and the waking into it.³¹
Let our lives be all the proof we need,³²
toasting whatever is next, our great good luck.³³
Hoping that yes, we are ready, or nearly so.³⁴

- ¹ "The Newborns," by Kathryn Hunt, p. 17.
- ² "Shells," by Christen Pagett, p. 18.
- ³ "Winter Morning," by James Crews, p. 137.
- ⁴ "Essential Gratitude," by Andrea Potos, p. 124.
- ⁵ "Too Many to Count," by Alison Luterman, p. 109.
- ⁶ "Eagle Poem," by Joy Harjo, p. 151.
- ⁷ "Listening for Your Name," by David Graham, p. 33.
- ⁸ "Another Day Filled with Sleeves of Light," by Heather Swan, p. 34.
- ⁹ "Moon," by Lahab Assef Al-Jundi, p. 87.
- ¹⁰ "Astral Chorus," by Laura Grace Weldon, p. 11.
- ¹¹ "The Newborns," by Kathryn Hunt, p. 17.
- ¹² "Kindergarten Studies the Human Heart," by Diana Whitney, p. 26.
- ¹³ "In Love with the World," by Mark Nepo, p. 153.
- ¹⁴ "Apple Blossoms," by Susan Kelly-DeWitt, p. 57.
- ¹⁵ "Part of the Landscape," by Joan Mazza, p. 123.
- ¹⁶ "Innocence," by Linda Hogan, p. 55.
- ¹⁷ "Third Year of my Mother's Dementia," by Lynne Knight, p. 99.
- ¹⁸ "Any Common Desolation," by Ellen Bass, p. 50.
- ¹⁹ "Autism Poem: The Grid," by Barbara Crooker, p. 24.
- ²⁰ "In Any Event," by Dorianne Laux, p. 10.
- ²¹ "In Gratitude," by Abigail Carroll, p. 31.
- ²² "Radiance," by Wally Swist, p. 72.
- ²³ "Everything Is Made of Labor," by Farnaz Fatemi, p. 56.
- ²⁴ "From Blossoms," by Li-Young Lee, p. 95.
- ²⁵ "Offering," by Albert Garcia, p. 106.
- ²⁶ "The Word," by Tony Hoagland, p. 117.
- ²⁷ "A Candle in the Night," by Nathan Spoon, p. 81.
- ²⁸ "In Love with the World," by Mark Nepo, p. 153.
- ²⁹ "Perceptive Prayer," by Grace Bauer, p. 132.
- ³⁰ "Eagle Poem," by Joy Harjo, p. 151.
- ³¹ "Winter Morning," by James Crews, p. 137.
- ³² "What Matters," by Terri Kirby Erickson, p. 152.
- ³³ "Thanksgiving for Two," Marjorie Saiser, p. 140.
- ³⁴ "Surprise Breakfast," by David Romtvedt, p. 14.

Interview with Carolyn



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

"Children and Spirituality"

By Rev. Colleen Irwin



Children and Spirituality are topics of interest to me. The basic fact is that children are naturally open to God. We just need to guide them along the way. I am constantly thinking about it and the ways as adults can assist children grow spiritually. Often it is children that help adults connect to their own Spirituality. I keep hearing the song “Greatest Love of all” by Whitney Houston lately. Perhaps what needs to happen right now is to help children with their spirituality.

It is something that I find beautiful when I come across young children and they are connected to Spirit in a great and unique way. Children do not filter by the views of others; they trust their own reactions. It is what it is, and they don’t judge it. They relish in in.

Not everyone finds this connection beautiful. Many like me are discouraged to believe in the reality which we find ourselves between two worlds. We want a better life for our children, and we want them not to experience negativity. Yet nobody showed us how. You may be at a loss on how to build that confidence in a young child. Here are some ways to assist children to grow Spiritually.

They are simple ideas that I have about assisting Children and Spirituality. Start small and build from there. Think about them and see how you can assist a child, even if that child is your own inner child:

- Instruct children how to critical think. Welcome their questions – even if your answers are unsure, let them see it is okay to question and not have the answers.**
- What happens when we die?**

- Will our dog go to heaven?
- Why do we have to keep saying the same prayers if God has already heard them a million times?
- Why are we here?
- Spend time in nature with your children which tends to quiet our minds, stirs our souls, and inspires reflection.
- Encourage journaling from a very young age and reflecting back upon them.
- Show them the simple beauties of life. When we teach our kids to be attuned to beauty, we are encouraging their spiritual life. Art, music, nature are all excellent ways to talk about beauty. Encourage them to define beauty on their own terms; not that prescribed by others.
- Teach them generosity and kindness. Remember to praise them along the way when they are acting in a generous or kind way without prodding.
- Hold doors open for others.
- Perform acts of kindness without reward.
- Send thank you cards when someone does something nice for them.
- Have them write letters to older relatives.
- Have a prayer or meditation routine in your home.
- When you volunteer, have your children volunteer alongside you.
- Encourage your child to regularly call on his or her guardian angel.
- Help your child develop empathy and compassion by assisting older people, people that are frail, those that are less fortunate.

Remember that our children really do believe and take to heart what we tell them. The most important thing you can do for your child is to be a living example of who you want them to become. Show them kindness, compassion, and forgiveness. Allow them to see your struggles too, apologizing when you are wrong. Tell your child what you believe about God. It is not the “big” things, it is all the little things that will put your child on the right spiritual path.

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>

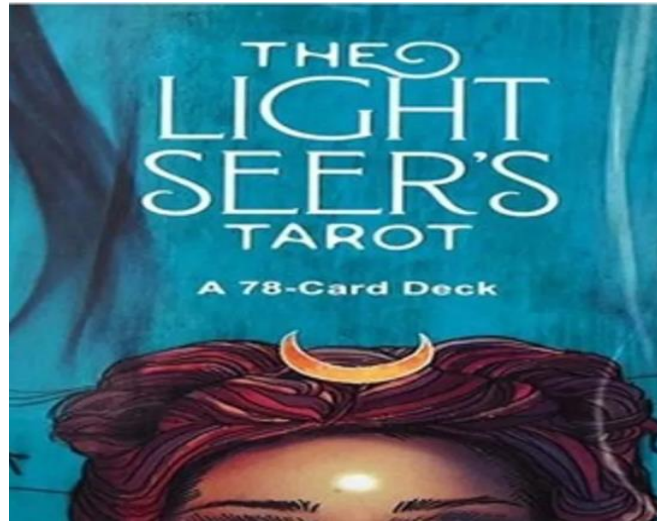
Pinterest: <https://www.pinterest.com/talkwithcolleen/>

Interview with Rev. Colleen Irwin



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

"Tarot Tendencies for February" By Doreen Scanlan



February being a shorter month means we have to cram everything we have to do into a couple fewer days so keep this in mind.

To start out the month Spirit wants us to be not only aware but willing to tackle areas that January left us in a deficit. So take some time to look at where you are falling short. This could be financially, emotionally, spiritually or physically. Do you need to check how you are spending your energy? If we look at these areas and notice we have been “spending” more than our share, it is time to pull back some. The sooner you notice that things are going down hill and you can stop it, the better.

Time to then look at what you have the ability to change. Keep in mind that we need to be moving in the direction of what else can make us happy. Not which these are going to further drain us.

Mid month many of us may hit a snag. This will be the time to see who really is on your team. When things get tough, some may turn tail and run. Your true friends will be there throughout. Don't mourn the ones that left. Send them on their path and move on yours. You gain your strength back fairly quickly and are willing to forge ahead. You can end the month strong and get most of your tasks done before The Ides of March roll in.

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>

"Physical Transformation - The Time Has Come"

By Patricia Cota-Robles



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

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=kGsYFhliGWQ>

"Thin Ice" By Monique Lang



We all periodically find ourselves on thin ice.

Sometimes it's emotional thin ice.

Sometimes it's logistical.

Sometimes it's in relationships.

Sometimes it's work related.

What happens to your nervous system?

Some of us get excited and prepare for action.

Some of us get scared and freeze.

And of course, it's not always the same, but it's worth noticing and questioning whether our habitual response is the most effective.

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

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

About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation for over 20 years.

Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many

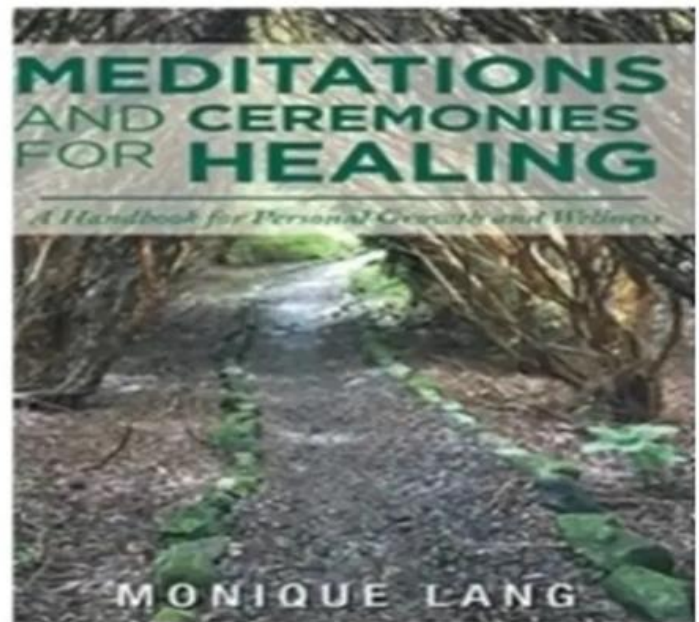
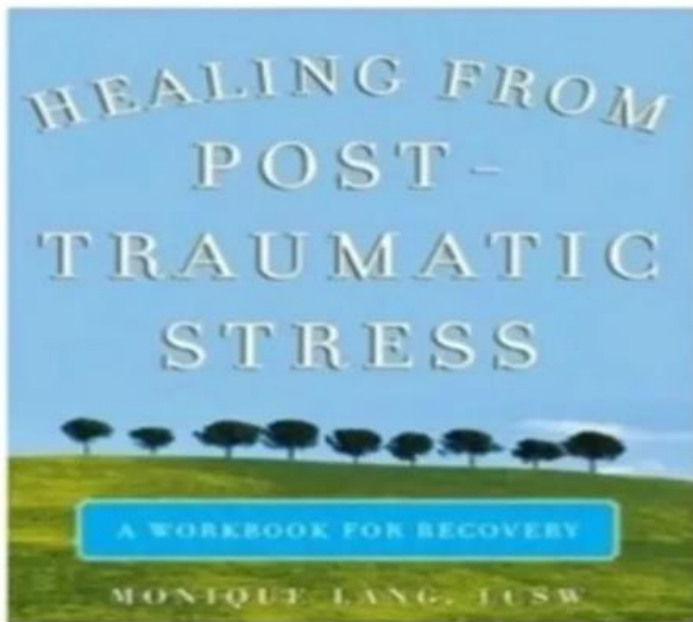
different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual orientations. This understanding is helpful in my work with my clients as it enables me to understand and put into context each person's particular background and way of viewing the world.

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

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

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

Monique's Books



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

"Raising Your Frequency and What It Means To Your Life Now"

By Melissa L. Watkins



Spiritually awakening is unprecedented. There is no precedent. We have no idea what it is or will look like in every case. Each instance is different. Each person takes their own path. Depending on where they come from or how they came to their awakening. There is no one size fits all. Every size is unique. Discover the journey is part of the process. Some come from religious backgrounds, some come from deep wounds, and some come to it spontaneously.

Our emotions are frequency. Abraham through Esther Hicks brought us the Emotional Scale chart, showing us where our frequency is based on our emotions. Everything has a frequency because everything is energy. Quantum physics is now supporting our connection to our 'etheric' senses: clairvoyance, clair-cognizance, clairaudience, clairsentience, clair-gustation, and clair-olfaction. We are becoming awakened to the Universe unlike ever before. Becoming co-creators of our reality and learning to cooperate with each other and our eco-system, Mother Gaia, allowing us to manifest and live in alignment with where our frequency is in this moment.

Some are still on the lower rungs of the chart in denial, despair, and fear of the changes happening on the Earth plane to all of us. We are all receiving the light codes and downloads to our energetic systems. Some are more ready than others to receive this information. These changes bring uncomfortableness to get us to move up the chart into compassion, empathy and ultimately, Love.

It is this uncomfortableness that leads to the fear. We have been programmed to stay safe in being comfortable with our circumstances

because that is what we know. Unfortunately, for some what we know is negative circumstances: abuse, addiction, trauma, pain, which has caused us to get comfortable with those feelings causing us to stay in those frequencies drawing more of those feelings to us through situations that we create in our lives to sustain us in the comfortability of what we perceive as normal.

These energetic light codes being downloaded to us are bringing us to get uncomfortable with our comfortability in the normal that does not serve us or our higher calling of service to humanity. Each person's service will look different as to 'how' they are being of service, however, we are being pushed to be and do more. The ascension is the moving up the chart into higher states of emotion to get us to get comfortable in this new energy or paradigm shift of cooperation, letting go of the competition war-like energy of the last millennia.

We are all being called to 'shift' our awareness. For some the process has been in place for decades, for some the process is in process, and for some they are just beginning to understand they are shifting. This is uncomfortability at its core. Only through making us uncomfortable will we make the necessary changes.

One step at a time progress is progress.

Nothing has to be gotten in a day.

Listen to your heart.

Trust your gut.

Find your tribe.

Use affirmations.

Become aware of your thoughts and change negative self-talk.

Meditate. Connect to your breath. Ground.

Use tools: cards, pendulums, oils, smudging, crystals, etc.

Read others' stories, teachings and be discerning to what resonates with you.

Take classes with gifted teachers.

These are just a few ways to lean into the changes and connection with the Universe. The energy shifts and ascension process will only go forward

from this point onward. There is no going back. Learning to navigate these energies and your response to them will be the most beneficial thing that you can do for yourself going forward.

I have created a course, Living in Love, for you to help you where you are at in this process. You can purchase it in the Shop, or you can receive it in the Spiritual Awakening Portal in the Subkit link.

Blessings, M xo

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

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

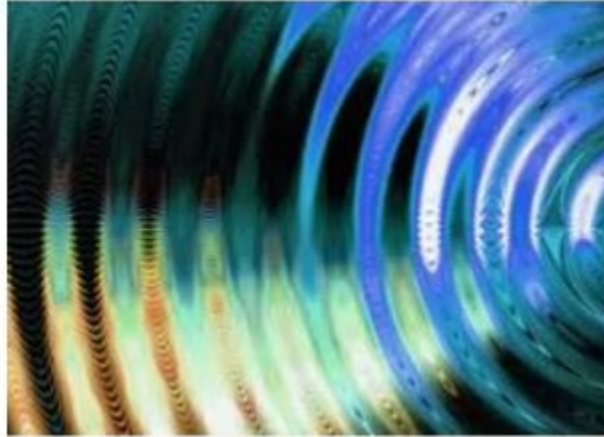
Melissa's website: <https://www.melissalwatkins.com/>

Interview with Melissa



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

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=7onYK8ubK18>

"Sage Wisdom" by Sage Walker



Recently I have been working with the idea of creating myself. I/We have carried over so many messages from our past that still limit us. For example, I was taught “Life is a tough road.” It is not a tough road and until I realized that I was limiting myself. It held me back from seeing some of the good things and I sometimes was waiting for what was next. Life is challenging sometimes but we deal with the challenge and move forward.

After a while I realized that living life like this held me back and kept me from enjoying life. I was not living in the present but worried about what the future would bring. I was living within the framework my parents had set up. I was waiting for what’s next. Totally missing the present moment. My parents grew up in depressed times which led them to live like this. I want to create in my life not let old patterns lead me. That leaves my subconscious in charge and that is not a good idea.

I slowly started to notice my thoughts and expectations. Whenever I was not in the present moment or waiting for what’s next, I changed what I was thinking and doing. Slowly I noticed that I was doing things because that’s what I had always done and that it was not always what I really wanted to be doing. I then looked at what I wanted to do and the did it. This was a slow process and difficult at times because some of the subconscious messages were very ingrained. An example was I could not start a business as it was difficult and especially for women.

I have since successfully started 3 businesses. Two of these are still active and the other I let go of because it was too costly. It just took putting one

foot in front of the other and reminding myself I can create whatever I want. So, check your subconscious and create yourself.

Your days will be much more enjoyable.

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>

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&sprefix=sage+walker%2Caps%2C163&sr=8-1

Interview with Sage



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

“The Courage to Admit Mistakes” By Barry & Joyce Vissell



We all make mistakes – sometimes big ones. But can we have the courage to admit our mistakes? The following is a story from our not-yet-released new book, *A Couple of Miracles: One Couple, More than a Few Miracles*.

Since 1974, during our retreat in the French Alps with Sufi teacher Pir Vilayat Khan, Joyce and I have nourished a vision of a place where people could leave their busy environments to come into an atmosphere of love, acceptance and healing. There, they could discover their own inner wisdom, either in a loving supportive group or alone in nature.

Soon after we arrived in Santa Cruz County, we saw an ad in the newspaper for twelve acres of land for sale. The line that really caught our attention was, “bordered by one quarter mile of creek.” We immediately went to check it out. It was gorgeous! It was steep, on a hillside of tanbark oaks and redwoods, with the small creek at the bottom. It was a warm day in the middle of the summer, with dappled sunlight lighting up the dense forest floor. I remember my joy, walking on the bank of the creek, imagining the trail I would build, and the tidy little A-frame sleeping cabins for our retreat participants. In my mind, I could see little rock dams, creating small waterfalls and pools along that whole 1200 feet, with the nurturing sound of falling water soothing the souls of everyone who came to this land.

We purchased the property for \$18,000! We hired a bulldozer to put in a road down the hillside to a homesite just above the creek. Even though switch-backed, the road was still steep. We brought in crushed granite base rock to make it more drivable.

A friend drew up, with our guidance, plans for our home, with a large living room for gatherings, and a large deck overlooking the creek and wrapping around a large, native maple tree.

Then autumn came, and the sun began to dip below the trees. Then it was gone. Not a drop of sun all day long. And it got cold without any sunlight.

The final clincher was the backhoe operator who drove down to dig a test hole for septic approval. I will never forget the comment he made, thinking I was a hired worker and not the owner. “I’ve put in a lot of septic systems in all kinds of places in this county, but what kind of fool would want to build something down in this hell-hole.”

That evening, with a heavy heart, I told Joyce what this man said. We sat a long time in silence pondering his words. Finally, I spoke, “Joyce, I feel we made a mistake.” And Joyce sadly agreed. Then we held each other and cried.

We sold the land, with its new driveway down to a cleared building site, to a young man who was thrilled to have a forested hideaway.

Three years later, during a particularly severe winter storm, the hillside above the building site gave way, covering the site with mud and debris. Luckily, nothing was built there. Any home on that site would have been demolished.

That backhoe operator, although crude and humorless, was nevertheless sent by angels to deliver his message.

I could have easily missed the message. I could have gotten angry with the backhoe operator. I could have stubbornly pushed on with our plans. I could have refused to admit my mistake, our mistake.

Why is it so hard to admit mistakes? There are several reasons. Pride (or more correctly, false-pride) is one reason. We don’t like to see ourselves as fallible. Making mistakes is for lesser human beings. Joyce sometimes teases me about my MD degree and sometimes my doctor personality. In medical school, we were all programmed to come across as experts, not matter how unsure we were. I’m still working on de-programming, so I sometimes slip and come across as the expert. I’m a medical doctor, and I make mistakes.

An even bigger reason has to do with “toxic shame.” We are human. We make mistakes. But we are not our mistakes. Toxic shame causes us to identify with our mistakes. Toxic shame dictates that we are bad people

because we made mistakes. Therefore, to admit to making a mistake is to admit to being bad, rather than simply being human. I can easily relate. As a child, I got labeled as “bad,” where it was simply my behavior that displeased my parents. But we are not our behavior.

One of our first spiritual teachers, Leo Buscaglia, modeled self-love after making a mistake. He used to hug himself every time he made a mistake. You can read Joyce’s article about this here: <https://sharedheart.org/a-lesson-from-leo-buscaglia-the-art-of-forgiving-your-mistakes/>

Our friend, Scott Kalechstein Grace, wrote a children’s song that is just as applicable for adults. It goes, “Oops, I made a mistake, but I’m beautiful, yes, I’m beautiful.” And indeed, we are no less beautiful and loveable after making a mistake, no matter how big it is. If our mistake causes someone pain, please sincerely apologize. And you’re still beautiful and loveable.

Go ahead. Do what Leo did. After making a mistake, try giving yourself a hug, and then acknowledge your innate goodness.

A Free Gift for You

We would love to give you a free gift, our new audio album of sacred songs and chants, available for download at SharedHeart.org, or to listen on YouTube:

<https://www.youtube.com/watch?v=ZGml4FDMDyI&feature=youtu.be>

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

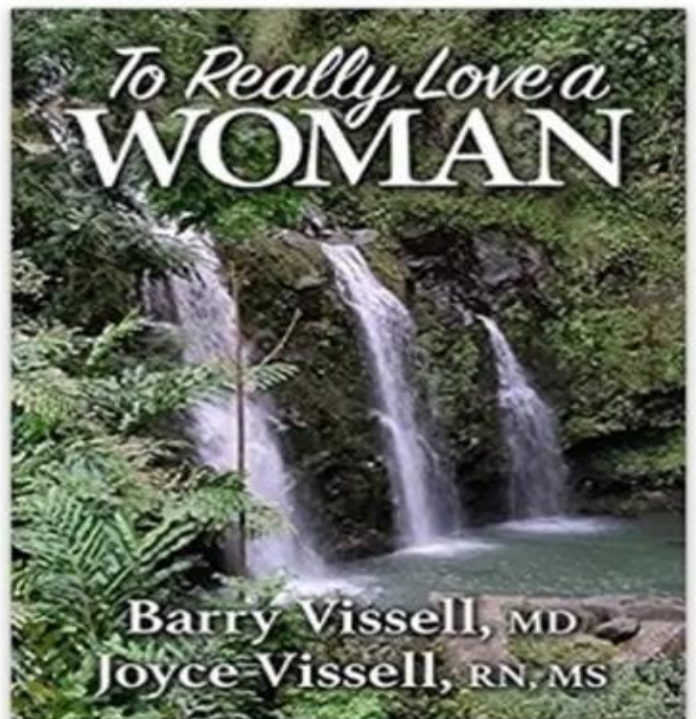
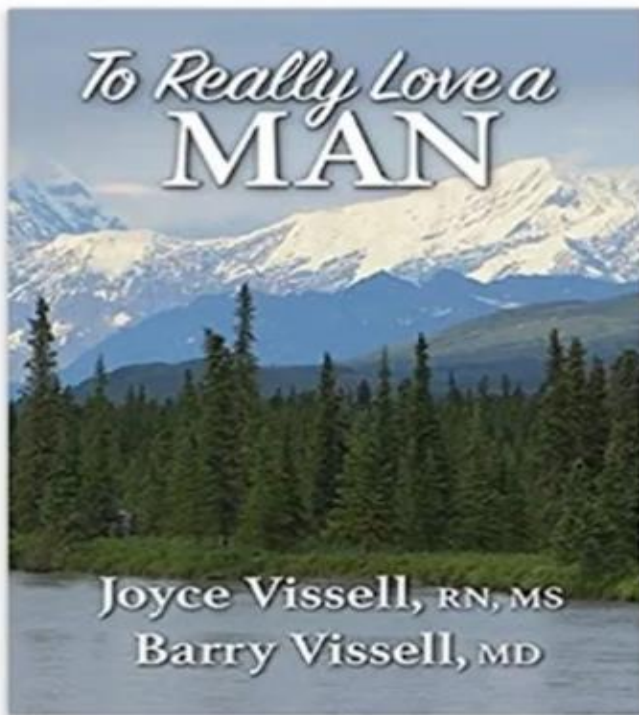
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



Link: <https://www.youtube.com/watch?v=QmkMLHZpm1g>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/Boo1K8JAR0?ref_=dbs_p_ebk_roo_abau_000000

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.

"The Secret to Immortality is Simple" By Dianne Robbins



Greetings, it is Mikos, residing in the Hollow Earth, in the City of Catharia, way down below the Aegean Sea off Greece’s mainland. This is the focal point of our abode, and where you can physically find me, if you could physically go down to the depths of the Ocean and then continue about 800 miles deep. Here we reside in peace and comfort and abundance and great wealth of health and body and spirit. For living so deep inside the Earth has given us all we could ever dream of including our Immortality.

Living in peace is the secret to gaining Immortality, and we invite you to try it. You would enjoy it. No clamor, no wars, no hardships, just pure delight and joy in each moment of each day – and it lasts forever. How blessed we are to have discovered this secret, for this is the secret of life. It is so simple once discovered.

Just live in peace with one another and you have everything you could ever dream of, including your being with us. Yes, we can meet physically with you when there is peace on Earth's surface, but not before. So strive to live peacefully with each other, and start with your biological family, and then spread your love out to your community and then to your nation and then to the whole Earth, and then assuredly we will magically appear before you, in our physical forms of radiance. Yes, our cells radiate our Light and it is very visible to the eyes. Once you are living in a peaceful state on the surface, you too will be radiating this Light from within your cells, and this light will encompass all around you and you will Light up the surface for all to witness.

And then there will form a great conclave of Beings from other dimensions and other star systems who will celebrate your climb into Light, and you will be formally accepted into the Confederation of Planets once again, for regaining your Light Status. What a moment in time! You will achieve this, this we know. But why take so long? Do it now. It can happen in the twinkling of an eye, since time does not exist. Just make up your minds that you intend to live in peace, and it shall be, and the whole Universe will support your intention. It is not a mystery...it is your intention. It is simple, isn't it? It is only your governments who have purposely made it so complicated by devising wars to entangle and control you. For they know that in peaceful conditions you would rise in consciousness and find your Self, and merge with your Higher Self, thus gaining your Immortality. And this would put them out of business, and they would lose their hold on you and would have to leave the Earth plane enmasse. So let them leave!

You do this by being the peace you wish to create and spreading it out to all around you. Could it be more simple? As you rise in consciousness, you will find that most mysteries in life have simple solutions. Whatever you want to achieve, just 'be' that achievement and it will effortlessly come to you because you are already radiating that frequency of what you want to attain so it has to come to you once you have identified with it 'as you'. It has nowhere else to go but to you – it's vibration then matches yours. Simple? Yes!

So you have to become actresses and actors, don't you? You have to play and live the part you want to create in your role on the screen of your life – and it is your life and you are the actors, so play your part well and your dreams will all come true. It is only up to you. No one can fill in for you to play your part on the screen of life, only you can.

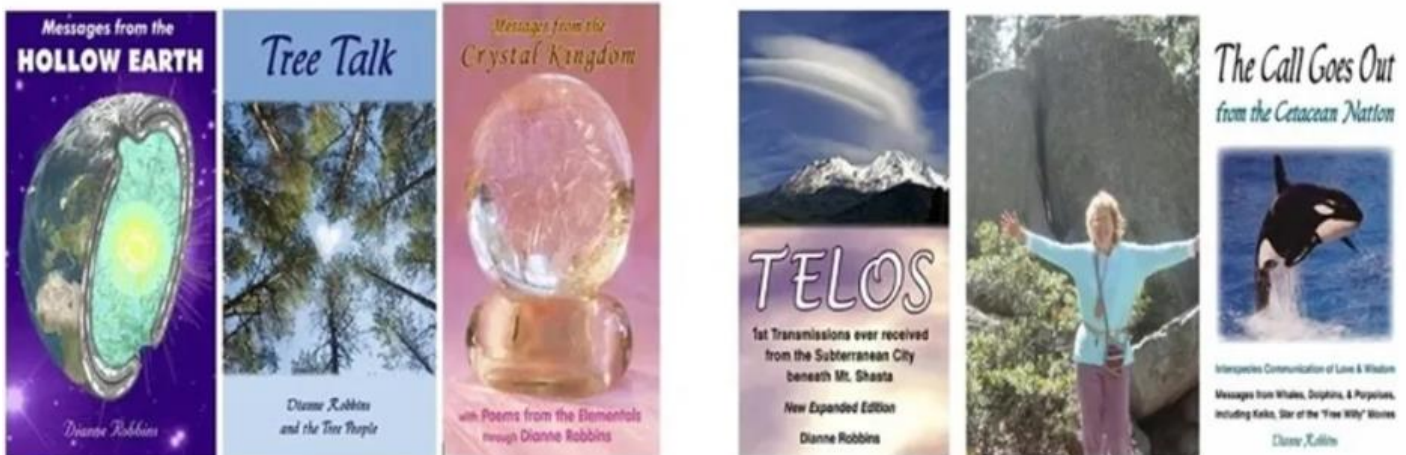
So dream your life away...it is the quickest route to Immortality. We await you there. I am Mikos, good day.

And now Rosalia, your sister from Telos is here, bidding you a good day. I am encased inside the Earth, where all is cozy and all is warm. We don't have the fluctuating weather factors here that you have on the surface, because we live in a state of Immortality, and in Immortality all is perfection. So this is the aim of humanity – to reach this state of Immortality where all problems become instantly solved – voila – nothing to ever complain about again. It is magic, pure and simple. So we invite you to peacefully gain your Immortality, because it is only through peace that it can be gained. We have proven this during our past 12,000 years of living in Telos.

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

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

Dianne's Books



Find Dianne's Books on Amazon: https://www.amazon.com/kindle-dbs/entity/author/B001K7VFYM?_encoding=UTF8&node=2656022011&of fset=0&pageSize=12&searchAlias=stripbooks&sort=author-sidecar-rank&page=1&langFilter=default#formatSelectorHeader

Video with Dianne



Link: <https://www.youtube.com/watch?v=NScJ1jCO2Cw>

"2023 A Year of Movement" By Shelly Dressel By Shelly Dressel



It was really exciting that this channel took place on the evening of New Year's Day. Not only did we have all the energy of celebration, but the universe was lining up to assist with this change.

The Goddess spoke at length at the beginning about understanding where you are right now. People tend to live in the past or future, but this is about living in the now and taking stock of where you are, right now. For the past two years, the Earth has released the third dimension and moved fully into the fourth/ fifth dimension. Some people will call this fourth density. She went on to say that after integrating so much last year, now there will be a movement for everyone. This is so exciting as many have felt the higher energy, a desire to move forward, then stuck with where they are in life.

The Goddess also spoke at length about how to focus our energies, how to pull them within, and how to align in our bodies. There is so much within and around each of us that this is now the time to learn to use it to help in your everyday life.

Once we arrived in the All That Is, the Goddess spoke about the Nama Sika Room. This is an energetic room or space where we can meet, meditate, heal, help others, or use in whatever form comes to us. It is located at the frequency of our higher self so that it is easy to connect with, yet still, gives you a higher perspective. We will talk more about this love this year and I invite you to share if you choose, about your experience.

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

I greet you, beloved family. I reach out from my heart to yours. I reach out to embrace you at this moment that within your world, within your reality

is the beginning of a new day, a new month, a new year. This is oftentimes a good opportunity to consider your life. Consider what might be happening. Consider your relationships as if you are looking around at the life that you have in this now moment and what comes into your awareness.

Everyone within their lives have things that are going well, that are going smoothly, and then other things that may be stuck, or perhaps other things that they find very frustrating. Many people will take this time of the year to put forth intentions for the changes that they would like to make. We have met several times close to the first. I think maybe one other time it was actually on the first, and I remember having a similar discussion with you about not putting forth necessarily an intention of what you want to have. Instead looking at what you do have, being present in the now moment, and then allowing that to unfold in the coming year.

In so many ways 2022 was very transformational. Not only the influx of the higher frequency, but also in the ways in which each one of you did that work that you do upon yourself. Such as how to learn to be nice to myself and others. How to love myself and others. How to be generous with myself and others. And that was the emotional, kind of, underlying ways in which I was here with you supporting you through meditations and transformations.

When you look at people's lives name any given year and change is taking place. Things happen to people. Some things that are very frightening. Some things just frustrating. But life on Earth is about transitioning. It's about becoming aware of who you are as the person in this lifetime. Then as you navigate through your days, weeks, months, years upon the Earth how do you navigate; crisis to crisis, with anger, with fear, or with love. And when you do get spiked into something that's frightening how quickly do you come back up.

This upcoming year it's going to be a year of movement. You have had one; let's say two years ago as you were releasing the third dimension and bringing in the new influx of energy there was still so much heavy density that for many of you it was hard to tell a difference. Then last year was truly integrating the higher frequency. As I look at the earth plane, I no longer see the third dimension. Everything that was the heaviest, densest, aspect has now either transitioned into a higher frequency or it's no longer able to have as much of an impact.

So 2022 was about really, really, really integrating and becoming accustomed to this higher lighter frequency. The big part of it was for all of the millions of people that have no clue that the dimensions have been adjusting, but they are now much more aware, just as you are, that change is happening. So now that you've had that influx for a year and you have become accustomed to it 2023 is now about movement. When I look at this year and I look at the potentials and the different opportunities that people have upcoming. A lot of it feels to me like movement. Which is taking steps for a new career. Taking steps for a new relationship. Taking steps for that new house or car that you've been looking for.

Another big aspect of 2023 it's about shifting your spiritual awareness. You now are so much more aligned with your Divinity than you have ever been before. This alignment is what creates that underlying fulfillment within you that supports you emotionally, spiritually, which in turn then allows you to open up mentally and consciously. You are more than just one piece of this puzzle. There are multiple different aspects of you that come together creating you as the person that you are. This is why I always say; be gentle with yourself. If one or more of those aspects of you are wonky then love it back into balance.

There is massive amounts of energy and light that are just pulsating into the earth plane at this time. There will be more and more of that that comes available to you this year. As it does so this is when you have the opportunity to tap into even more of your soul essence and you may say well what does that mean to me, how does that look? It will come across to you as becoming more sensitive to the energies around you. For some it may mean that you can see things, hear things, you may develop the telepathy. In the not-so-distant future you will even begin to teleport.

These are some of the things that many of you have been dreaming about for years and as there was only a small amount of that energy that was trying to balance out all that heavy low density it made it very challenging. That is no longer the case. You are well over the hump. You are now able to access so much more than you ever have before.

Part of the ways in which you will access this is through discernment. Rather than just listening to somebody else and doing what they say, or parroting what they say, each one of you are responsible for your own choices. You're responsible for your own reactions to whatever may be going on in your life. When you get those ups and downs you can choose to go into the very negative aspect of it, or figure out how to create a positive way of looking at it.

I hear you. Some of you are saying well some people are just not very positive they're just negative people. However, you are listening to this you can make that choice and even if it is your second nature choose anything that's going to allow you to feel better about yourself, to feel better about whatever that situation may be, and to be stronger within your own right. That is my intention for every one of you this year.

I honestly feel such excitement as we're still here on the earth plane. I could feel each one of you as I speak these words and as I send out my vibration and my energy into you. I can feel the anticipation that you may be feeling about what this year will bring to you. Be open to receive.

I have been considering changing up some of our ways of shifting from different realities. Here in your everyday reality I invite you to just ask what is my frequency or what is my dimension at this now moment? Some of you may hear a number, you may feel something you, may see something. The ways in which you can interpret this is fully your own. But the reason I ask is I would like for you to become accustomed to asking yourself this question so that you will begin to discern, "ah I can shift my vibration upward a little. I thought it was over here but I'm hearing that something in me is still holding me down here."

So, you're taking a breath and ask that question and just acknowledge this is where I am in this now moment. As if you gather the energy that is around you, you take another deep breath in and you breathe all the way down through your nose, through your heart, into your energy bodies and you send that down into Gaia.

As you feel your energies anchoring into Gaia you can know that this is how you not only anchor your physical self, but it allows you to communicate with the essence of Gaia spiritually. You let that come back up through you. You send it out through your energy bodies and then you send it up until you arrive within your higher self.

Okay, as Shelly's energy arrived there before I could even say it, I was going to suggest that you ask what level am I now. She heard 5.8. So, for her vibration, she was in the higher end of the 5th dimension. When she was here in this everyday reality it was 4 – 5. So, feel the difference, and for those of you with your analytical mind you can tell, ah it's a different number it must be a different frequency. I recognize that I am analyzing this and it's somewhat keeping you in your mental body, but there are

many of you that have been asking for a better way to understand and that is why I am talking about it in this manner for this one only.

You are here in the space of your higher self. Ask to know is it wide open and spread out around you or is it somewhat confining. If you need to you can push the energy out wider so that you have some space around you with which you can look around or shift your focus. There we go. Take a moment to discern does it all look consistent. Does it look different? Do you see areas that are just sitting there stagnant? Take another breath in and as you breathe out as if you are blowing a breath of energy and light through this space, phew, just clear it out. Clear out everything and did you feel how you went up even higher?

Those desires, problems, issues, whatever they may be that you are constantly working on within your higher self will come back again. They're not going anywhere, but you clear out and have a fresh perspective anytime that you do so.

Allow your energy to move further. As you follow that stream of energy you can just put forth the intention that you move into your Divinity. As you do so take a moment to consider your perception. What does this look like to you or feel like, or causes you to sense?

As you take in everything that is here let yourself feel. Let yourself know that this is your doorway to eternity. Through your Soul, you can move through all time space reality. Through your Soul, you may tap into those aspects of you that you consider your past lives. Some consider them your parallel lives. Your Soul is what makes you divine. It's that place that welcomes you and just always; always accepting and loving about you. There we go.

I the Goddess walk in and amongst each one of you. I reach out to blend my energies with yours and as we do so we shift moving our consciousness into be All That Is. It's changing again, isn't it? There has been a massive change within the Universe over the past 365 days and as we stand here on this first day of another year it's as if you can look forwards and backward and just take it all into this now moment. You see how everything is different. You have shifted upwards.

The All That Is, is it time space reality. It's a very high frequency and it is a place where you can create with other aspects of yourself, with Angels and Light Beings, or perhaps with other energies from the Universe that are coming in to help you.

Let us consider for a moment the last time that we gathered together. The conversation was Nama Sika I am the light. The phrase altogether is Nama Sika I am the one. Meaning you are connecting within yourself then Venia Benya I am the whole, because every person is a part of the whole in the Universe, in your community, in your family, within your own life. We have utilized that phrase at the beginning of this gathering for 20 years now, perhaps 19.

During the last gathering someone had suggested that a room such as this the All That Is be created at the level of everyone's Higher Self and it would be called The Nama Sika Room. So, it was created. Many of you go there now in your dream state. You go there in your meditations. You go there with your conscious awareness.

I wish for all of you to look at this from here in the All That Is and just open up your awareness and say I would like to align with The Nama Sika Room. Now it is going to shift you down because it is closer to your earth plane reality. So, if you would like, you could just look at it as if from a distance and remain within the All That Is.

As we look at it there is a life force. It's as if it pulsates with the consciousness that it is. There is a light that emanates. There are times when you might notice it gets massive and then times when it gets small. It is whatever it needs to be at any given time. You will notice there are times when people come in; they're feeling troubled, perhaps alone, perhaps scared. Then you could see how if nobody is in there then the consciousness of the room itself surrounds that person with love and light. But what gets summoned are those of you that go there on a consistent basis. You may not know it with your conscious mind but you are going there to help someone that is asking for help.

In other segments, you may see people just sitting as if having a conversation. Maybe in your everyday life you are processing something that you are going through. You're thinking about pros and cons. You're thinking about opportunities. You're thinking about what's your heart's desire. So let The Nama Sika Room be a place that you allow for a conversation like that to take place. You may hear, or sense, or know answers to some of your questions and be aware that whenever anything is completed or resolved the energy just naturally cleanses and transitions, and it is in the space of ever-present balance.

Part of the reason that we are so strongly encouraging this is that many of you feel isolated and alone. You feel as if not many other people can think, or talk, or look at life the way you do. So here is an opportunity for you to just be present just as you are in these meditations. So too when you go in your meditations to that room the more you go the easier the flow and then you'll begin to just hear and know and understand things.

The Nama Sika Room will evolve over time, but this is one of the first steps that people can practice becoming accustomed to telepathy. Because the more that you interact. The more that you go into that space, ask to have a conversation with someone and then you begin to hear or just know intuitively that you are having a conversation and you are opening up. It's exciting. Okay, so we just let that go and it is always yours for as much as you so choose.

Not that I think anybody here would consider this but it went through Shelly's consciousness that room cannot ever be manipulated. If you try to bring something hurtful to others or say something hurtful to others it does not get conveyed. This is a high, light frequency and anything like that is incompatible with that vibration so, therefore, that person will get gently removed from the room and the vibration will be inert, because everything is a vibration.

Breathe in and breathe out.

I'm going to clear out the area around you. So as if you were looking at this upcoming year you can do howsoever you choose month by month going out from you, or looking at the quarter and then a quarter, or the half year. Take this opportunity and just ask what do I need to know about this upcoming year and see if you receive an intuitive message. You may ask it now and you may get the results later after you sleep. Perhaps as you're busy doing something else it slides in. Just take in whatever information you may see for yourself.

As you are looking at what that may be you could now shift gears a little bit and then bring up what you are consciously choosing to understand or know for this year. With all our discussion of energy and vibration as you put forth your question, or your intention of what you seek to have do you see it becoming energized, becoming bigger, giving you ideas of what you may choose to do or not do? Just receive that information.

If there's something that you have been seeking to manifest for a very long time that has yet to manifest, ask why. Why didn't it happen for you? Is it

something stuck in an old paradigm? Is it coming in a way that you do not anticipate?

At this time recognize how fluid and how much movement there is within the year. So things that you focus upon right now may be different in a month, in a week, in a day. But ask to get as much energy as is in your best interest for what you seek to create and then let it go. Release the control that it has to be a certain way. Release the control or expectation of when. Simply be open. Be open to all potentials.

I invite you to come back together as a group. As we do so feel as if you are taking all of those many, many, many potentials and then just let them flow from you from your heart, from your consciousness and just let it go into the center of this group. This is another way in which to work with the energy similar to what you will do in The Nama Sika Room. This is creating a space where the hologram of the Earth is then able to align and absorb everybody's intention.

We see an aspect that goes out goes out through the energy of the Universe into some of those ships that are there working with our planet. The remainder goes down; it goes through the energy that is surrounding the planet. It goes down to the center of the planet and within those crystals, within that space it anchors your intention for this evening; the opportunities that you are seeking so as to help you with manifesting in this year to come. It all comes then back up through where you anchored within yourself.

You allow what was in the All That Is to flow back down within you and as if you stand here, you can feel the energy from the Universe and from the Earth and it all moves through you. This moves out from everyone to everyone living upon the planet giving them the opportunity that they may awaken or learn to listen to their intuition. It just moves in waves from you.

Your calendar year 2023 is opening up. It's there in front of you. As if you are opening up your heart and just letting all of your heart and love and light just flow from you. Allow it to just move through your relationships, your things you seek to manifest, your job, your life, be open to let it flow from you and then be open to receive as things may flow back within you.

Beloved, I am ever with you.

Ansaluia

About Shelly Dressel: Shelly first began channeling in 1995 as means of seeking a deeper connection to her own divinity as well as to that of the angels, guides and teachers who surround her. She is now known world wide and works one on one with people from many countries. Shelly has been a registered nurse for most of her adult life. Following her divorce in 1989, she began a path of seeking to find her inner truth and to put an end to loneliness. Along her path of discovery, she received attunements in Usui, Shambhala and Celtic Reiki. Through varied interests she took classes in yoga, meditation and aromatherapy, to name a few. Each step has opened a door to something new!

When Shelly began receiving messages from her guides, she chose to talk with them directly, which evolved into the type of channeling she does today. In the ensuing years, she's channeled innumerable angels, teachers, masters, ET's, the dolphins, people's pets and those who have crossed over. Early on, Shelly was also drawn to the divine feminine energies and, subsequently, in 2001, she brought through the Goddess of Creation; the feminine aspect of Source energy. This high vibrational energy was able to be communicated directly through humanity only since the year 2000, when our planetary consciousness reached a frequency with which the Goddess could interface.

Shelly is a clear channel who is able to tap into situations from a soul perspective. This perspective is higher than the plane in which our mental activity takes place. Shelly's channeled information always comes from a place of love and acceptance. She can assist you in receiving helpful information, shifting negative or stuck energies, and with healing your energy fields from the physical to the spiritual. Any changes that you make originate from within you; Shelly merely facilitates connecting you with your greater potential.

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

Shelly's website: <https://goddesslight.net/>

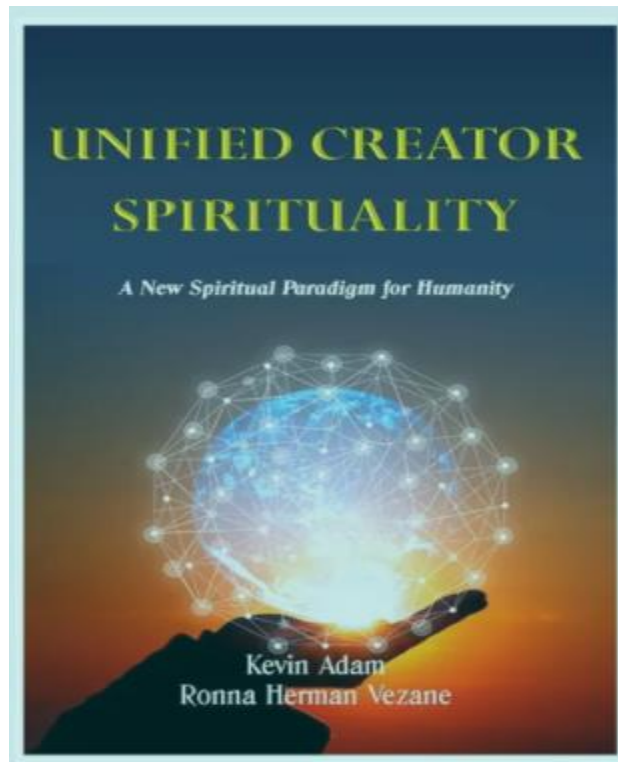
Shelly's Video



Link: https://www.youtube.com/watch?v=Yk_Oe9X811A

"The Vibrations of Love Overcome All Negativity"

By Ronna Vezane



Beloved masters: Unfortunately, many Souls have become what could be termed spiritually bankrupt. For they have either used up their allotment of Adamantine Particles of Love / Light and are now so steeped in the lower frequencies of the Third / Fourth-Dimensional world so they can no longer tap into the cosmic river of life and draw forth the full-spectrum Light of the Creator. Or, since early childhood, they have not been able to attain the required level of harmonious frequency patterns to ignite their allotment of Adamantine Particles stored within their Sacred Heart.

Also, sadly, many dear Souls take with them into death the greater portion of their allotment of Creator Light. These are the tormented Souls who feel unloved and have led a life of suffering and often isolation or violence, created by a sense of hopelessness, feelings of self-hatred and inferiority. They often focus their hatred and frustration outwardly, blaming others and fate for their failures, while all the time being unaware that they are the source of their own pain and suffering.

Many of these precious ones chose to come forth on what could be called the lower spectrum of Shadow and Light. At a Soul level, they chose the overlay for the life's drama they would experience because they wished to overcome certain imbalanced frequency patterns from the past.

However, it is important that you understand that many times the path they chose was, most likely, too much of a challenge, and so they fell back into the negative patterns of many fruitless lifetimes. Those who have the least freedom of choice are driven by obsession, addictions, and unconscious impulses. They are controlled by past negative influences that are very difficult to overcome and correct.

Remember, dear hearts, you are not judged by anyone but your Higher-self, and you will always be given an opportunity to overcome past transgressions. Self-forgiveness is the first step in healing the past and reconnecting to the power within. It may seem heartless and uncaring, but a Self-master will gradually end relationships with people who they no longer have a harmonious relationship. There should be no judgment, just a gradual letting go and withdrawal or severance of any energy cords of attachment. It is usually the other person who ends the relationship, for they can no longer receive the emotional energy support they require from the en-Lighten-ed person.

Beloveds, it is your Divine Mission to become a tributary of the River of Life, a channel for the Divine force of Creation. Stagnation begins immediately when you stop the flow of Adamantine Particles into your Sacred Heart. As you become a Sentinel of Light, your aura will glow and grow as you become illumined by the radiance of Spirit.

You, your home, your neighborhood, city, state, province, and country all have an auric field, whether it is bright or dim. The heart and Soul of each country must be revived. When unity consciousness is lost, the spiritual life force of a country begins to wane. Remember, everything that exists has an aura. The divinity and awesome power of the Creator is in everything!

STUDY AND MEDITATE ON THESE CONCEPTS SO THAT YOU MAY INTEGRATE THE INFORMATION AND TURN IT INTO WISDOM:

>> Never forget, you are eternal and immortal. Your physical body is a temporary temple in which God dwells. The Sacred Heart is the temple of the Soul. Therein, is the Essence of life where true love resides, and where your awareness of Infinity begins. The Diamond Core God Cell within the

Sacred Heart contains the Twelve Rays of God Consciousness, which are etheric crystal prisms of refracted Light called Rays that beam forth the Essence of Creation.

>> Death is a metamorphosis, a changing of the cloak of flesh for a cloak of Light. You have but one life and that life is eternal. You have assumed many roles while on your journey throughout eternity. However, you are as you were in the beginning within your Sacred Heart: a Divine child of the Supreme Creator. To become Christed is to realize the Divinity within, and then following, unerringly, the guidance of your God Self. In the higher realms your vessel of Light is pure, perfect, and indestructible. Envision a wholeness that has never been altered and has no imperfections.

>> Staying centered within the Sacred Heart maintains your connection to the higher levels of God Consciousness, and assures a steady flow of Creator Light, Love and Life. The Superconscious mind is a magnet for higher, godly truth. The desire body is a generating force within each person. You are dominated by either the ego desire body, which is controlled by the physical senses, or the spiritual, righteous, desire body that is controlled by the Higher Self. The subconscious, subjective mind is ruled by the conscious mind and past conditioning. It is programmed and reprogrammed through vibratory influences, whereby the lower, negative thought forms of the past have convinced you that you are sinful, weak, imperfect, and inferior.

>> Throughout your many past life experiences, you have created a powerful vortex of doubt, depression, fear, scarcity, and debilitating disease which led to premature death. These harmful thought forms have been repeated over and over again until they are firmly entrenched within each individual's subconscious mind, as well as within the collective conscious belief structure, until they become the accepted reality of the masses.

>> Your Sacred Mind always knows the truth and it will eventually override the misconceptions of the conscious mind, which can be reprogrammed as you strive to clear the subconscious mind of negative influences. Your Sacred Mind is the direct connection to the God Mind. Moderation in all things results in equilibrium, balance, and a sense of well-being. Self-mastery leads to control of the physical emotions and the thought processes of the lower mind. A Self-master stands firmly centered within the Sacred Heart in the midst of chaos and change, holding fast to the wisdom of the Sacred Mind as it gathers strength and guidance from

our Mother/Father God, an observer of the process as all illusion slowly fades away.

>> Ascension means attaining a clearer awareness of Self and accepting the fact that you are an extension of our Mother/Father God. As you delve deeper and deeper within Self, you come to realize your intimate connection with the Creator. Once you have felt the exquisite bliss of a heart-to-heart connection with our Father/Mother God, and you are able to draw fully on the Adamantine Particles of Love/Light, your yearning for love is gradually fulfilled. Your hunger for sustenance will also be satisfied and you will be given the strength, will and determination you require to joyfully complete your earthly mission.

>> Energy is generated through frequency patterns of attraction, rather than patterns of resistance or friction. Thoughts, words, and emotions have either a helpful or detrimental effect on the physical vessel, and also create a certain band of frequencies within your auric field and beyond. Thereby, your reality on the physical plane is created. The laws of the universe state that you must always experience that which you create. WHEN YOU ARE RADIATING THE REFINED FREQUENCIES OF LOVE ALL AROUND YOU, THE NEGATIVE FORCES WILL NOT AFFECT YOU.

My brave ones, It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an “ego self-serving mode” to a “Soul-serving” state of consciousness. Your Soul is the part of you which is connected to the “Universal Whole.” You gain compassion the hard way through pain and suffering; “ego-driven”, or the easy way, through the process of reunion with your Higher Self; “Soul-inspired”.

Nothing can escape the radiation and magnetic influence of the rarified Creator Light / Adamantine Particles now permeating this Sub-universe, galaxy, solar system, the Earth, and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to your many levels of consciousness. You must be harmonious with and attuned to the higher-vibrational cosmic teachings in order to integrate them.

The refined frequencies of Light and sound vibrate through your blood stream, cells, organs, bones, muscles, and tissues, thereby, enriching your sense of well-being. The lower frequencies of the Third- / Fourth-Dimensional environment restrict the flow of life-giving energy and increase the density in your four lower-body systems. Your Sacred Heart

and Sacred Mind, along with your blood stream and Chakra Mind Centers, carry genetic encodings of your earthly lineage. And even more important, within your DNA are holograms and Memory Seed Atoms of your entire cosmic lineage and your Divine heritage.

Beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns, which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart and Sacred Mind as you draw forth the Diamond Ray Particles of Life / Light and infuse them with your love before radiating them out into the world and to humanity. Together, in our own unique way, we are all experiencing this cosmic dance of evolution. And, through our joint effort and endeavors, we shall prevail. I AM Archangel Michael.

Ronna Vezane / Sacred Scribe

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

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

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

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

Ronna's Video



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

"New Multi-dimensional Threads" By Brenda Hoffman



Dear Ones,

Perhaps you are concerned you are not adjusting to your new being rapidly enough or correctly. That just being feels counter-intuitive. That you have to do something or be something to continue transitioning.

The truth is you have transitioned. And an element of that transition is peace. The ability to start and end your day without agendas, have-to, or shoulds.

Many of you believe you must meditate, pray, journal, or do this or that because others claim they can help you continue your journey as long as you follow the actions appropriate for them.

You no longer require teachers, gurus, exercises, or the right thoughts or actions. You have arrived.

From this day forth, you determine what is fun or right for you.

Some of you are concerned that you do not have indicators allowing you to know what to do. Or it's easier and faster to follow dictates from those who claim to have answers for you.

No one other than you has the answers or techniques that are correct for you. You have transitioned from student to instructor.

That last statement does not necessarily mean you know all the answers for yourself – and most definitely not for others. But instead, you are a new instructor graduate peacefully pausing as you determine what actions seem interesting.

Perhaps our statements seem odd given that with a few words, we of the Universes indicate you are an instructor. So who are your students? Those following you – and you. You are a student of yourself.

As you evolve into that role of self-instructor, your statements, actions, and reactions will be the classroom for those who follow.

You are no longer of 3D, including the eons of roles you took for granted. Many 3D instructors amazed themselves by discovering they learned as much as their students preparing or presenting certain materials. So it is for you now, only in a different format.

The 3D format of instructor teaching concepts to a classroom of students is no longer necessary. Your instruction will be your life actions. The student/teacher division has disappeared.

Granted, the student/teacher format will continue for some time in the 3D world. But those who have transitioned beyond 4D will not find those interactions interesting. Instead, learning will be life lessons acknowledged as that life is displayed.

Instruction will be more observing and incorporating those observations into your being without formalizing the action with, “If you say or do this, you will be successful.”

What is suitable for others is no longer right for you. Not because they are trying to cheat or harm you, but because you are no longer part of 3D group think. You are a unique individual with unique needs and actions.

Many who base their teachings on their rightness of action will discover that fewer are interested in following their path. Their followers will expect broad parameters of interest – with limited or no shoulds.

There is no longer a diet, meditation, action, belief, or interaction applicable to all. The only directive appropriate for you now and forever is what interests you as generated from within.

The channel or guru who once provided you with a sense of rightness or safety no longer shines that brightly. For you are a new independent being in a new world.

In the past, everyone was a green thread in the earth's life tapestry. So those who successfully mastered the green thread life had an expertise valuable to all who wanted their green thread to shine.

Now that the earth's tapestry of life has become a vibrant tapestry of millions of colored threads, no one person or activity is an expert in the new earth's totality.

While it is true that those who are the gold, green, or blue threads might find one another and share experiences, each thread may also decide to change color or create a new color. Everything of the earth is in flux and will continue so forevermore.

Your new world is about exploring new earth colors, actions, and places, as well as exploring the same in other locations. There are no longer any givens. As a result, there are no longer valid instructors for the masses. ThreeD teaching can only occur when the end product is a given.

Allow yourself to flow into this and that thread of interest. You are doing so to explore as much as you like in your new hybrid being of heaven and earth while residing solidly of the new earth in its new multi-colored format.

New is your direction. Expected formats no longer apply to you or any being transitioning beyond 3D. So be it. Amen.

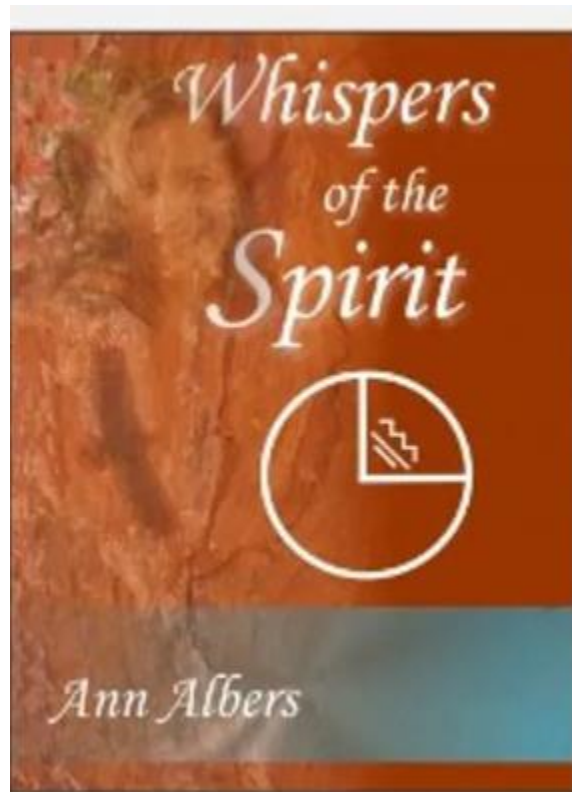
About Brenda Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, *A Glimpse of Your Future*. This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing 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.

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.**

Brenda's website: <https://www.lifetapestrycreations.com/>

"Focus, Feeling, and Happiness" By Ann Albers



Hi All,

Today the angels talk about how to take care of our focus, feelings, and, therefore, happiness, whether the world makes it easy. I'll share examples, tips, and thoughts as well!

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

You are here on earth during one of the most incredibly rapid times of expansion humanity has ever experienced. The challenges and contrasts of the last few years have inspired your desires to grow at an extremely rapid rate.

Your feelings are coming to the surface as never before. For some of you, this is incredibly exciting. You are reconnecting with dreams long buried

as well as brand-new desires. For some, this is very frustrating because you feel your heart's desires strongly but don't yet trust the universe to bring what you desire to you. For others, it is a scary time because you fear that if you make the changes you want, you may upset your life or those around you.

Regardless of where you find yourself in this deep dive, the fact that your feelings are arising within is good. Your feelings point you to what you want to create and are indications of your guidance on the path.

If a thought excites and inspires you or makes you smile with joy, then you can safely assume that you are moving toward that which you are focusing upon. If you are crying over what you don't yet have, the sad feeling is a strong indicator that you want something you don't believe you can have. If you are angry, this means that a powerful force is compelling you to change either attitude or action, for anger is a force that propels one to expand in much the same way a force propels a sprout to spring out of the seed and grow towards the light. Anger indicates that you are strongly thinking thoughts or doing things in opposition to your desires and that something must change.

You can blame the outside world for your feelings, or you can look at their deeper value, which is to help you understand where you stand in the relationship with your greater self – the Divine within you. God wants every loving thing for you that you want. Are your thoughts in alignment with what you desire? Then you'll feel good. Are your thoughts running contrary to what you want? Then you'll feel less than lovely.

Suppose someone cuts you off in traffic. You feel bad. You think they made you feel bad. What makes you feel bad is, however, your own thoughts running contrary to what you want. You want to feel safe. You want to feel respected. You want to dance with courteous drivers. In God's love, you are safe. You can choose to respect yourself. There are hundreds of courteous drivers on the road you can focus on, despite this one that is not paying attention. Your focus is your choice. Focus on what you want, and you'll feel good. Focus on what you don't, and you'll feel bad. You might argue, "But this driver is not courteous! They are not respectful!" You may be 100% correct in your assessment of the reality in front of you, but your focus is your choice, and your focus dictates what you attract. This is simply how your world works.

Consider your economy right now. For many of you, simply focusing on the price of groceries is enough to inspire upset. However, think a little

deeper, and you'll see that the prices are not the cause of your upset. The cause originates within. Perhaps you think you must experience lack because of these prices. Maybe you resent those getting richer for reasons that have nothing to do with the actual value. Perhaps you feel frustrated with your own financial state. You are not in agreement with the Divine within. The Divine within can guide you to abundance. The Divine within would never waste time focusing on someone else's lack of integrity. The Divine within would reassure you and guide you to new ways to experience prosperity.

Every time you feel bad, you feel this way because you are looking at life in a way that is different than the perspective of the Divine within. We would never argue that many external events and conditions make it quite challenging to see life through the eyes of God. Still, your true power is available when you align your vision with the power that creates universes.

Dear God, bless this angry, impatient, unconscious soul who cut me off in traffic, but I give thanks for the many kind ones. I give thanks for resting safely in your love. I give thanks for knowing that I cannot leave before my time, and if I focus on my joy, the beautiful day, and the beautiful drive, I will be steered around harm.

Dear God, I see these high prices for my food. I don't like this at all, but thank you for helping me find and feel the abundance of your love, the abundance of your grace. Give us this day our daily bread, berries, beans, and meat! Give us this day our daily coffee and cream, our tea, our cake, and whatever else we desire. In you, I trust, not in man's economy. I ask that I be guided to live in a Divine economy.

What if you are grieving dear ones? You are human. No one in heaven would tell you to feel otherwise. Nonetheless, as you begin to see through the eyes of the divine and your loved ones in heaven, you start to see your eternal nature and the bliss of your loved ones, and you begin to feel a love that was previously beyond your wildest dreams. It may take time, but this is available to you.

It is always your relationship with yourself, your soul, your Divine spark, that defines how you feel, no matter whether the outside works make it easy or difficult.

It is inner work to reach for the thoughts of your soul and the Divine within. It is often easier to let life and others sway your feelings and toss them around as if you are a ship on a stormy sea that you cannot control.

The vessel cannot control the sea, but with a steady rudder and a firm grip on the wheel, it can hold its own course and navigate the storms. So too, you can remain rooted in your relationship with the Divine, with beauty, goodness, eternal truths, and love. In that reality, you will navigate your own course no matter what is going on in the world around you.

You don't have to hate the haters "make" you hate." You don't have to let the warmongers inspire you to "warring" thoughts. You don't have to let the economy convince you that you must experience lack. You don't have to don't let the storms of nature mean that your life or emotions are flooded with fear.

While the haters hate, you can focus on prayer, compassion, and love.

While the warmongers make war, you can choose love, peace, compassion, and kindness.

While your economies are strained, you can focus on God's abundance and experience the very same.

When you face the storms, you can pray and ask them to be kind, or you can use them as an opportunity for a fresh start.

Love is always there for the tuning! Abundance is there for the asking. Safety is there for those who rest in God's love. Place your focus there, dear ones, and you will find yourself feeling well, no matter what your outer world is doing.

You have permission to feel good. You have permission to be happy even when circumstances or people make it more challenging. We encourage your good feelings and have compassion for you when you can't find them.

Be kind to yourselves. Honor your hearts. Then, when the world tempts you to feel badly, remind yourself, "I get to choose. I get to focus on what I choose and therefore choose how I feel. I get to decide if someone else will control my mind or if I will take charge of it."

Happiness is easier than you think. You don't have to wait for the world to change. You just have to reach to see life and yourself the way the Divine within you see all – evolving, emerging, and growing into greater love.

**God Bless You! We love you so very much.
-- The Angels**

Message from Ann...

Hi Everyone,

About a week and a half ago, my inbox blew up – not literally, of course, but rather with a sudden onslaught of emails that came in faster than I could answer them. I suspect the solar flares and the resulting influx of light stirred things up, as it often does, but this was off the charts. People were having sudden physical problems and sudden emotional upsets. Many felt intense fatigue. It is somewhat normal to see these reactions when we have a huge wave of incoming energy. Our bodies must adjust to the new frequencies. We can't stuff our emotions easily. As well, any thoughts that run contrary to our desires are exhausting.

The key to navigating these intense energies is to accept ourselves with love, as we are in the moment. I had other plans last Saturday but woke up feeling like taking down the Christmas decor, so I shifted gears and did just that. It was a lovely, rainy, cool weekend which made running back and forth to storage and climbing up and down the ladder – although exhausting to my muscles – invigorating to my soul. I got so enthusiastic about the project that I stayed up all night working on the house and didn't realize the time until the sun came up. I started berating myself for not sleeping, and in that instant, became exhausted. I shifted my focus quickly to how much I loved my home and crazy decor and suddenly felt wide awake. The contrast from one thought to the next was quite stark and pretty amazing. I kept experimenting with my focus and watched my energy levels change.

I am playing around a lot with my focus. When I put in the fall garden, I focused a lot of love on my little "lazy" tomatoes, as the angels called them. They grew up in climate-controlled conditions in a nursery and didn't care for the fluctuations in nature. The poor things were not handling the "wild" well at all. They were limp, yellow, and looked really sad. So I talked to them sweetly, told them I loved them and believed in their ability to adapt to changing conditions. I imagined them producing beautiful fruit and me congratulating them for their bounty! I sent them energy. I petted them. It was downright silly from a human perspective but perfectly sane from the viewpoint of the One Love that lives in all things! When the nights were near freezing, I covered them with frost cloths and visited them every day, giving them good energy and encouraging them to thrive. Not only did they live, but they gave me a huge crop of green tomatoes last week, and to my utter, complete surprise and delight, they produced a handful of red

tomatoes this week! Tomatoes outdoors in January? They're not "lazy" tomatoes anymore! They're garden rock stars! My beloved eggplant, not to be outdone, gave me a few fruits despite near-freezing nights, whipping winds, and a lot of rain. I was almost in disbelief, but then again, this is the power of focusing the power that Sources all life!

On more important matters, a friend called, asking me to hold her family in my prayers. Two of them lived in a town in CA that was expected to flood very badly in the recent torrential rains. The town's river would easily crest, and the residents had been asked to evacuate. Her family moved everything high as they could and headed for higher ground. For four rounds of this rain, we prayed, focused on the weather sparing the town, and sent love to the weather energies and clouds. We politely asked the weather to spare the town and nourish surrounding areas in nature. We were all humbled and awed when the worst of the storms went around the town, leaving the river full but without flooding. The houses were spared. This is the power of focusing the power that Sources life.

I know we've all prayed for the drought to end, so I got a bit more specific with one of my humorous rhyming prayers:

**Rain and drain.
Snow and Go.
No need for flood.
Only flow.**

Pray it with me if you want to as the universe to refill the reservoirs without causing harm to others :)

I've known the power of focus since I was a child. When I was in third grade, the teachers asked us to pray that they wouldn't have to wear uniforms. So we all prayed very sincerely with that focus. The factory ran out of material. When we visited my grandparents in the Midwest, my parents playfully asked us to pray for snow. We focused so strongly that a blizzard caused our flights to be canceled, we got a free hotel room, and got to play in the snow! Time and time again, I saw the power of believing in and focusing, whether I called it prayer or not. The focus must be one of love, or you have no Divine support but rather may be matched by other lower vibes in the world. True prayer is not supplication. It is, instead, directing the greatest love in all creation, the love behind creation. It is aiming the power that sources us, that wants what we want... and more, loves what we love... and more, and can do anything whether or not we think it is possible.

We can never focus for others in directions they don't want. We can't manipulate or change a soul's life plan unless they too want the change. We can't force our intentions on others who are blocking them at the moment, but we can point our focus on our own behalf and on the behalf of those who want what we are focusing upon.

When I see war, I focus with love on peace. When I see insane grocery prices, I focus on the abundance of God, our abundance of choices, and the abundance of food available to us. When I see people hating and hurting each other, I focus on the cry of their soul for love and away from the nastiness. When I experience, at times, energies that are downright painful and unpleasant, I focus on trying to understand their nature, and why they're doing what they're doing so I can navigate my own vibration in a way that makes me inaccessible to their lower energy.

We can't control the world, but we can powerfully focus our attention on what we want. When we do, we feel great. If I had let myself focus on the pain I see every single day on the job, for the past 27 years I would have quit. Instead, I focus on the staggering tenacity of the human spirit, the incredible power of the light within those I serve, the love I have for them, and the love of the angels. I focus on the soul's courage and the willingness to move beyond upset to love. I see so much pain, but my choice of focus is on love, and this is what enables me to love and serve without sinking into sadness and despair. You can bear witness to pain while remaining in love. It takes practice, but many of you are already doing it, and you know how much better it feels.

As the angels say, we can give ourselves permission to be happy no matter what is going on. It goes against our programmed conditioning sometimes. It seems insensitive to others at times who want us to pity them, see them as victims, or join them in their misery. (I've been on both sides of that fence, so no judgment!) Some will misunderstand you. Nonetheless, when we permit ourselves, as much as we can, to focus on the good, we become a powerful force for good.

My prayers to mitigate floods would have been useless if I were lost in the vibrations of fear and worry. I couldn't focus an energy so powerful it can erase illness at times if I were brewing with righteous anger about the injustice of it. I would have no ability to assist those in pain if I were miserable myself. We can do far more when we allow ourselves to focus and feel better. We can give from the full cup, and while it isn't humanly

reasonable or even possible to be in this higher space all the time, the more we practice, the more quickly and kindly we can return.

Here are a few tips to help you give yourself permission to be happy...

1. Learn new criteria for happiness

We were conditioned to embrace unspoken rules about when we're allowed to be happy and when we're not. We can learn something new.

Children often love to take things apart, fling the cheerios off the high chair, and knock the milk over. It is fun when you're young to play with the world simply to see how it reacts. Flying cheerios are delightful... until you learn, by watching others, to be upset with a mess. Dripping milk is really pretty until someone yells at you to be more careful.

I once watched a child climb up a car, slide down the windshield, off the front, and into the mud. They were covered with dirt. Oh, so much fun. This little one repeated the play repeatedly, shouting with glee every time they landed in the mud until their parents came out and exclaimed at the mess. In that instant, the tears started. "I'm sorry! I fell into the mud! It wasn't my fault." I could barely contain laughter. That was one creative child who knew that happiness about playing in the mud wasn't the reaction her parents were looking for!

Little ones walk away from the angry kids, speak up, or help them feel better until they learn to make the bad behavior of others mean something about themselves. In a million ways, we were conditioned to let the outside world dictate our feelings rather than allowing them to emerge naturally from the inside out.

We can unlearn our conditioning by learning something new. We can decide how we're going to feel after the initial reaction. We can keep making new choices. Next time something triggers an unpleasant feeling, remind yourself. "I choose to feel better. I choose to focus on something better. I choose not to let the world control me. I choose to be happier. I chose to find and feel the good when I can." Then, focus on any random thing or thought that makes you feel better.

2. Don't wait for things to be perfect before you focus on better

It would be a long wait if we waited till everything was "perfect" to give ourselves permission to be happy or to at least focus on something that

feels better. Even when some things in life are not conducive to finding good thoughts, there are always choices.

I will never forget hearing the story of supermode, Petro Nemcova, who was in the tsunami in 2004. She was enjoying a beautiful morning on the beach with her boyfriend when the wave came crashing in. It swept him to his death, while she was slammed into a palm tree, where she stayed with broken bones, hanging on for dear life for over 8 hours while others around her died and floated by. She spent days following in a hospital without pain medication. In one interview, when asked how she survived the agony of both loss and fractures, she replied that she spent hours thinking only of those she loved and all she was grateful for. She later founded a charity to build schools for children in areas torn up by natural disasters and another that provides quick relief. She married and had her first child at age 40. Hers is a humbling example of how finding a better focus amid so much pain can lead one to an incredible life of happiness and contribution.

I met another incredible soul – Imaculee Iligazeba – at a conference where we both spoke. She was a survivor of the Rwandan Holocaust of 1994. Locked into a 3x4' bathroom for 91 days with seven other women, they listened to the screams of her family and beloved friends being murdered outside. Doing the only thing she could, she focused with all her willpower on God, prayer, and reading the one book in the room – a Bible. Not only did she survive, forgive the killers, and go on to create charities, but she continues to lecture and inspire hundreds of thousands by talking about the healing power of faith and forgiveness.

So when you think you can't focus on something better, remember these brave souls and know you can. The world gave them hell. They chose a better focus and, as a result, found, and now share, heaven.

Even a little shift will start things moving in a kinder direction.

3. Don't wait for others to be happy before you give yourself permission.

This is another tough one. It is sometimes so hard to give yourself permission to be happy when someone you care about is down. It seems almost callous, as if we are rubbing it in that we are, and they aren't.

Nonetheless, you can be happy and, at the same time, be incredibly sensitively compassionate. I give myself permission to be happy even after

a long day helping others in pain. I don't insist that my clients must suddenly feel wonderful to make me feel good.

Even when someone is ranting, raving, complaining, and doing everything in their power to get you to keep them company in their misery, you can imagine a steady stream of love flowing through your heart to theirs, and in that stream of love, you'll feel great. If they're willing, they'll feel better too. You can raise them up or let them drag you down.

When you give yourself permission to feel good and be happy, even when others aren't, you become a gift and blessing. I have on several occasions said to people near and dear, with great sincerity, "I'm so sorry you are going through this right now. I know it's unthinkably hard, but I have faith you will come out of it stronger. If there's anything I can do to truly help I will, but for now, I'm going to keep my own vibration as high as possible so I can stand steady in my vision of your success."

These days it pays to pay attention to our feelings and to use our power of focus. Even if there are plenty of reasons to unhappy, there a plenty more reasons to feel good.

With one choice after the next, we move back to the feelings that our soul always feels – appreciation, love, faith in our eternal nature, and in the grace, abundance, and wisdom of the Source. We may wobble, but with practice, we can return to these better spaces time and again.

Have a blessed and beautiful week :)

**Love,
Ann**

About Ann Albers: Ann is a popular angel communicator, author, and spiritual instructor. She is a traditional Reiki master and a modern mystic who delights in distilling ancient wisdom into practical, down-to-earth tools for modern living. She has been interviewed on international radio programs and spoken at conferences amidst some of the foremost spiritual authors of our time. Most recently she became a conduit for a pure loving energy that catalyzes transformation, and even miracles, for many.

Ann's website: <https://www.visionsofheaven.com/>

Video By Ann



Link: https://www.youtube.com/watch?v=mLWMxTX_9ow

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.



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Secretary - Noelle Boone

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Trustee - Gina Carello
Trustee - Susan Davenport

Sundays at 10:30 a.m.

PlymouthSpiritualist.org

29 Vick Park A

Come Join Us on Sunday

For more info about the Sunday Service and other events go to their facebook page:

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



Come to the Fair

**February 25 & 26
R.I.T. Inn & Conference Ctr.
5257 W. Henrietta Rd.
Henrietta, NY 14467**

**March 4 & 5
Buffalo Airport Hotel
4600 Genesee St.
Cheektowaga, NY 14225**

**March 11 & 12
Finger Lakes Gaming & Racetrack
5857 NY Rt. 96
Farmington, NY 14425**

**April 1 & 2
Embassy Suites
6646 Old Collamer Rd. South
East Syracuse, NY 13057**

Classes at The Angelic Link



Sage is an ordained minister, spiritual counselor, intuitive guide and energy worker. She is a Master-Instructor in Integrated Energy Therapy® (IET), which is a high-vibration angelic healing therapy, and I have trained with metaphysical teacher Shad Diamond. Sage is highly connected to Guides, Angels, Ascended Masters and other light beings who assist her with her clients.

With her background she's offering these classes to help people move to the next level.

**Class location is ONE Wellness Center 2349 Monroe Ave Rochester NY
Must sign up at least 3 days in advance by calling Sage at 585-317-4374.
Cost for each class is \$25**

**Feb 27 Mon 6:30 - 8:30
Creating the Real You**

Come to this class to discuss ways of how to create ourselves as we want to be. Have you asked yourself, how can we just let life create who we are? Without realizing how this happened we allowed our past to establish who we perceive ourselves to be. What have you been told by family and friends to be what they perceive you to be? In this class we'll discuss how to change your perception and find ways to create a new and authentic you.

*** * * * ***

Mar 4 Sat 1:00 - 3:00
Raising Your Vibration and Keep it High

In the next series of classes the topic is how to raise your vibration. Sage will offer a variety of ways she has done it for her clients and herself. Class discussion may offer other options and views on this topic.

Sage will be doing a short visualization at the end to help you raise your energy and release things that are holding you back.

Mar 7 Tues 6:30 -8:30
Open Discussion on Spiritual Topics with Mini Reading/Healing

You're invited to an evening of spiritual discussion. Sage and/or the group will find a topic that will be discussed. This is great opportunity if you have questions you always wanted an answer to but didn't know who or where to go.

Then after the discussion Sage will offer a mini reading and a mini energy healing.

Mar 14 Tues 6:30 - 8:30
"I Am Enough" Let's Clear Negative Thinking

Sage is offering this class to people who want to experience the feeling of complete-ness. There are many consciousness programs which limit us and tell us we cannot do what we want to do. Let's discuss possible ways this may be happening so we can release them.

She'll help you to find ways to remove negative self talk which for many is a normal way of thinking. She has found that many clients could be doing better but don't know how or what actions we can take. Through her years of working with clients in a variety of healing modalities she can offer alot insight as to how you can move forward.

Mar 21 Tues 6:30 - 8:30
Learn How to Use A Pendulum

What is a pendulum and how does it work? Pendulums has been around for ages. Have you ever heard of a water witcher? They use a pendulum or a stick to find the energy of water.

Sage is going to explain how they work, how to use your energy to connect with the pendulum. She'll help you develop a connection to the pendulum so you can use it for personal use. You have to learn how to ask the questions in a clear way to get the answer.

Many dowsers use it for personal use just like you would use a phone to google info. An example would be you'd like to buy an herbal supplement. The pendulum can help you determine if it's the right one for you.

*****'

Mar 28 Tues 6:30-8:30

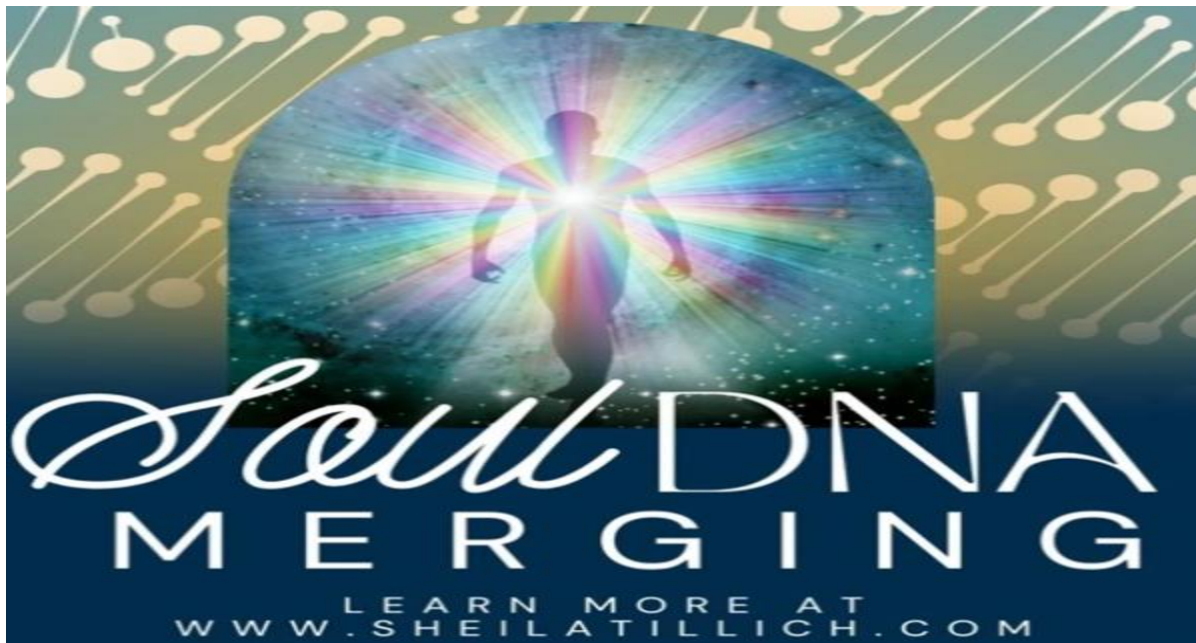
Are you a Spiritual Experiencer?

Have you had a spiritual experience? Has something unusual happened at home or around you? Have you had items move, see an orb, lights turn off, or hear a whisper? These things happen to many people more often than we know about and probably don't discuss.

Let's discuss why its happening. What is our perception about the event and do we need to do anything? Is it a good thing or not? Should we gain knowledge from this events, is spirit trying to relay a message?

Sage brings years worth of knowledge working with spirit. She can help the group with discussion and understanding why these things occur.

Sage offers Energy Treatments, Readings, Spiritual Counseling, Mentoring and spiritual discussion groups. To learn more about her go to her site: <https://theangeliclink.com/>



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 02/14/23. And it's offered monthly next one is 3/14 at 8PM EST

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-02-14-22/

New Day

~SIDNEY~

HOLISTIC FAIR
SATURDAY, MARCH 25TH 2023
10 A.M. TO 5 P.M.

Club 55
55 Union St. Sidney NY

Today is a new day, lets experience it together.

*Door Prize and Raffle Table
\$5.00 admission, under 12 free
Free Parking*

Sidney Holistic Fair

Mark your calendar for this holistic fair with all kinds of readings and energy work.

Find out more info on facebook at:

**<https://www.facebook.com/judylynnpsychicmedium> and on
<https://www.judylynn.org/>**



23RD ANNUAL SPRING PSYCHIC FAIR & NEW AGE MARKET PLACE

201 NORTH MAIN ST CANASTOTA NY

Saturday, April 15th:11am - 8pm/ Sunday, April 16th:11am - 6pm

Admission: \$7.00/pp (includes all lectures)

Come to the Greystone Castle

Come to the Greystone Castle for a great fair with Psychic & Intuitive Readers, Reiki, Jewelry, Henna Artist, Candles, Clothing, Gourmet Candy, Herbal Soaps, Geodes, Decorative Stonework.

Plus there's lectures both days on all kinds of spiritual topics.

While you're there enjoy food from these food trucks -

Brake From The Grind, Tacocat Food Co. and Farm to Table

For more info go to: www.thegreystonecastle.com/



Unity Field Healing Practitioner Training Program

Unity Field Healing (UFH) is a remarkable new “Quantum Healing” Modality. Performed through hands-on healing sessions – it works with the quantum energy of Human DNA to promote healing and personal transformation. This event is a UFH Practitioners Training Program. This work was developed from visionary teachings received by Dr. John – and recently validated by Kryon/Lee Carroll in a live channel!

UFH is the Energy Medicine of the Future!

Hosted by the wonderful Sheila Tillich of Rochester NY – Dr. John will be present in person to deliver this UFH Practitioner Training Program!

Friday, April 21st, 2023 7:00 pm - 10:30 pm

Saturday, April 22nd, and Sunday, April 23rd, 2023 10:00am – 6:00 pm

Registration will include instruction in Energy Medicine and the art of Unity Field Healing as a Practitioner, Energy Attunements to become a Practitioner, a 44-page manual, Certification as a UFH Practitioner – Level 1, 2, and 3 – and free listing as a practitioner of this remarkable energy modality on the UFH website.

Please note also that the practitioner's training includes registration for the Friday evening “Sirian Transmission and Introduction to Unity Field Healing” event – you do not need to register separately for this event, it is included!

What you will Receive: be one of the first practitioners of this remarkable new energy modality - for yourself, your family or your clients!

Presentations - to understand energy healing, Unity Field Healing as a practitioner and the new energy paradigm. Spiritual attunements to perform UFH sessions 1-3. Certification to practice Unity Field Healing with clients and a 44 page practitioner manual.

Cost is \$888 for the early bird

Cost is \$999 for regular registration.

You can register with a \$288 deposit to reserve your space.

**The event location: Hilton Garden Inn Downtown 155 E. Main St,
Rochester, NY**

For more info go to https://sheilatillich.com/stec_event/ufh-practitioners-training/

Or Call Sheila Tillich: (585) 313-3996



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/

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.

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

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Rev. Vicki Snyder-Young

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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



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
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.



Brenda Gilasso
Rochester, NY 14618
(585) 545-8192

<https://brendagilasso.com/>

**Brenda Gilasso is a leadership Coach & Trainer, and founder of the
Compassionate Assertiveness Training program.**

**Brenda holds a B.A. in Psychology and Art Therapy and is certified in a wide
variety of healing modalities. She is a Trainer for numerous personal growth
programs, including Compassionate Assertiveness Training, Team Building,
Communication Building, Life Transition Coaching, SLC, and Diversity
Awareness.**

**Before shifting into her leadership, coaching & healing practice, she spent six
years in the Army, then several years in corporate IT and Higher Education
Management and Training. In addition to her private speaking, leadership
and coaching practice.**

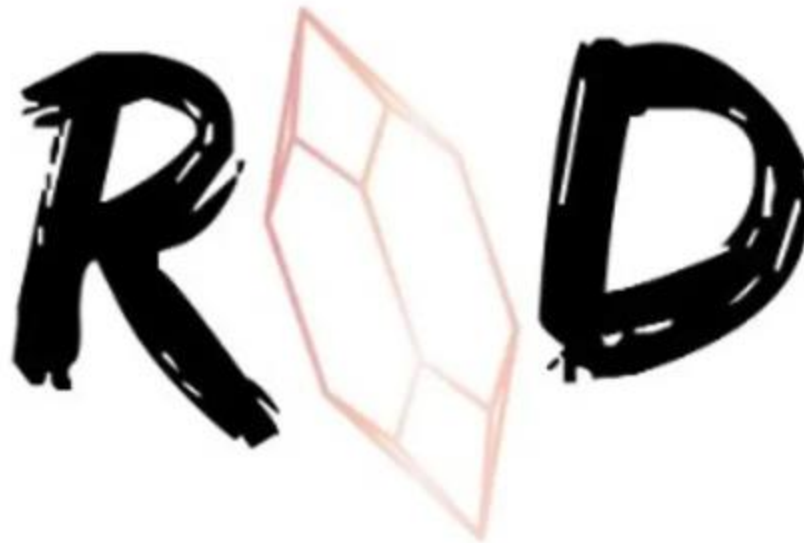


Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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.



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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



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.



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
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



Marjorie Baker Price , RN

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

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

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



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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

**Learn more about how Sheila B can help you through her services:
<https://sheilatillich.com>**

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

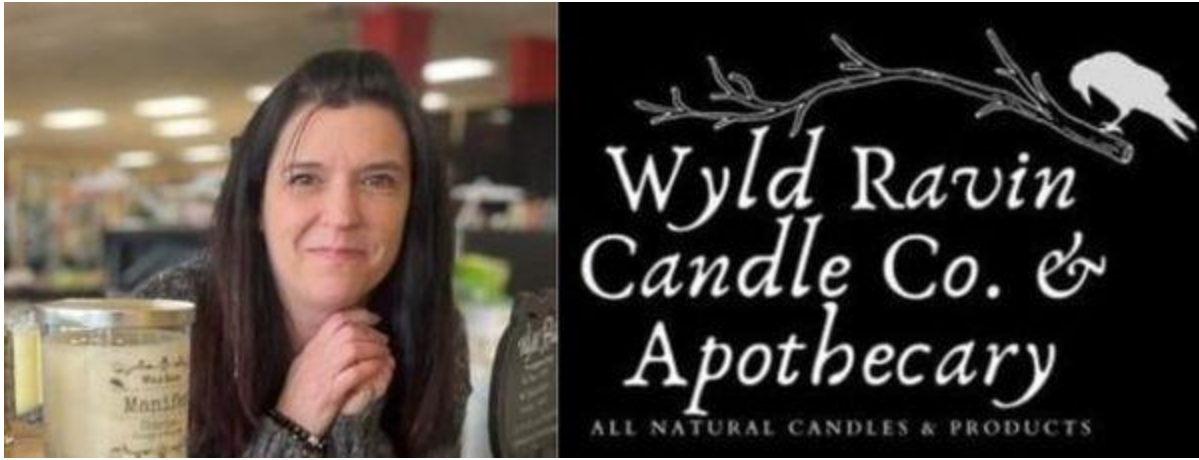
Follow on Facebook: <https://www.facebook.com/sheilabhealing>

Join the Lightworkers Connection Circle Facebook Group:

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

Follow me on Instagram: [https://www.instagram.com/sheila_b he...](https://www.instagram.com/sheila_b_he...)

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



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



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



The Eclectic Hedge
Stephanie Powers
8893 South Seneca St
Weedsport, NY 13166
315- 567-3574

<https://www.eclectichedge.com/>
<https://www.facebook.com/theeclectichedge/>

My name is Stephanie Powers and I am the proud owner of Eclectic Hedge. I was born and raised in Weedsport, NY and currently reside in Port Byron with my husband and our two children. I absolutely love living in the Fingerlakes.

Since I was a little girl, I have always felt at home in nature. I could spend endless hours in the woods, or playing in streams, and never get bored. I still connect best by taking a stroll through the woods or dipping my toes in the water. Simple pleasures. Along the way I have discovered my love for crystals, cleansing, and I can't get enough incense or candles. You can find all of these items and more in Eclectic Hedge.

I recently became a Reiki Master and love sharing its beautiful energy. I offer in person and distance reiki healing sessions. The Eclectic Hedge exists to share my passion with YOU. When you enter my shop, it's like coming to visit an old friend. I look forward to serving my community and creating meaningful experiences for my guests. Small shop. Big Heart. See you soon!



Rev. Bunny DuPuis

716-241-1414

revbunnydupuis@gmail.com

<http://www.bunnydupuis.com>

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



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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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



Advertise Here



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 February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Feb 1	2	3	4
5	6	7	8	9	10	11
11am Healthy Alternatives Anniversa						
12	13	14	15	16	17	18
10am Experience Psychic Fair						
19	20	21	22	23	24	25
7pm EFT/Tapping with Tom Porpiglic						
26	27	28	Mar 1	2	3	4
10am Experience Psychic Fair						

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

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