

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

January 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

"What To Do About Unwanted Energies?" By Susan Norton

**ROC Metaphysical Book Review - Activate Your Cosmic DNA
By Eva Marquez**

"Are You a Victim of Chance?" By Lee Carroll/Kryon

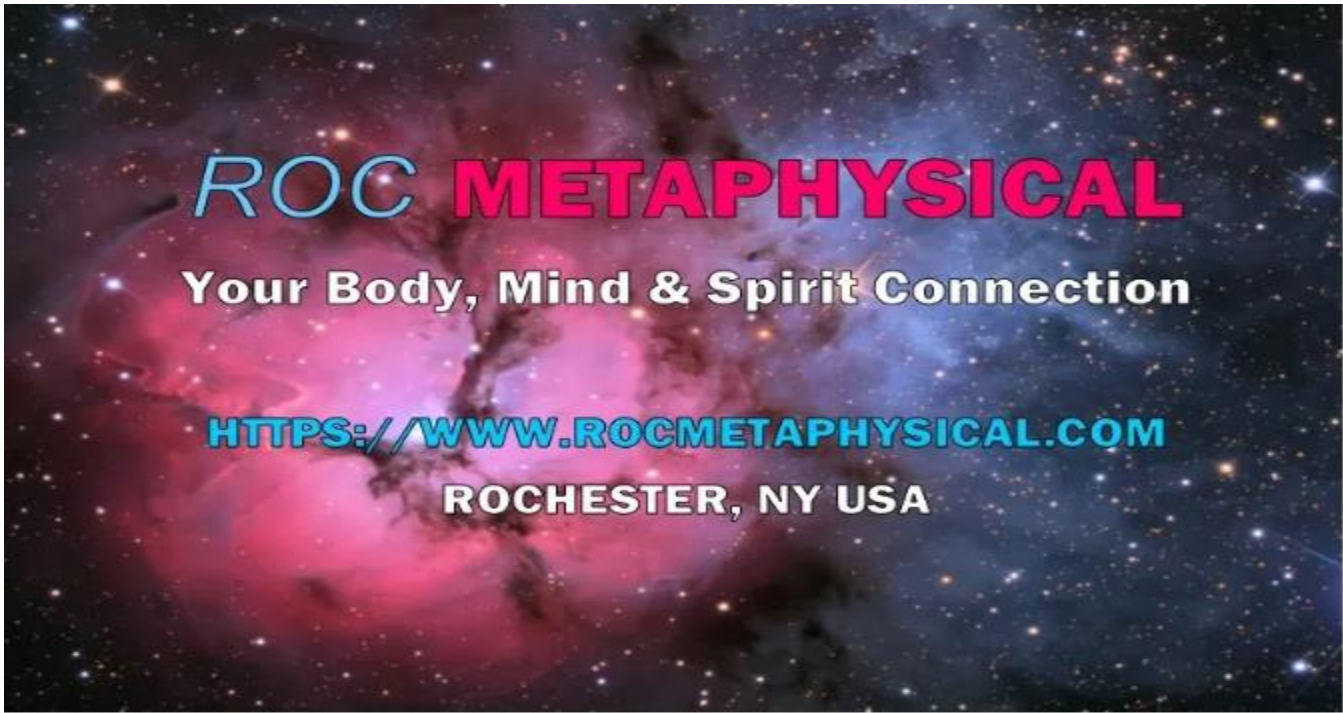
**"Interstitial Ritual: Finding Focus & Mindfulness in Your Day"
By Leo Babauta**

"Consonant Sounds" By Jill Mattson

**"Tarot Tendencies for The New Year And The Month Of January"
By Doreen Scanlan**

"To Thrive Or Not To Thrive? By Dean Fraser

"A Glimpse Beyond Tomorrow" By Ronna Vezane



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

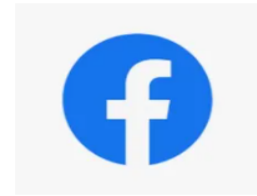
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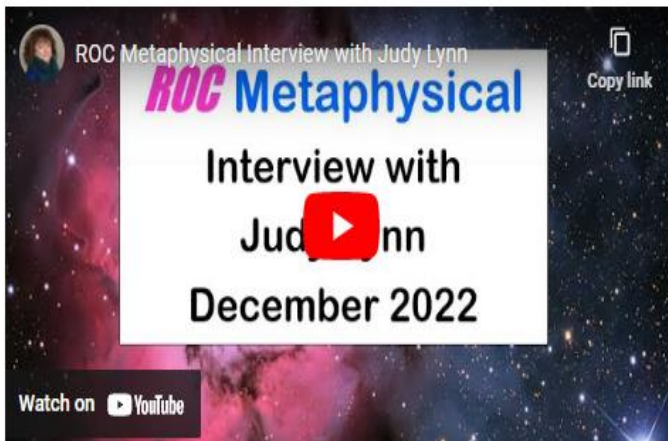


Now that Google+ is gone the next generation is MeWe. Find us there. <https://mewe.com/profile/5caba69765a0815f48d3d128>



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>

Discernment/Disclaimer

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

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

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

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ROC Metaphysical Online Magazine

Articles for January 2023

Susanne Kempken



"Life Was Made For Joy And Woe - A Lesson In Acceptance"
By Susanne Kempken

Susan Norton



"What To Do About Unwanted Energies?"
By Susan Norton

ROC Metaphysical Book Review



Activate Your Cosmic DNA
By Eva Marquez

Sound Healing



"What Can Sound Healing Do For You?"

Lee Carroll/Kryon



"Are You a Victim of Chance?"
By Lee Carroll/Kryon

Ethan Indigo Smith



"The Fourth Initiation of The Jesus Christ Story"
By Ethan Indigo Smith

Ellie Blair



"Symbols & Rituals for January"
By Ellie Blair

Stacey Duffy



"Where's The Sunshine?"
By Stacey Duffy

Leo Babauta



"Interstitial Ritual: Finding Focus & Mindfulness in Your Day"
By Leo Babauta

Jill Mattson



"Consonant Sounds" By Jill Mattson

Dr. Judith Orloff



"Surrender to Miracles and Abundance"
By Dr. Judith Orloff

Tom T. Moore



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

Poetry



Poetry By Carolyn Chilton Casas

Rev. Colleen Irwin



"Turn Self-Care Practices Into Daily Habits"
By Rev. Colleen Irwin

Doreen Scanlan



"Tarot Tendencies for The New Year And The
Month Of January"
By Doreen Scanlan

Dean Fraser



"To Thrive Or Not To Thrive?"
By Dean Fraser

Patricia Cota-Robles



"Paving The Way For 2023"
By Patricia Cota-Robles

Monique Lang



"Dark" By Monique Lang

“
We will open
the book. Its pages are
blank. We are
going to put words on
them ourselves.
The book is called
Opportunity and its
first chapter is
New Year's Day.



Spiritual Intelligence in Seven Steps
By Mark Vernon

It is so *important*
to take time for
yourself and find
clarity. The most
important relationship
is the one you have
with yourself.



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

Pamela Kribbe



"What Is True Spirituality?"
By Pamela Kribbe



Shelly Dressel



"Your Soul Knows Your Truth"
By Shelly Dressel

Ronna Vezane



"A Glimpse Beyond Tomorrow"
By Ronna Vezane

Christia Cummings



She's Flying with the Angels!
Thank you Christia for all you
have shared with us.

Ann Albers

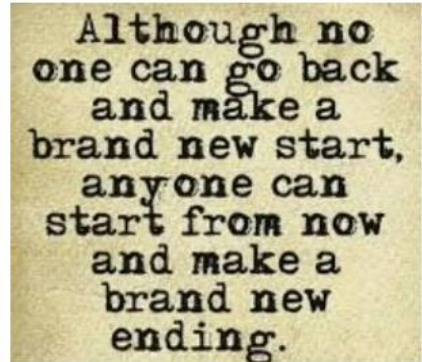


"Receiving to Give"
By Ann Albers

Shanta Gabriel



"Inspiration For The Week - Learning To Trust
Yourself"
By Shanta Gabriel



"Life Was Made For Joy And Woe - A Lesson In Acceptance"

By Suzanne Kempken



The sky was a vivid blue, the sun was shining bright and a mild breeze made the day perfect for a spot of gardening. I pulled on my gardening gloves, brought the green waste bin into the backyard and hunkered down to do some much needed weeding. On a perfect day like this even a chore like weeding was enjoyable. I was just about to yank another thick bundle of weeds from the garden bed, when I saw my cat pounce on something skittering across the garden path. Whatever it was didn't get very far, stopped in its tracks by a heavy clawed paw. I quickly scrambled to my feet and as I stepped closer, I saw a small lizard struggling wildly beneath the paw. I was more than happy to play the saviour. As soon as I lifted the cat away, the lizard scampered off to safety. What a great day! Beautiful weather, weeding was almost done and to top it off I saved a lizard from being used as a chew toy. I was happy.

When the weeding was done I filled my green waste bin and started rolling it back up the path. It was quite heavy and as I paused to get a better grip, I noticed that the bin was leaving an ugly smear in its wake. Expecting a squished plant I paused to inspect and to my utter horror I saw that it was the remnants of the cute little lizard. It had hidden beneath the bin and gotten crushed as I moved it. I was dismayed . . . and after my immediate 'oh no' feeling faded, I just felt guilty.

I wondered why this had happened. I saved the lizard from death by cat only to have it killed by a bin. Not to mentioned that I was now responsible

for its demise instead of the cat. It seemed so absurd. What was the point of saving the lizard in the first place? While its actual death was probably kinder than what the cat would have put it through, the outcome was still the same. I couldn't make sense of it. It seemed almost cruel.

Since I couldn't find any immediate answers my mind jumped onto the 'What if' and the 'I should have' bandwagon. What if I had simply been patient enough to wait for the lizard to disappear? I would have seen where it chose to hide. Score one for 'this is my fault'. I should have checked under the bin before I moved it. Score two for 'this is my fault'. What if I had left the bin in its spot until tomorrow? Score three for 'this is my fault'. Even though I was aware of what I was doing, my mind refused to stop throwing things at me that made me feel worse. For me this is a very typical, almost innate response to an unpleasant experience. The 'What if' curse of hindsight. The extra serving of guilt we place on ourselves following a negative event. It doesn't matter that, more often than not, these events are accidental, and in the moment of occurrence most likely out of our control.

While I was standing there allowing my mind to ride the merry-go-round of 'What ifs' a sudden knowing jammed the gears in my carousel. Thought after thought popped into my mind and none of them felt like my own. Here's what came to mind. . .

This was a lesson in acceptance. It was the lizard's time to go and nothing and no one could have changed that. Call it the flow of life, fate, destiny or nature. By saving the lizard I merely delayed its fate and gave its fate a different packaging. The outcome was always going to be the same. It was inevitable. To be able to accept this is the acceptance of a greater truth. Life happens and while we get a choice in so many things, some things are beyond our conscious control, and always will be. So be kind to yourself and realise that sometimes there is absolutely nothing you can do to change an outcome. Acceptance is an important step towards healing. You find peace in acceptance.

When misfortune befalls us we often get caught up in the 'What ifs' of the situation. What if I hadn't gone out tonight? What if I had chosen a different road? What if I hadn't been late? What if, what if, what if. . . . A person can go insane wondering and worrying about the 'What ifs'. It is a simple fact that all the 'What ifs' in the world won't change the outcome of what has already happened. Acceptance is the key. The key to peace.

Being stuck in the ‘What if’ loop only prolongs our pain and suffering, it blocks the natural process of healing and most importantly, it prevents us from moving forward with our life. Acceptance is the only way to extract ourselves from the ‘What if’ quicksand, it’s the only way to move through and forward. Acceptance reanimates the flow of life towards us and makes joy possible again. Through acceptance we affirm to the universe that we are ready to heal, we are ready to move forward, we are ready to receive light and positivity back into our life.

I’ve added an excerpt from ‘Auguries of Innocence’ by William Blake. In a few lines he manages to sum up the idea of acceptance so beautifully.

**It is right it should be so;
Man was made for joy and woe;
And when this we rightly know,
Thro' the world we safely go.
Joy and woe are woven fine,
A clothing for the soul divine.
Under every grief and pine
Runs a joy with silken twine.**

By William Blake

About Susanne Kempken: Susanne Kempken is the co-founder and managing director of The Guided Meditation Site. She left behind her successful corporate career to follow her passion for all things meditation.

Once a professional singer, Susanne is now best known for her soothing vocal performances as a voiceover artist. A serene and spiritually evolved individual, Susanne has practiced formal meditation for more than 20 years and as a result, her voice is naturally imbued with a rare sense of sincerity and peacefulness.

As an empath, Susanne is a deeply intuitive and compassionate person with a natural gift for understanding people. She has a genuine desire to help others lead happier, healthier and more peaceful lives, and her work reflects this aspiration.

Susanne's website: <https://www.the-guided-meditation-site.com/>

Susanne's Video



Link: <https://www.youtube.com/watch?v=aFIRxBsP-6I>

"What To Do About Unwanted Energies?"

By Susan Norton



What's opening the door in my basement?

This is what I heard recently from a young professional in the Chicago area. For months she had what she called a 'poltergeist' in her basement! She was afraid to go down there, and it was unnerving for her and her family.

She tried to get rid of it, but it seemed intent to stay. It apparently had something to do with her cat Louie... It may have come back with him after he was lost for a week.

Some people can try sage or 'telling it to go', but I find often that that doesn't work. These poltergeists, or entities have feelings, and may not know how to leave. So, kicking them out to another place isn't the best solution. They may not want to go, to leave the only place they may have known. And no one likes to be kicked out. It's hard to be unwanted. Just like we wouldn't like being treated that way.

With someone who is trained in safely clearing entities, and works in integrity, these 'entities' can be brought home, back to Spirit, to source, back to the light. They may have felt they weren't worthy of going home, or they didn't deserve to go to the light. Which may explain how they got themselves into this situation. What's nice is, with the correct method, they can all be welcomed home, and it feels good and safe to do so.

In one day, the entity can be gently guided home! I've done this so many times, and each time it is a blessing. A win-win, not only for the homeowner, but also for the entity. And the upside is, if they are caught in

pain, struggle or loss - once they are released to Spirit, the pain goes away for them. We get help from angels, guides and ascended ones in doing this clearing. That's why this work so successful!

I work with deep integrity and years of training and practice in clearing these door-opening, object moving, 'shadowy figures' and bringing them back home. So they are then free, and so is your home!

About Susan Norton: Susan Norton, MS, HLB is a certified Shamanic Practitioner through the Four Winds Society and Alberto Villoldo PH.D. She is the founder of Shamanic Services by Susan and the 'Connecting 2 Spirit' podcast. She holds an MS in Education and has over 16 years teaching experience and bringing workshops to life. Susan is trained in the great rites of the Munay-Ki and frequently gifts these energetic rites. She has trained and worked in Peru, Canada, Ireland and across the United States. Susan has completed her third advanced training with the Q'ero shamans in the Sacred Valley, Peru and brings these medicine teachings to her workshops, healing sessions, home blessings, Medicine Wheel training and entity clearings. All work can be done remotely. Susan is the founder of the program SPIRIT: a Plan for miracles®. Her work has been featured in USA Today.

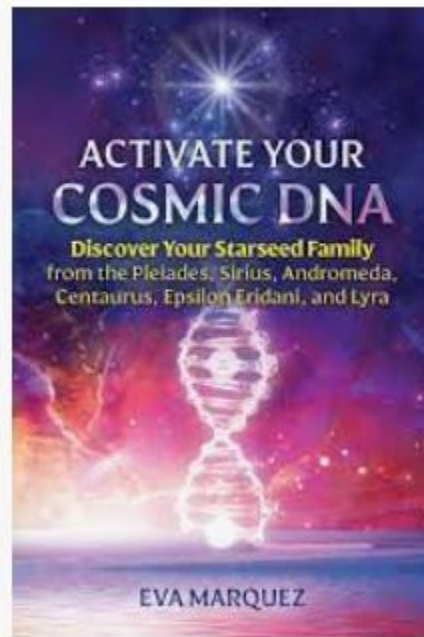
Website: <https://connecting2spirit.com/>

Interview with Susan



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

ROC Metaphysical Book Review



"Activate Your Cosmic DNA" By Eva Marquez

***** Editor's note: I read the book and found it fascinating. First there's the understanding of reincarnation. And then we have to think about our connection to star systems and let's call them star beings from the six star systems. You must have seen on Ancient Aliens or other shows about the symbols of "other beings" carved or drawn around the world. And how did stone buildings made of individual stone pieces that weigh more than a human could lift and stack in the Pyramids or Machu Picchu. We may have reincarnated from one of the star systems or our ancestral line is connected. Eva provides a lot of information in the book and also in the video interview at the bottom.**

- **Presents in-depth teachings and channeled wisdom from the six star nations--the Pleiades, Sirius, Andromeda, Centaurus, Epsilon Eridani, and Lyra**
 - **Reading about your cosmic lineage will trigger the awakening of ancient memories of your star origin and activate your spiritual DNA**
 - **Includes energy exercises and guided meditations specific to each star nation to help awaken the light codes embedded within you, accelerate your vibrational intelligence, and embrace your inherited starseed gifts**
- You are a starseed.**

You carry within you the spiritual DNA of your cosmic family. Eons ago the Pleiadians, along with other star nations, seeded the Earth, and their

energy is still present. By recognizing your starseed lineage, you can activate your spiritual DNA and awaken the soul attributes that resonate with your star nation.

In this book, Eva Marquez explains how to discover your starseed lineage and activate your cosmic DNA. She presents in-depth teachings and channeled wisdom from the six star nations: the Pleiades, Sirius, Andromeda, Centaurus, Epsilon Eridani, and Lyra. You will learn about your cosmic family's lives in the stars, their home worlds, and who they are.

As you read about the star nations, you will automatically attune to their energies. When you connect with your ancestral star nation, you may experience the sudden awakening of ancient memories, and your spiritual DNA will be activated. Marquez includes energy exercises and guided meditations specific to each star family to help activate your spiritual DNA and awaken the light codes embedded within you.

By activating your starseed ancestry and reconnecting to your soul family, you help transform the frequencies of fear into love and reignite the cosmic ascension process.

Find the book at Inner Traditions at:

<https://www.innertraditions.com/books/activate-your-cosmic-dna>

Interview with Eva



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

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=YcR6FBou6SY>

"Are You A Victim of Chance?"

By Lee Carroll/Kryon



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

The subject of this month and even partially of last month, is timing. The timing we talk about right now is more personal than an overview. In this particular channel, I want to talk about something that is really part of your everyday life and your existence.

We have spoken many times about the energy of expectations, and about your way of thinking, both positive and negative. That subject deals with what happens when you direct consciousness toward something. We are going to talk now about timing and synchronicity.

Specifically, the energies that we want to talk about now are the attributes that bring to you that which you wish to create. Now, you can call that type of energy whatever you want to, but the way it works is very profound. It's almost too profound for some, because they will tell you it's impossible.

How Most People Think About Life

If you could interview most Humans on the planet about life, they will tell you that you are born here, and, if you are lucky, you survive. If you're lucky, you won't have accidents that may terminate your life or cripple you – if you're lucky. Of course, if you're not lucky, it will be the opposite, and you won't survive. So, at some level, you are, then, a victim of chance. Most would say that this is absolutely correct. After all, why wouldn't it be? You can't control the future.

You may not be able to control the future, dear ones, but you can control the present. We have told you about what some call "The Law of

Attraction.” It’s where you put energy in front of you somehow, so that when you arrive at that place where you put that energy of expectation or intent, you get synchronicity. Synchronicity is having something occur that changes your path. Some call it luck.

So, let’s back up and talk a little more about that. There is something on this planet around the energy of consciousness which is not necessarily esoteric. It is physical, and it is called The Field. It is a multidimensional soup of energy, where the consciousness of Human thinking and action reside as a type of field.

This entire idea, odd as it sounds, is being studied and validated at so many levels, that someday, it will have a name given to it than is much better than The Field. Additionally, the experiments determine if consciousness can affect randomness. In other words, can you create your own “Luck”? The answer has been YES!

For those who expect good things to happen and put the energy of expectation and intent into The Field, synchronicity begins to happen far too often to be called luck, and those Humans have a lot more control over their own paths.

Let me put it this way: When you travel on unknown roads, you don’t know where the potholes and rocks are or where the smooth areas are. So, in life, it’s the same. It’s like you are blindfolded, and you may trip on the rocks or step in the potholes. It’s called chance and luck.

Then I come along and tell you that, if you were to project the energy of your travel path to the smooth areas, there is some kind of energy that leads you there. That is synchronicity. Indeed, some just call synchronicity luck! “Boy, are you lucky you met that guy,” they might say. I’m going to go further. I’m going to call it created synchronicity. It wasn’t luck at all.

Sending Intent Works in Both Directions

Now, synchronicity doesn’t always have to be positive. I have discussed with you before something you cannot hear too many times: If you are always negative, if you are invested in how this planet has victimized you, and that you’ll never get ahead, you are creating your own synchronicity. You are actually custom-building energy that will take you directly into what you are verbalizing. You’re going to step into every pothole that exists. Are you getting this? Then you turn to someone else and tell them you are a victim of the planet. The truth? You ordered this from your own

“menu.”

It's Not Creating the Future

You create your present reality as you walk. You're not necessarily creating your future. Instead, you're creating your present. You have put in front of you the expectation of synchronicity for your NOW, and you've given it a positive twist. Consciousness is energy, and this has now been proven. You are now learning to use this energy, in combination with The Field. You might say, The Field is what is giving you information to have the intuition of where to go to meet the ones who are there for you. Remember that all things that are currently happening are in The Field.

“Kryon, is this positive thinking? Is this just something you hope for?”

When it comes to synchronicity, it's not created by hoping, dear ones. We have given you information in the past that this energy of expectation is almost like ordering from a menu. If you expect benevolent things on a daily basis, they occur. Now, there are always those who doubt this and are going to say, “Well, that's absurd because, if I have a problem and I don't know the solution, how can I put in front of me, what I don't know, Kryon?”

So, oh linear one, let me give you the answer to that. Here is your projection. Here is a sample of your affirmation:

As I walk forward, I will always step into that which will give me solutions to my problems.

In other words, you don't have to put in front of you the details of absolutely everything that you're wanting or looking for or expect. Instead, see what is best for you, which is whatever the synchronicity of the moment will bring.

Dear Spirit, let me always walk in the light.

Dear Spirit, put me in the best places I could be.

Now, there are things you can give yourself in these affirmations and intentions that people seldom think of.

Some Situations to Know About

What kind of control do you think you have with this method? Let me ask a question. Have you ever had an experience where you are about to do something, something you planned perhaps, something you looked forward to, or something you've expected ... and you were stopped? Did you ever think this might be an answer to your intent? What if there is something better for you than what you are proceeding with?

If you were asking to create synchronicity and there is something in front of you that's inappropriate, intuition may stop you if you're tuned into it.

I'll tell you what gets in the way, dear ones. It's when you set your mind to something no matter what, and you get all kinds of esoteric signs and signals and intuition that perhaps you should wait. Do you "listen," or do you just plow forward because you want it? Then immediately you proceed, metaphorically, to step into a pothole! I think some of you have had this experience. (Kryon smile)

It's One of Your Greatest New Tools

We are talking about one of the greatest tools in this new energy, and it's being enhanced all the time. Some of you who are learning how this works have had these amazing things happen more than one time. Some of you who understand how all this works are expecting things, and know the way it feels as you do it, and are using it every day.

You wake up in the morning and say: "No matter what happens to me this day, I will project the things that will solve them. I won't know what those things are, but I will be led to be in the right place at the right time, meeting the right people, and staying attuned to the synchronicity that I need to see."

There are also those who are starting to understand something very special: Those you meet along the way may very well have something for you, even though it doesn't seem like it. Those you might meet along the way, who you might normally just say "hello" to and move on, may have profound information or direction for you that will change your life. So, that means that you need to examine differently situations that Spirit brings to you, because you asked for them! You simply didn't recognize what they were.

More than synchronicity, now we're talking about gifts that you have actually projected and asked for, which sometimes you miss. It's all about timing. It's a beautiful thought, is it not, that, perhaps, you, as a Human

Being, have control over your life or luck?

I want you to think with me for just a moment, maybe even project your path a bit. There you sit. For some of you, this is new, and perhaps you'd like a little more of an idea of what I'm talking about. So, let's go through it.

It's so important that you understand that this is doable. More than doable, this is something that you can use now. It's everyday, practical, esoteric information that works.

“Dear Spirit, I'm uncertain about my future.”

“Dear Spirit, I may have this or that wrong with me.”

Then, project how you want this to unfold: Say, “Let me project in front of me what I need for my life to be smooth.”

Do this for yourself, not for others. They must do it for themselves, since it's “Human-specific.” But in the process, others will see in you what you have done, so it can help them as well.

“Dear Spirit, let me walk into my solutions.”

“Dear Spirit, bring me the right scenarios, and the right people, and the right relationships that I need to move forward in love.”

And – the best one we told you about many times:

“Dear Spirit, show me what I need to know.”

If you have the courage to say that, then also have the courage to dismiss the details of what you expect. What if you were expecting “A” and you got “B” instead? What if “B” was far more valuable than “A,” but you were so stuck on “A” that you went down the “A” path and you missed “B”?

These are things that you must get used to: Dismissing the details of your expectations and being okay with something better. You never know what Spirit is going to give you, especially when you're more open to love and beauty than you even expected.

You are magnificent. God loves you so much and is so willing to take your hand and lead you right into the synchronicity that you deserve. But with free choice, your intent is KING!

You do not live in a chance-world if you choose to use this tool for a smoother path, dear ones. I would not tell you these things if they were not true. There are now many who have experienced this exact thing, and they now depend on it for their day-to-day lives.

Blessed is the Human Being who understands the power they really have over everyday life and occurrences. Relax in this, dear ones.

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=eM6pQI0e2Jk>

"The Fourth Initiation of The Jesus Christ Story"

By Ethan Indigo Smith



Disclaimer: Whether or not The Jesus Christ story of Christmas is true or not has no relevance to the actuality of the allegory of the story nor its meaning.

The Jesus Christ story is an allegory for initiation, and specifically the fourth initiation. The fourth aspect is frequently hidden, and the fourth initiation is nearly always obscured. The fourth initiation in the allegory of The Jesus Christ story is the resurrection.

The entirety of The Jesus Christ story contains numerous elements within in it of course, but as a whole, his is the story of the fourth initiation. And the fourth initiation is meant to be inspiration – not to wait for it to happen again but for you to proceed on a journey of consciousness ascension of your own.

The celebration of the fourth initiation marking The Christ story occurs during The Winter Solstice. This is the very moment of the year that represents the fourth initiation in the natural procession of the spheres. This fourth season is the resurrection, redemption, rebirth, the continuation of wisdom pursuits, and as the cosmos flows, we mark the rebirth of our own journey in correspondence with the lengthening of days and increase in sunlight.

There is creation, preservation of life, death, and the fourth aspect that is celebrated in the Christ story, there is rebirth, resurrection. This ritual

celebration is meant to provide inspiration for the continuation of internal enlightenment.

Instead of celebrating the entire Christ story we most engage in celebrating his birth and creation. And the inspiration of The Christ ascension allegory, and anything pertaining to the fourth initiation is further scuttled by The Santa Clause. This cultural attachment to the holiday externalizes the celebration into mostly just gift exchange, instead of a celebration of internal transformational change.

The consideration of internal insight and inspiration for ascension is all but deleted and replaced with externalized discussions, ‘What do you want for Christmas?’ And, ‘what are you getting for whom?’

The fourth initiation in line with The Winter Solstice and the fourth initiation in line with the Christ allegory is shadowed by bright lights and material considerations of externalized gifts instead of developing and sharing internal gifts.

Instead of going even discussing internal inspiration and wisdom on an internal rebirth and our own individuation renaissance we enact externalized celebrations, now mostly modernized attachments to what was originally Christmas, however quaint or spectacular the attachments and clauses may be.

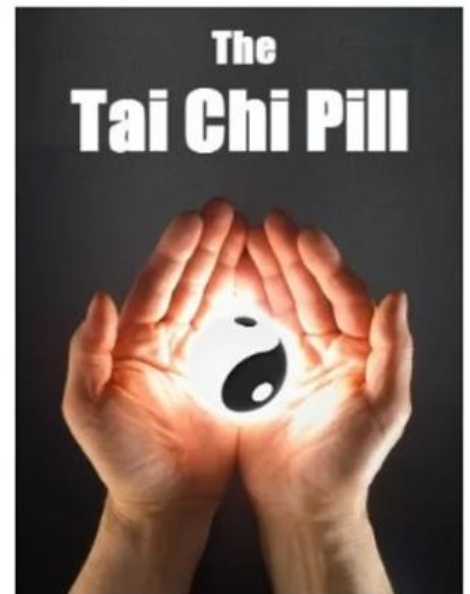
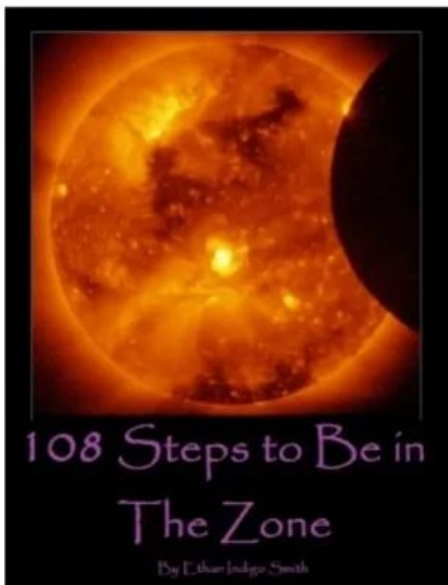
How can we be inspired by the internalized lessons of The Christmas story of consciousness ascension?

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

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**Ethan's websites: <https://wakeup-world.com/category/contributing-writers/ethan-indigo-smith/>
<https://matrixof4.weebly.com/the-duality-of-polarity-of-1111.html>**

Ethan's Books



Find Ethan's books on Amazon: <https://www.amazon.com/Ethan-Indigo-Smith/e/Boo58V4P2U/>

"Symbols & Rituals for January" By Ellie Blair



The word January comes from the Roman name for this month; it was named after the God Janus who had two faces. This deity ruled over beginnings and endings, the past and future. Since January is regarded as the first month of a New Year, this connection with the God Janus is appropriate. It is an excellent time to work on putting aside the old and outdated in one's personal life and making plans for new, different, and desired conditions.

For use in January:

Nature Spirits: Gnomes, Brownies

Herbs: Marjoram, Holy Thistle, Nuts and Cones

Colours: Brilliant White, Blue-Violet, Black

Flowers: Snowdrop, Crocus

Scents: Musk, Mimosa

Stones: Garnet, Onyx, Jet, Chrysoprase

Tree: Birch

Animals: Fox, Coyote

Birds: Pheasant, Blue Jay

Deities: Freyja, Inanna, Sarasvati, Hera, Ch'ang-O, Sinn

Celebrations and Rituals:

The Chinese use the concept of putting aside the old and outdated in one's personal life and making plans for new and better conditions in celebrating their New Year, which occurs on the first day of the New Moon when the Sun is in Aquarius. They considered this celebration a time for

settling debts, honoring ancestors, and having family reunions. They carry paper images of dragons through the streets and set off fireworks to chase away evil entities and misfortune.

Tsao-Wang was the Chinese kitchen God or Deity of the hearth and domestic comfort; his picture hung above the stove. He was the protector of the family and recorder of their actions and words. His report at the end of each year to the Heavenly Jade Emperor was said to determine the family's coming fortune. Because of this, the Chinese burned the old picture-image and put up a new one a few days before the New Year. His wife had the task of reporting on female family members.

Even the people of Tibet, whose year began about the end of January, had a celebration for expelling the Old Year. They made a dough image for the demons to inhabit, then worshiped them for seven days. At the end of that period, they took the image outside the village to a crossroad and abandoned it. The idea behind this seems to have been that the negative beings who had accumulated during the Old Year, received recognition for their existence, but also received a firm statement, by the action of leaving their image outside the village, that they were not welcome to hang around.

Most cultures had some ceremony for ending an old cycle of the calendar and celebrating the beginning of a new cycle. Physical activity acknowledging the end and beginning of cycles sets off similar changes in the subconscious mind. This change in the subconscious is necessary in order for actual physical changes to come about. Such rituals are helpful when one faces the end of cycles in relationships, career, residence, or other life situations. During the Feast of Kore, which was held at night with much feasting and dramatics, a group of initiates bearing torches went down into the Goddess's underground chamber. Kore whose name means "Maiden" is the youngest aspect of the Triple Goddess. She was the Daughter of Zeus and Demeter. On January 5th or 6th the Greeks carried an image of Kore around the temple seven times for victory, protection, and good fortune. Since your home is your sacred space, consider walking clockwise around it seven times with any Goddess symbol you may have-visualize yellow/white light to chase away any lingering winter blues.

The Seven Deities of Luck in Japan were honored during a three-day festival called San-ga-nichi. To avoid good luck being swept away, there was no sweeping during this festival. These Seven Deities are also called Shichi Fukujin or Shichi-Kukujin, which means "Seven Gods of

**Happiness.” There are six Gods and one Goddess that make up this little group. They sail about in a treasure ship called a takarabune.
About Ellie: Ellie Blair is a UK based Holistic Therapist and Published Author who specialises in writing about Mindfulness, Spiritual Exploration, and Holistic Healing. She lived in Taos, New Mexico for 12 years where during that time, she worked as an Advocate with and for The Native American Red Willow Tribal People at Taos Pueblo.**

**Ellie has travelled the world and has been walking the path of Spirituality for over 30 years. She aspires to use her writing and healing skills at every opportunity to nurture and encourage the Spiritual growth and wellbeing of others. You can reach her at auquael@gmail.com
Ellie's facebook page: <https://www.facebook.com/ellie.blair.94/>**

WINTER'S COMFORT



**Brew me a cup
this winter's night

As the wind howls loud
and the furies fight

Spice it with love
and stir it with care

Keep your lights
and souls glowing

For soon I will be there

By Ellie Blair**

"Where Is The Sunshine?" By Stacey Duffy



I was reminiscing this week. I remembered how I coped - with anything- in the past. I didn't. I told myself I was fine and I carried on. Now I deal. I don't wave my spiritual wand and end up cured of pain but I now let 'feels' through. I see them, feel them and release them.....after much work - eventually. Some of it is on a loop and I chip away at it a little more every time.

There is so much advice out there on how to 'deal with feels.' Not all of it works for every one, but we have to try. I frequently catch a glimpse of an emotion in meditation. I feel something in my chest and then my stomach. I choose to sit in it -which can be awful- and eventually I will see it as a colour and then finally be able to name it. On rare occasions I will get a memory or a reason but for the most part I just get to see it for what it is - Negative, destructive and threat to my well being if left unchecked.

The other way I 'deal with feels' is poetry. Overwhelm, chaos and clarity in words. As soon as it is written I begin to feel better. When I read them back, I remember why I wrote them but I am not sucked back in. I can observe. Over the weekend I was going through my personal anthology and related to each entry deeply. As if they are a tiny part of my whole or a stepping stone in my journey. I couldn't help but notice an unsettling theme. Sadness, anger, shame, confusion, loss, death, grief.....OMG!!!! 🤯

They are beautiful (if I do say so myself) but where is the sunshine? Where is all the new found joy, the epiphanies, love, pleasure, clarity, surrender or peace? WTF? This journey has not been all darkness, so why is that all I express? 🙄 I was quite bleak about it. Could it be that I have become so determined to heal that I got lost in my own issues? I have to say no because I feel so much better, I am happier, lighter and joyful. I paged

through my journals and was relieved to find that I have in fact documented all of the positive feels in tremendous detail. But those are journals, not to be shared with anyone while I share poems of various shades of grey with the world.

Maybe its because I am still new to the positive vibes, maybe my sunshine is not as creative as my darkness. Two sides of the same coin, I feel like I need to balance them. I'll start...today. We must work on ourselves, but we cannot forget to stop and enjoy the victories and the calm. Sit in the sunshine too, bask in it! 🌻 See the colour, name it, savour it, welcome it. I don't want to do all of this work to be named as an accumulation of hurts but rather an absorber of lessons and an experiencer and reflector of joy.

How will I ever let the light shine through if I am defined by my darkness?

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/>

I daren't try to describe you
As the words are just too few
I daren't try to express you
As our acquaintance is too new

RoadtoSpirit.com

I fight the urge to keep you
already wondering when you'll leave
Desperate to remember you
You, bringing a reprieve

Shall I just stare upon you?
Or risk living in regret?
For not savouring the moment
When joy and I first met.

SJ Duffy

RoadtoSpirit.com

Interview With Stacey

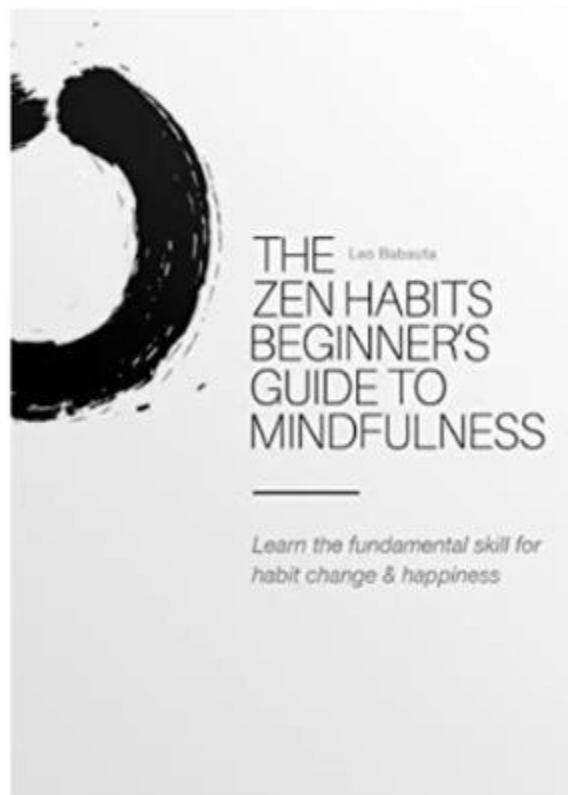


Link: <https://www.youtube.com/watch?v=QC7T8Mny74s>

zen habits by Leo Babauta

"Interstitial Ritual: Finding Focus & Mindfulness in Your Day"

By Leo Babauta



We will often start our days with the best of intentions ... and then promptly get caught up in a chain of busywork, messages, opening browser tabs, checking on things, answering email ...

... and soon the day has gone by and we wonder what we did with the day.

There's a simple practice that can shift that in a huge way: the Interstitial Ritual.

It's very simple:

When you finish with a task (or email, message, reading something) ... pause. Don't go to the next tab or message right away.

Take a breath. Notice where you are, how you feel, what is around you.

Write down what you just finished, if it was a task. For me, I have a Today list and a Done list and I simply add the last task to my Done list, remove it from the Today list.

Celebrate! Reinforce your accomplishment by being grateful.

Now take another breath. What do you want to do next? It can be another task on your Today list, it can be answering the next email in your inbox, or it might be to take a break, drink some water, go for a walk, stretch.

Set that intention, and get to it.

It's that simple. A pause, a little mindfulness, write down what you just did, and then consider what you want to do next.

I promise you, this will bring a lot more intention, mindfulness and focus to your day. You might even get some important stuff done.

The trick is to remember. How will you remember to do this ritual after every task?

And how powerful would it be for you to make this shift?

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.zenhabs.net> and <https://seachange.zenhabs.net>

Video with Leo Babauta



Link: <https://www.youtube.com/watch?v=4ovNnG9yz6g>

"Consonant Sounds" By Jill Mattson



Consonances are primarily created from changing the position of the tip of the tongue and lips. It is difficult to pronounce a consonant for a long time. Try it, say T. It is a short sound. In contrast we can hang on to a vowel sound for as long as our breath lasts.

A consonant is articulated with complete or partial closure of the vocal tract. Examples are:

- P - Pronounced with the lips**
- T - Pronounced with the front of the tongue**
- K - Pronounced with the back of the tongue**
- H - Pronounced in the throat**
- F and S - Forcing air through a narrow channel**
- M and N - Air flowing through the nose**

The shape and the spin of the energy resulting from vowels and consonants are different.

Certain body locations resonate with specific vowel and consonant sounds. For example, James D'Angelo tells us that the R sound creates similar energy as fire and stimulates the abdomen. The M sound is directed inward, feels soothing and is felt in the head. The AH sound resonates in the heart region, while creating a feeling of wonder. [1]

D'Angelo in his book, Healing with the Voice,[2] summarizes the impact of consonants below:

Benefits of Consonant Sounds

Consonant	Impacts this Area of the Body	Benefits
C/K	Back of neck and glandular system	Cuts through energy blockages, cleanses energy
H	Breath, throat	Regulates prana, balance head and heart, hope harmony, healing, humor
L	Root chakra, upper tongue	Challenges the status quo, and front palette stimulates Earth energy
R	Solar plexus	Stimulates fire energy, creates determination and courage
M	Head region	Inner directed, passive, deep contentment, innocence, purity, allow, surrender
S	Mental plane and links to senses	Represents life force/spirit, enlivens, inspires, nurtures intuition, generates warmth
Y	Heart	One splitting into two - polarity
V	Sacral chakra - seat of sexuality	Potent energy, vitality, vim, vigor, vibration, linked to water element

Many of our words have energetic benefits, such as **BRRR**, that is associated with being cold. Subtly this word gathers the warmth of fire-like energy and stimulates the solar plexus. Saying **Brrr** helps us feel warmer even though we are unconscious that we are warming our selves. Many of our words still create subtle energy - correlating to the meaning of a word.

The word atonement means at-one-ment, which refers to the reconciliation of God and humankind. Wayne Dyer says that the word transformation means literally to transform beyond our form. Often the sound of a word represents a higher understanding of a word.

The extinct languages of light, such as Hebrew, Egyptian and Latin had stronger associations with energy. As civilizations "involved" into matter the power of language and its exact energy associations have become watered down via modern languages. Today's languages are not as precise in their energy connections as they were in past eons, although we still see traces of this. The diminished connections lesson the power of spoken words, and distracts our attention from the subtle energy contained in words. The watered down subtle energy enables us to believe lies such as, "Stick and stones can break your bones, but words will never hurt you." Yes they can and on many levels.

[1] D'Angelo, James. Healing with the Voice: Creating Harmony through the Power of Sound, Thorsons: London, 2000. Pg. 19.

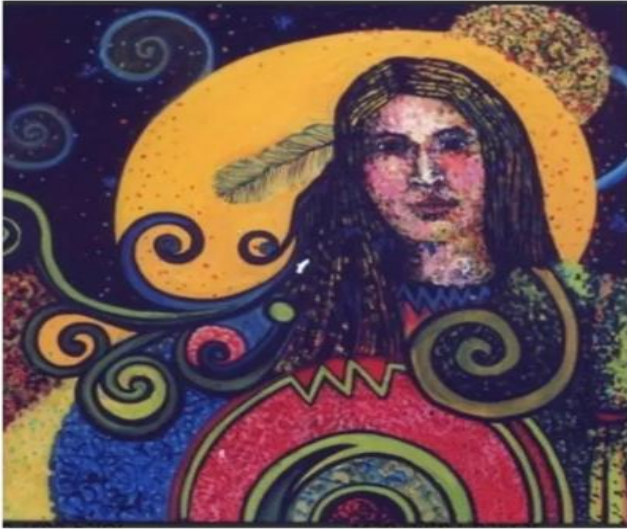
[2] D'Angelo, James. Healing with the Voice: Creating Harmony through the Power of Sound, Thorsons: London, 2000. Pgs. 45-52.

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

ROC Metaphysical Interview with Jill Mattson

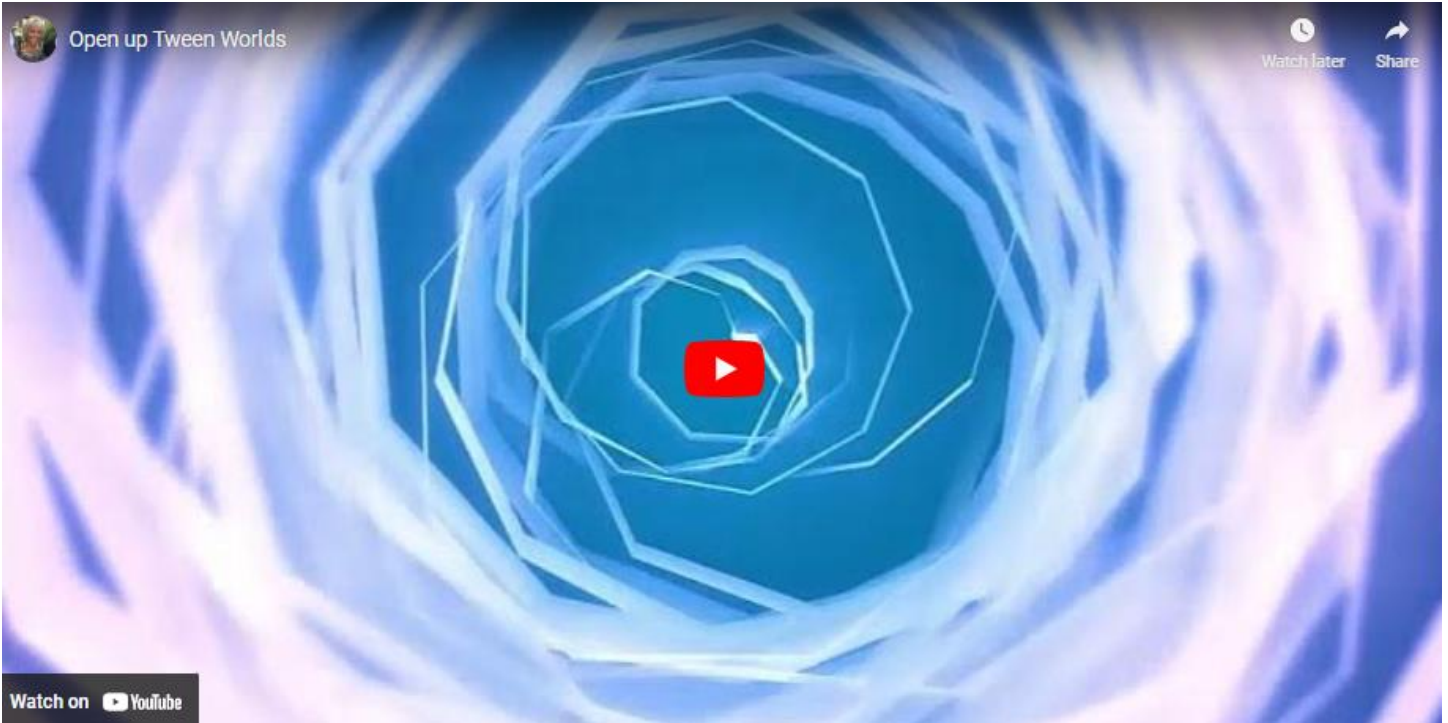
ROC Metaphysical
Interview with
Jill Mattson
January 1 2023

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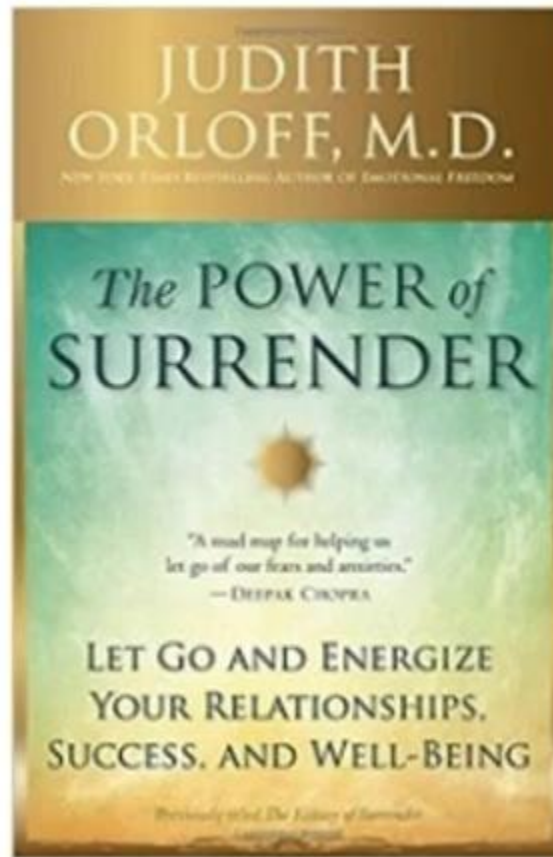
Link: <https://youtu.be/29jPxbXjI2s>

Jill's Video



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

**"Surrender to Miracles and Abundance"
By Dr. Judith Orloff**



Ecstasy and bliss are your birthright. The only thing that keeps you from these is fear. There comes a time when you can set aside this fear and simply rejoice in everything. Love is all there is, truly.

Wonder and gratitude will tune you into the secrets of abundance that comes from love and the heart. When you know this, really know this, bliss will permeate your moments here.

This is an affirmation / prayer based up The Power of Surrender to awaken the wonder in your heart and keep it alive. In hard times and good times, repeat it to keep you aligned with abundance, success, and miracles.

I surrender to the miracle of all things.

I surrender to abundance in every form.

I surrender my fear and surrender to love every moment, every breath.

I look up at the sky and see the wonder of the universe, so much larger than myself, my loved ones, the human species or even this lush, gorgeous Earth.

I surrender to the wonder of children, and the sun, and the flowers and all the large and tiny blessings that happen each day.

I surrender to the miracle of my life.

I will not believe anyone who tells me miracles are not possible.

Miracles are as much a part of our lives as our breath or our heartbeat.

I surrender to the miracle of my spiritual path and trust my journey more deeply every day.

I do not question my intuition.

I do not question my heart.

I am devoted to the wonder of the moment and the integrity of my path.

Praise our world of miracles and wonder.

Praise our world of darkness and light.

I surrender my judgments and fear and small minded thinking.

I embrace radical kindness towards myself and every being.

I surrender to the miracle of the moment.

I do not rush through my life, but bow to the sacred with every step and every breath.

My life is a prayer to abundance.

I do not believe in scarcity.

I believe there is enough for all in every situation.

I surrender to my success and to your success and the success of all my brothers and sisters.

I surrender to goodness.

I surrender to all the goddesses and the gods.

I am humble and happy and grateful for my life.

I vow not to miss the miracles in small things.

I vow to touch the earth each day.

I vow to honor my body.

I vow to care for this planet as if it was my precious mother or precious child.

There is no miracle too small to praise.

I will not forget to praise myself and others.

I will not forget to honor my journey.

I know life is short.

I know that love is the answer.

I will keep these priorities in place

As I travel through my days

My path is one of joy.

My path is not the path of fear.

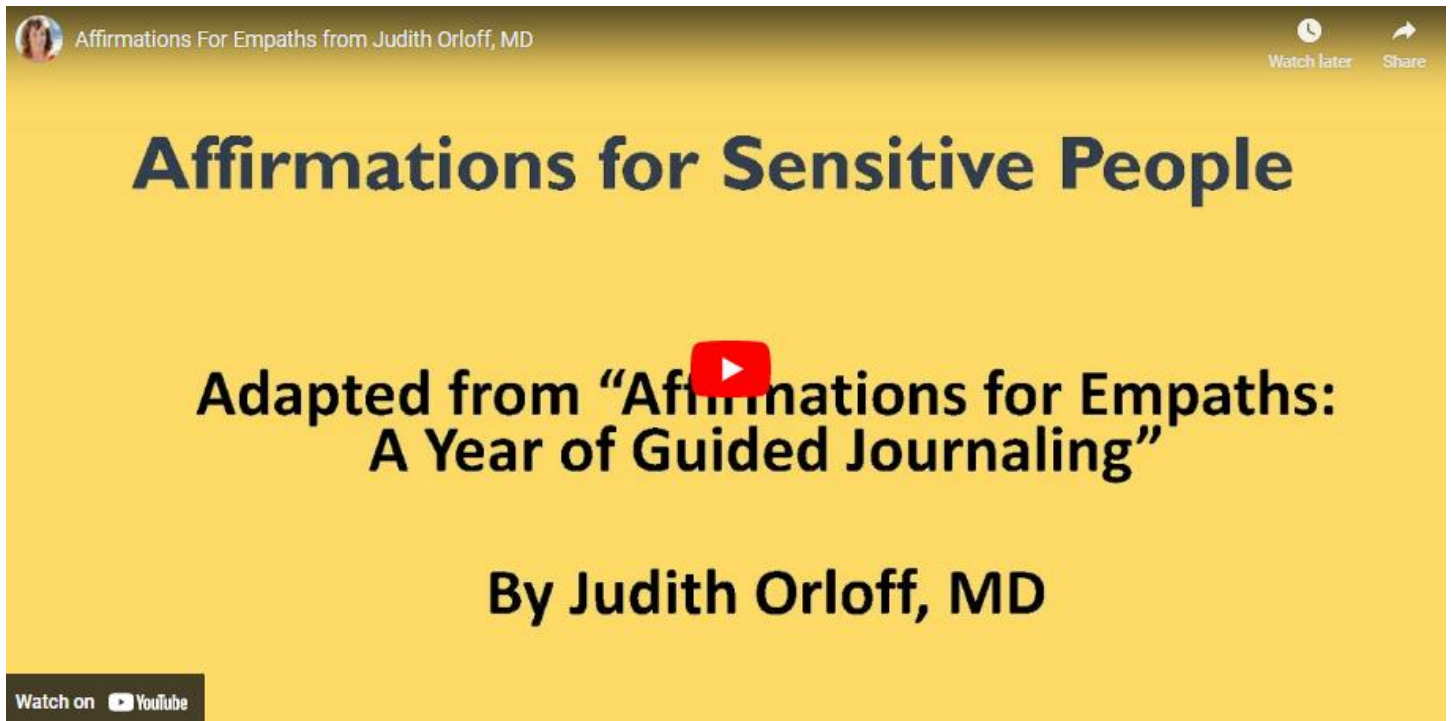
I let go to my heart.

**I let go to my soul.
I raise my arms to the sky and say “thank-you”
Accept me.
Love me.
Care for me.
I am in love with myself, with you, and the world.
I surrender to the wonder of all things.**

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=oV__qzPVbGQ&t=1s

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!"

MBOs AND BPs FOR NO CANCER

Anne writes: I have been offering an MBO and BP for my husband's health for months now. He was diagnosed with gallbladder cancer in May 2021 and was operated on to remove the cancer. For most, this type of cancer is a very shortened life as it is considered one of the really bad ones. Following surgery, he had to undergo chemo treatments. Chemo did not last long as he had a very negative reaction to the treatment. So they were suspended. For months he was in and out of the hospital. The possibility of this type of cancer metastasizing is very high and life expectancy is short (less than 20 months).

But, in May 2022, he had a PETCT scan and it showed no signs of cancer. While he was still very sick – in and out of the hospital for months for the past year and a half, tests showed no signs of cancer. But in November, he had blood tests done and the cancer tumor makers came back extremely high. We thought for sure the cancer had returned. It was about that time that I learned of the MBO Miracles group and promptly joined. A few weeks after the blood work results, my husband was scheduled for a PETCT scan to determine if cancer had returned. I put out requests for prayers from the MBO Miracles team. I was terrified the cancer was back. This group prayed for him and me. This week the results came back and there was no sign of cancer! There is great power in the MBO's and BP's offered and multiplied by others around the world it is exponentially even greater. I am so grateful.

I can't tell you how comforting it was to know that people around the world were praying for my husband and me. I KNOW IT MADE A DIFFERENCE. Thank you for making the MBO/BP available to all and special gratitude to the MBO Miracles group. If people have not joined the MBO Miracles group, I'd encourage all to do so. It is powerful and truly a gift. Link can be found in your weekly newsletter or here is what I have for the link: <https://chat.whatsapp.com/E5LN7ebE6AWo7GEF3ejtLr>

MBOs FOR SAFETY IN BROKEN DOWN CAR

I'll call her Judy in Houston Texas writes: Thanks to you, I've been requesting MBOs for many years and they always work. This one has me puzzled, though. Last Friday morning I requested an MBO for a safe trip to and from a town about 45 minutes from Houston. My usual wording is, "I request a most benevolent outcome for traveling today. May the roads be dry, the traffic be light, the lights be green, the drivers be courteous and safe, and may my car work perfectly. May the results be even better than I can imagine or expect. Thank you!"

I was expecting all to go well, but on the way home my car broke down in rush hour traffic, in the fast lane at dusk on the north loop, one of the busiest freeways in Houston. People were honking and yelling at me to get out of the way, but my car simply would not start again. It was a dangerous situation and the thought crossed my mind that this might be how I was going to die.

Needless to say, my stress level was high. Throughout the whole ordeal, I kept saying MBOs for every concern: that the cars would go around me and not hit me; that I would be safe and it would be easy to get home; that the tow truck would get there fast; that it wouldn't cost much to repair my car, etc. I put the hazard lights on and flagged down a truck for help. My angels came through for me. For a 74-year-old woman, it was terrifying to wave down someone in roaring traffic, but a nice, strong man risked his life by getting out of his truck and pushing me onto the shoulder. He stayed with me until the tow truck arrived, while his wife and son waited patiently in their truck, even though it took over half an hour. He tried to troubleshoot to no avail and kept talking to me, which helped me tremendously.

The tow truck was the cleanest and most comfortable I've ever been in. The driver was a grandfatherly type of person who put me at ease and made me laugh all the way to the repair shop. I asked to be towed to my regular mechanic, which I knew closed at 6:00 p.m. It was almost 7:00 by then, but low and behold, the shop was still open with all the lights blazing, and both of the owners were still there. When they saw it was me, one of the owners threw his arms open and said, "By the grace of God!" I laughed out loud because those were my thoughts, exactly!

I was able to use the bathroom while the owners directed the tow truck about where to park my car. One of the owners drove me home, and it didn't cost me anything for repairs. The mechanics could not find any problem that would cause my car to break down—it's still a mystery—so they didn't charge me. What a most benevolent outcome! I am so grateful to God, my angels, MBOs, helpful people, and you, Tom, for teaching us MBOs.

I want to know what I'm supposed to take away from this experience because I'm unsure of what to do about it.

May I remind everyone that I was in a 5 car rear-ender on the North Dallas Tollway. A sixth car suddenly stopped, and the car in front of me stopped before hitting him, and I slammed on the brakes and came within a foot of the car in front, but I was hit by two cars behind me, totaling my car--and

naturally I had requested an MBO for my drive. I wound up with a settlement from the two cars behind me, and even though I was shoved into the car in front, it was so minor that he did not want to file with his insurance. I also wound up with a nice 1.5 year old car that had been on a lease and had all the bells and whistles.

I asked Theo, and he said it was time for a new car, since ours was 10 years old—we only drive 6 to 7k miles a year, since our office is in our house.

As Theo describes it, we all have challenges to face in life, but by requesting MBOs the challenges that first appear as brick walls turn into big speed bumps.

Now you have to decide if you can trust your car in the future. You can request an MBO for the PERFECT car for you and then see what turns up. All those MBOs came through for you—not being rear ended, the man who pushed you off to the shoulder, the tow truck, your garage being open late, no charges,—all those are MBOs. But Theo keeps saying that we have to make these decisions in life.

MBO FOR NO RAIN FROM CAR TO HOUSE

Sandra writes: I have been requesting MBOs and they are amazing. A recent one was just astounding to me so I wanted to tell you about it.

Driving home one evening it was pouring with rain, I said an MBO for when I got home that it wouldn't be raining and that I'd get indoors before the heavens opened up at home.

We pulled into our parking spot and it wasn't raining, I was surprised as it had been teeming down all the way home, then I realized our headlights highlighted a magnificent stream of water angled away from our home and into our neighbor's garden! I even pointed it out to my husband as it was so incredible.

He finished parking the car while I dashed inside, the second I got inside the door the rain poured down. Hubby got soaked! LOL Next time maybe I should include him in my MBO.

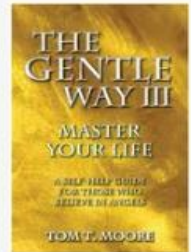
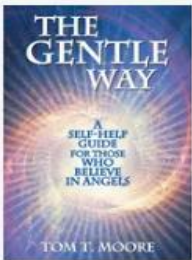
I've also done the same MBO when I had laundry out on the line and it was pouring with rain, I asked for an MBO to let me get my clothes in before they got wet, driving home it rained everywhere except around my home. I am always amazed these things work so wonderfully.

Thank you so much!

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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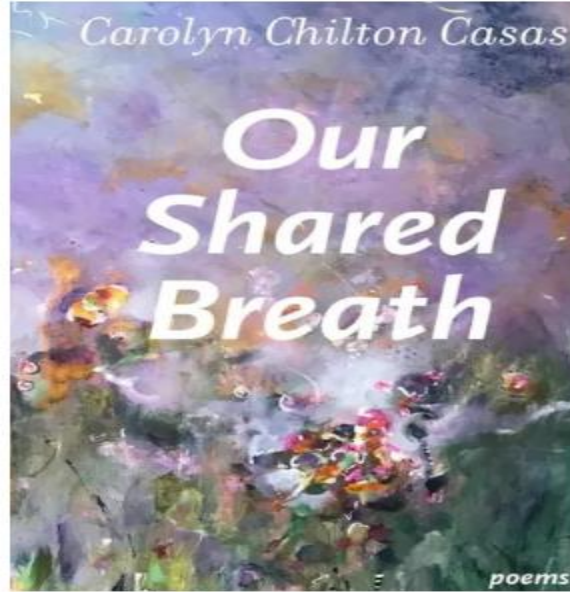


Link: <https://youtu.be/RJHpBt4sTv8>



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

Poetry By Carolyn Chilton Casas



New Year

**Evening on the eve of a new year,
steeping in a warming lavender bath
with a view to a rounded moon
rising between tall eucalyptus trees
and smoke signal clouds,
diamonds at their edges.
Rivers of rays stream out
from the luminous orb,
lighting up the night sky.
The rabbit with his long ears,
read about in a long-ago leyenda,
guards our home from his radiant perch.
Remembering another New Year's Eve,
on a Brazilian beach,
all dressed in white,
wading in shallow water –
seven waves to jump,
a heartfelt wish made for each.**

~ Carolyn Chilton Casas

About Carolyn



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

Interview with Carolyn



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

"Turn Self-Care Practices Into Daily Habits" By Rev. Colleen Irwin



Cultivating habits is the best way to simplify your self-care routines. When you turn your self-care practices into habits, it's much easier to get motivated and stick to your goals. But how do you create a habit for your self-care? These following tips will help you turn your practices into long-term daily habits.

- **Choose Your Habits – The best way to develop new habits is to choose the habits that will impact your life most. However, it will also help you know why you want to build that habit. For example, if you have a tough time walking every day, make it a non-negotiable habit for every other day, until you work up to walking every day.**
- **Commit To Each Habit – When you decide to make something a habit, you need to commit to the action for the long term. This means you need to give it time, to ensure you have the right resources. Remove any roadblocks that limit your success. For example, if you want to walk 30 minutes a day but you don't have the right kind of shoes to walk in, it won't be easy to maintain your walking commitment.**
- **Visualize Your Habit – Once you've dived what you'll do and committed to it, take some time to visualize what success looks and feels like. You can write in your journal, create a vision board, or meditate on the idea to see it in your mind enough to motivate you while you are developing the habit.**
- **Plan The Details – Write down what you want to do and plan how it'll all work so you can record the results too. For example, if you're going to walk**

30 minutes a day, you'll need to write down exactly how you will fit it into your day, when, where, and how – include all of it. Include how you feel when you do it, how you feel if you don't do it, and how to mitigate roadblocks.

- **Implement The Plan – Now that you know how to create the habit, you'll want to do the actions you've committed to doing. Don't rely on willpower or anything but time telling you that you must do this action right now and just do it.**
- **Track Your Progress – Don't rely on your memory, to be honest with whether you lived up to your own objectives or not. Instead, track everything you do during the initial habit-setting moves to know what's working and what's not working.**
- **Assess and Tweak Goals – On a regular basis, you need to make you're your goals and actions support are giving you the results you want. If they don't, you need to make changes that support the results you want to achieve.**
- **Repeat the Process – Never give up.**

A study at University College London demonstrated that on average it takes about 66 days for most people to create a new habit, not twenty-one as most self-help advice states. But in the big scheme of things, committing to self-care for 66 days is just a drop in the bucket when it comes to your self-care. You can do it, especially if you surround yourself with supportive people and partners to help you when you feel like giving up.

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>

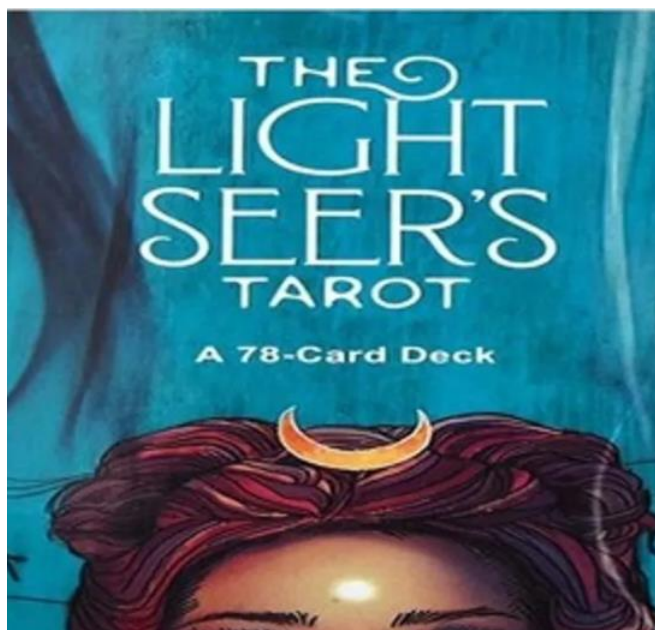
Pinterest: <https://www.pinterest.com/talkwithcolleen/>

Interview with Rev. Colleen Irwin



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

"Tarot Tendencies For The New Year And For January" By Doreen Scanlan



New Year 2023

Tarot Tendencies for the New Year

We are about to enter a new year, 2023 . This will be a 7 Universal Year. That means it is a year to focus on creating your life to be a reflection of your authentic self. Spend some time evaluating what areas of your life might need some adjusting.

The Tarot outlook for 2023 indicates that this will be a year of study and fine tuning your skills. There is great abundance available for those that align themselves with their purpose. This is also a year to make improvements to your living space so you can be more comfortable there. Once you have made your accommodations more homey it will be time to step out of that comfort zone and look to expand. Finding that courage will also help you find ways to express yourself more than you used to . All of this is preparing you for a major lifestyle change before the end of the year. The more prepared you are for it the less dramatic it will be.

Now let's bring it down to January.

For the Month of January



Tarot Tendencies for January

This month it is advised that you try to diversify your interests. Try now to get so stuck in a routine that you are doing the same old same old everyday. This is a month of crossroads and choices. That is why it is important that you are ready to change things up. The first crossroads has to do with the physical things in your life . Do you have too much or too little of something? Make a plan to balance that out. This is time to unload things that are weighing you down.

The second crossroads is an emotional one. Just like we said earlier, diversify. Find more things that make you happy and be mindful that your happiness should carry a lot more weight. It is time to start living your life that you have dreamt of. There is no time like the present. The final crossroads is a spiritual one. Take some time to see if your thoughts align with your true purpose and if not clear the path for the ones that do. Be adventurous and see where all these crossroads may lead.

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.

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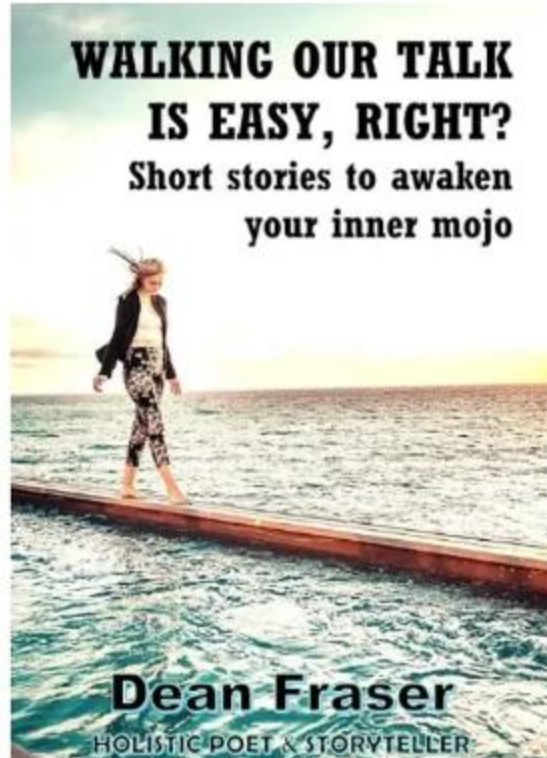
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Interview with Doreen



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

"To Thrive Or Not To Thrive? By Dean Fraser



Let's take a moment to think about those unfortunate souls whose only contact with others is through some secondary electronic device like a laptop or their smartphone.

The guy who consider 'likes' to actually mean something. Our guy has loads of online friends through social media although he has never actually met any of them or has any really genuine friends in the real world.

SURROUNDED BY CONCRETE AND STEEL

Surviving as he does (can it accurately be described as living?) in a world dominated by electronic equipment, surrounded by bricks and concrete. Our guy spends his entire leisure time on his device/smartphone or playing computer games, only encountering vegetables and fruit when visiting the huge steel and glass supermarkets; the countryside is that green blur he momentarily views through the side windows of buses or seen flashing-by from the seat of a train.

A self-created reality existing in a complete and total sensory deprivation world. Never experiencing the pleasure of real conversations with fellow humans or feeling the joy of simply being alive!

Everything in our guy's immediate surroundings is unnatural and synthetically mass produced. All his direct experiences obviously also then become manufactured in some way.

Existing in this artificially created outside-of-reality bubble makes our guy extremely receptive to auto-suggestion. With no natural grounding point to lock onto to act as an anchor he becomes literally a cog in part of the bigger machine. An automated breathing consumer unit...

OUR NATURES

Why are we here on this planet at this moment?

What might be yours or indeed my mission in this life?

Surely it cannot be to simply work, opting out of any direct experience, eventually to then die leaving behind hardly any contribution to the betterment of the world?

No real trace of having been here other than our bloodline continuing...

Don't you feel we all deserve better?

I know I do and trust you feel the same way!

Yes, of course you and I deserve to live life to the full and enjoy every day whatever twists and turns it might take. To be true to our own ethics and morals. Have some fun, which might well cost absolutely nothing in hard cash, but is purely priceless.

Now that is living!

Think of walking in a forest after a fresh shower of rain, those heady scents and the sounds of birdsong high above in the trees.

Sitting by a seashore as waves loudly crash in on the beach or perhaps soothingly lap gently onto the shore.

The beauty of visually taking in a meadow full of a kaleidoscope of wildflowers.

The drama of a wild thunder-storm.

Looking up as an eagle majestically soars against a stunning sunset.

To be out on a crisp winters evening, the sky purest black and a million stars twinkling like diamonds.

Or a scorching hot summer's day, feeling the sun warming on our backs and experiencing true contentment.

This is real life!

This is directly appreciating freely given beauty, the beauty of nature, of our own natures and it is all waiting right there as it always has been. Waiting for you and I to feel it through all of our senses, with every breath down into every atom of our very being!

So, what would you rather enjoy?

Any one of these amazing natural experiences or spending time, like our guy does, on a device?

Why not go take a walk instead?

The countryside might be too far away, this need not be an issue. Public parks were created for us to use. Observe nature in all her beauty and wonder.

I believe if we all did this at least a couple of times a week, preferably more, but at least a couple of times, then we would feel fundamentally better within ourselves and naturally begin to focus more on our own wellbeing.

The more of us out there living fulfilled lives focused on those things which truly matter, the happier the collective group mind becomes.

Our individual happiness can never be bought through acquiring things; it is about you and I making the personal choice to live on our own terms every single day and right there is our real key to lasting happiness!

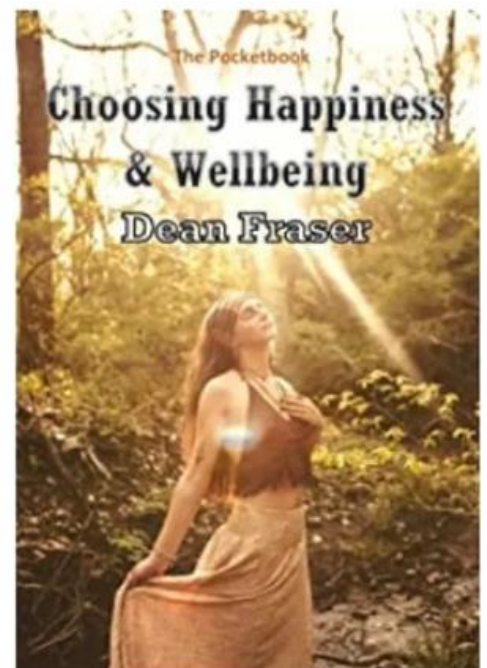
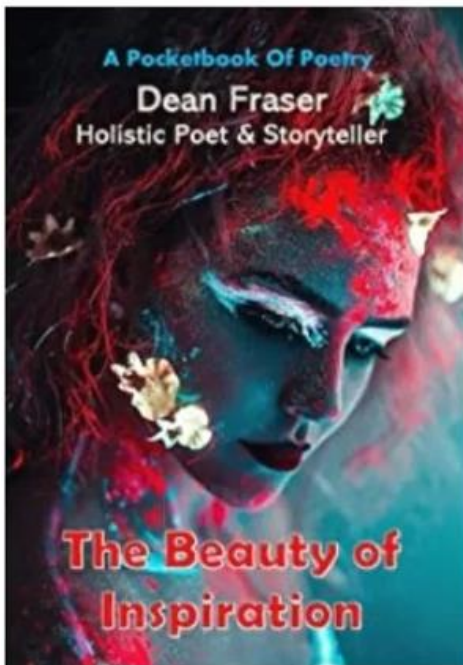
About Dean Fraser: I began my journey into holistic poetry and storytelling whilst still at school. My reputation as an orator grew over the years. I began to look for ways to get myself in front of others to share my message. This in fact would become my mission in life!

I feel more in harmony within myself and fulfilled when stood in front of an audience. I never use scripts when giving talks. I trust that the message I need to impart will come through me when I stand up to talk and in over three decades this has always worked out just fine for me.

So much for the biography. I prefer my energy and actions to speak for themselves.

Dean's website: www.deanfrasercentral.com

Dean's Book



Find Dean's books on Amazon:

<https://www.amazon.com/stores/author/BooMF8YSAS>

"Paving The Way for 2023" By Patricia Cota-Robles



The epic purging that was accomplished through the unified efforts of Heaven and Earth during the 40-days from November 11th through the Solstice on December 20th in 2021 was responsible for dismantling the matrixes of the obsolete paradigms and myriad social structures that have manipulated, controlled and suppressed the masses of Humanity for aeons of time.

These matrixes had been held in place through the fear-based consciousness of separation and duality. That distorted level of consciousness manifests through the behavior patterns of greed, corruption, the abuse of power, hatred, ignorance and the willingness to respond with violence. All of these behaviors are void of LOVE.

That purging was a critical factor in paving the way for the next vitally important events that Awakening Humanity and the Company of Heaven were inspired to Cocrete in 2022. There are several powerful activities of Light that have been accomplished so far this year. These events include the Cocreation of the Divine Matrix for a Generational Changing of the Guard, the opening to full breadth of the Portal of the Holy Breath of God, and events that brought into balance a higher aspect of the Divine Masculine and the Divine Feminine within every person's Heart Flame.

When the Portal of the Holy Breath of God was opened to full breath a brand NEW frequency of the Holy Breath of our Father-Mother God was

Breathed through the Portal and secured in the Heart Flame of every man, woman and child. This Holy Breath reverberates with the full Divine Momentum of the perfectly balanced Divine Masculine and the Divine Feminine which has not been available within the Hearts of Humanity since our fall from Grace literally aeons ago. This wondrous event cleared the way for the next phase of the return of our Mother God.

During the Full Moon Lunar Eclipse and the Celestial alignments that took place during the 2nd Wave of Harmonic Concordance on November 8, 2022, our Mother God BREATHED the full Divine Momentum of Her Comprehensive Divine Love through the Portal of the Holy Breath of God and secured it within the Heart Flame of every man, woman and child on Earth.

Since that Cosmic Moment, with every BREATH we take our I AM Presence has been gently BREATHING our Mother God's Comprehensive Divine Love through our fully opened 5D Heart Chakra to bless Humanity, the Elemental Kingdom and Mother Earth. Day by day this Divine Love has been building in momentum. Today, the Company of Heaven is sharing with us the magnitude of just what this means for all of us.

Every particle and wave of Life lives, moves, breathes and has its Being in the all-encompassing Body of our omniscient, omnipresent, omnipotent Father-Mother God. This Forcefield of Infinite Light is finally being recognized by some in the scientific community and they are referring to it as the Divine Matrix. This awesome Body of God sustains All That Is.

What we are learning now is that the very FOUNDATION of our Father-Mother God's Divine Matrix pulsates with our Mother God's Comprehensive Divine Love. This means that every single thing throughout the whole of Creation initially developed from a Foundation of our Mother God's Love. In resonance with the Universal Law "As Above So Below," the Company of Heaven wants us to realize that the patterns of perfection for the New Earth must also be Created from a Foundation of our Mother God's Comprehensive Divine Love. This Foundation is now being formed with every Breath we take.

As we make the final preparations this month for the Birth of the New Year 2023, and the activities of Light we will be Called to Cocreate during that life-transforming year, the Company of Heaven has shared some information to help each of us truly comprehend the magnitude of what it means now that the Divine Feminine has at long last been fully balanced with the Divine Masculine in every person's Heart Flame.

In order to victoriously accomplish that Mighty Feat, which was Cocreated through the unified efforts of Heaven and Earth during the 36th Annual World Congress on Illumination, we were told by our Father-Mother God that this mission would require “All hands on deck.” In compliance with that Edict from our God Parents, Cosmic Beings from Systems of Worlds beyond anything the Earth has ever experienced were given permission to descend into the atmosphere of Earth to amplify the efforts of Awakening Humanity. We were told by our God Parents that these Cosmic Beings had been given permission to remain in the atmosphere of Earth through the December 21st Solstice.

Through their Divine Intentions and their Infinite Light, these Cosmic Beings are working with the I AM Presence of each and every one of us at this time. They are helping us to Cocreate a Foundation of our Mother God’s Comprehensive Divine Love upon which the patterns of perfection for the New Earth will tangibly be formed. This amplified influx of our Mother God’s balanced Divine Love is occurring with every Holy Breath we take. Now, as we focus on this information, the Cosmic Beings will exponentially expand the Foundation of our Mother God’s Comprehensive Love through our Heart Flames. This will help to pave the way for the miracles we will Cocreate in 2023.

As our Mother God reclaims this Earth and anoints Humanity with her Comprehensive Divine Love, we are beginning to experience a deep Reverence for ALL Life. Our Mother’s Love is now pulsating within the core of our Beings; it is NOT outside of us. We no longer need to seek the Divine Feminine from afar; we need to merely accept that our Mother God has returned, and that she is now abiding within every person’s Heart Flame. Her Love is pulsating within the silent rhythm of every Heartbeat, every Breath. It is the universal language now speaking to all Humanity through our Gift of Life. As we take the time to listen in the silence of our Heart, we hear the tones and whisperings of our Mother’s Love inspired by the wonders of Nature and the Music of the Spheres.

The effulgence of our newly-balanced Heart Flame is Creating an environment of Divine Love and upliftment around each of us. When we turn our attention to the balanced expression of our Father-Mother God within our Heart Flame, the illusion of separation is shattered. Our Hearts are unified, and we once again experience the bliss of knowing that WE ARE ONE, and that Love is ALL there is.

During this auspicious time, our Mother God is placing each of us within a mantle of her Comprehensive Divine Love, and our nervous systems are

being recalibrated to withstand the highest possible frequencies of the Divine Feminine. Our Father-Mother God's newly balanced Violet Flame in our Heart is now penetrating into our atrophied spiritual brain centers. The Violet Flame is gradually reactivating our pineal, pituitary, and hypothalamus glands, and the ganglionic center at the base of our brain. This is allowing our I AM Presence to open our Crown Chakra in perfect alignment with our level of Consciousness. Day by day Humanity is returning to the Enlightened state of Unity Consciousness.

At this time, our Mother God's Comprehensive Divine Love is pouring through all of us without designating favor to a particular person, place, condition or thing. Her Love is giving a Healing, impersonal benediction to every particle of Life. This magnetic Love of the Divine Feminine is blessing all Life with an equal opportunity to respond. Every person on Earth is being given both the blessing and the responsibility of becoming an Open Door for our Mother God's Comprehensive Divine Love. Every Human Being now has the opportunity to become an instrument of God vested with the power to change the feeling worlds of all with whom we come in contact. This will be accomplished not through our human will, but through the balanced power of the Flame of Divinity that is now pulsating in our Heart Flame.

Precious Heart, this month focus on your Holy Breath and KNOW that with every Breath you take you are Cocreating the very Foundation of Comprehensive Divine Love that will sustain the Heart-based patterns of perfection for the New Earth. We at Era of Peace wish you a Love-filled and Peaceful Holiday Season. Celebrate all of your Traditions knowing: We are One and LOVE is ALL there Is.

God Bless You,

Patricia Cota-Robles

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

Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has

written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, a free monthly email newsletter, global meditations, and YouTube presentations, all of which are designed to help Humanity add to the Light of the world.

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A

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=R2hnOLkSI0M>

"Dark" By Monique Lang



As we approach this time of year, many traditions celebrate the ending of darkness and the beginning of a new cycle of light.

And so it is in our lives that we cannot escape the darkness.

As we move into its quietude, we open to a deepening of our intuition - of our deeper knowing. From there we move forward into greater wisdom, greater love, greater light.

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.

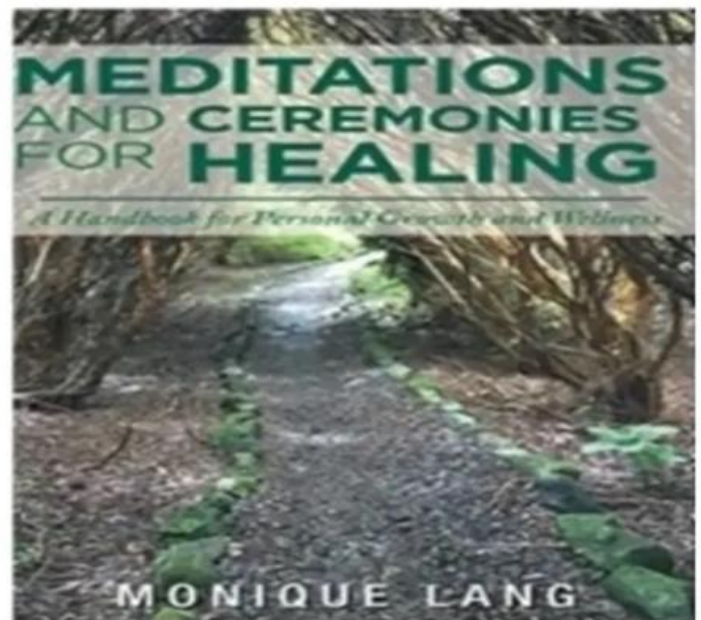
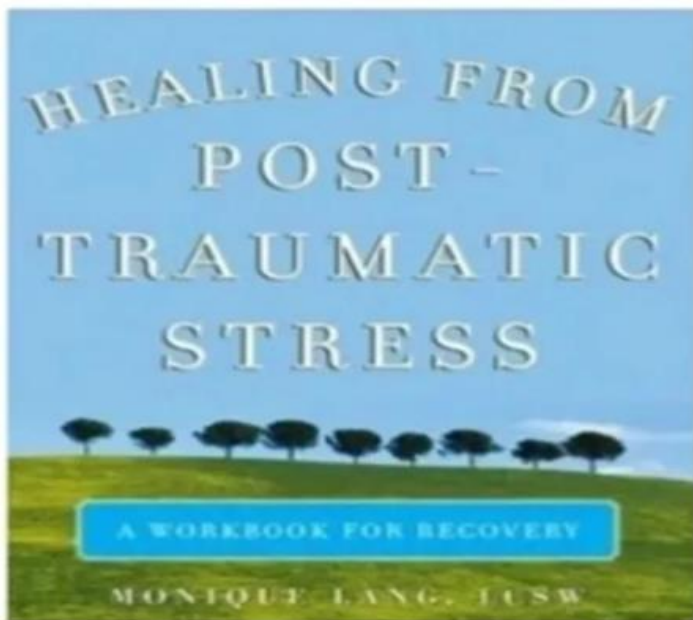
Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community

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>

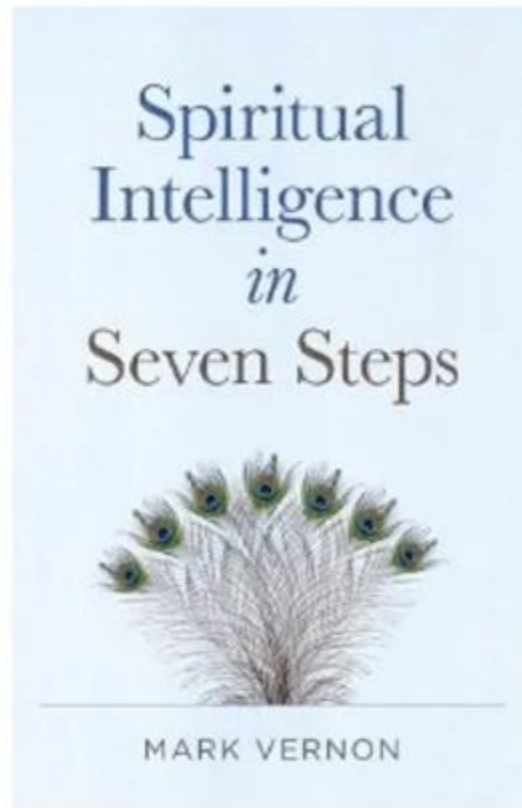
Monique's Books



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

ROC Metaphysical Book Review

Spiritual Intelligence in Seven Steps By Mark Vernon



My new book is *Spiritual Intelligence in Seven Steps*. And I would like to introduce it to you.

Spiritual intelligence is a type of perception, although unlike types of empirical perception that see, hear, touch, taste or smell, it works by spotting what is alive and implicit. It delivers the felt sense, often first glimpsed out of the corner of the mind's eye, that our experience of things is connected to a wider vitality; that what we grasp is only a fraction of what might be understood; that there is more underpinning existence. To become alert to this presence is like becoming aware of light, which is not itself directly visible though simultaneously shines from all the objects it illuminates.

It is a kind of intelligence to do with humble awareness rather than slick analysis and, when someone has it, you will think they are inspiring more than clever. It is a wonderful capacity, and a source of delight, comprehension and purpose. It is also basic to being human. But my fear is

that it has become so overlooked and sidelined in the modern world that people are inclined to be snifty about it and deny that it exists altogether.

The word “spiritual” is, of course, contentious. People can spend years trying to define it. For others, it is straightforwardly a turn-off, as it evokes superstition and woo. I’ve resorted to it partly because it is useful in signalling my conviction that there are more things in the world than can be accounted for by a materialist philosophy. Also, if spiritual seems slippery, that is only in the way that defining what is good, beautiful or true seems slippery, though we know these things the instant we are in their presence. The realisation lies in the recognition, not any definition, which will inevitably be too tight.

The book is, in part, a product of my involvement in a research group organized by the International Society for Science and Religion that is looking into these things. I feel it has become crucial to get a felt handle on the notion of spiritual intelligence in contrast to other kinds and, in particular, artificial intelligence.

The immediate concern is that AIs are already so pervasive that we are at risk of forgetting what it is to operate without their slick planning, cunning manipulation and tremendous capacity for problem-solving. The challenge is to ensure AIs benefit us more than they threaten us, which requires us to understand more fully what it means to be human. If we can be brightly aware of the capacities we have, which no machine does, even as the technology continues to improve, we might have a chance of staying human in the age of the machine.

Emotional intelligence isn’t enough, I’ve concluded, partly because it looks as if AIs will increasingly be able to mimic the qualities that Daniel Goleman originally highlighted as the proficiencies of emotional intelligence. The first two competences he lists, social skills and empathy, machines can already be programmed to fake. The next two, motivation and self-regulation, machines simply don’t need, as it is in their nature to keep going without hesitancy or deviation. Goleman’s fifth characteristic, self-awareness, has so far eluded computers and my guess is it always will, though the danger is that it can be imitated so as to confuse humans, and is already doing so.

Put it like this: if artificial intelligence is mostly about solving problems by spotting patterns, and emotional intelligence is mostly about relating to feelings by understanding them as opposed to being swept along by them,

spiritual intelligence turns to the steady presence that runs through, above and under it all.

This awareness is transformative not because it is successful at what it does, like an AI; or because it fosters flourishing, like emotional intelligence, though it might. Spiritual intelligence enables the individual and groups of individuals to become increasingly aligned with the deeper pulses of reality. It takes us to the shoreline of knowledge where learning becomes a type of listening, consideration a type of resonance, and personal change a type of expansion. With spiritual intelligence, education becomes an activity that seeks to draw out and recollect, rather than pour in and test.

The truly deadly thing is to fail to notice you are experiencing because you have become lost in the experience. It is this self-forgetfulness and alienation that the pervasiveness of machines can bring about, not because they have woken up, but because their impressive presence has made us fall asleep. The risk is that we become like them, not that they become like us.

What I am proposing as spiritual intelligence is related but different to the ways it has so far been defined, by the few writers who have attended to it. It has been thought of as a skill that can handle values, or as an ability to discern purpose, or as a concern for ultimate issues like life and death. Experts have turned to it as a complement to emotional intelligence, rather than as the capacity that is on to the realm in which the immanent meets the transcendent, as I am suggesting.

There are two problems with these older approaches. One is that they commit the flaw of much modern psychology by trying to remain metaphysically agnostic. Instead of concluding, on the basis of experience and evidence, coupled to intuition and desire, that there is a ground, wellspring and sustaining energy within our existence, psychologists typically attempt to hover above reality and comment on behaviours or observations.

But this is not metaphysically agnostic: it is to adopt the materialist assumptions of the physicist, which might work well when studying the objective world, but fragment when studying the subjective, because unlike the cosmos, the psyche cannot be inspected in a detached manner. The so-called replication crisis is the result.

Second, spiritual intelligence not a kind of know-how, but more basic. It is “know-that” – know that our plane of existence has qualities of being and consciousness and constancy and peace. That awareness will undoubtedly help with our emotional intelligence, by providing a basis from which to construe the world, pursue strivings and direct behaviours, as we will see. But spiritual intelligence as I see it is not a proficiency because it is not something to be achieved. It is a perception which you could say is born of a knack, or a grace, or a crisis, though it only appears to elude us because it is closer to us than we are to ourselves. It invites us to turn back to the ground of our being and rebuild from there.

My sense is that now is a good moment to become aware of its awareness for another reason. Many thinkers, including my colleagues at the research network, Perspectiva, believe that we live in a time of crisis that is actually a metacrisis. They mean that the challenges of the twenty-first century, from environmental collapse to social alienation, are not problems prevailing systems can fix, for all that specific policies and decisions may be able to impede pandemics and put out some of the fires. Rather, the problems have in large part been caused by the prevailing systems themselves.

So whilst systems will have to be re-designed, a more basic task must be attended to: remembering what it is to be human.

My seven steps are a set of reflective reorientations that turn the attention towards spiritual intelligence, deepen the understanding of it and, thereby, locate it more consciously in life.

The first step is to retell the origin story of human beings. This is important because stories are like filters and the current crop of “big history” accounts of Homo sapiens treat the spiritual element as if it were a delusion, which whilst once useful, can be filtered out now. I present the case, emerging from research in human evolution, that what I’m called spiritual intelligence developed in significant ways with the emergence of Homo sapiens, and played the fundamental role in the development of culture and technology. We are Homo spiritualis, and need to recall that now.

The second step, or perceptual shift, continues this story into the annals of history, and explores how individuality and individual freedom emerged. This basic freedom is, again, often forgotten now. It is not freedom of choice, freedom from hindrance – or freedom of expression, freedom to speak or do, but the more basic type of freedom, to recognise what

freedom for – which in a nutshell is to know ourselves. The freedom grows as spiritual intelligence becomes established.

Step three is a type of discursive meditation on what it's like to tune into spiritual intelligence. The upshot is a growing perception that reality is simple, not in the naïve sense of not complex, which is clearly not the case; but in the deeper sense that the myriad things arise from a spiritual commons, which spiritual intelligence can know.

Step four considers how spiritual intelligence relates to the inner life of the individual, or the soul. It explores the ways in which developmental psychology and psychotherapy have charted our interiorities, though argues that without the metaphysical ground that spiritual intelligence brings, these methods of easing suffering and promoting development have no goal, and so can leave people journeying and journaling almost indefinitely.

A fifth step follows because when the soul settles into the being that sustains it, the tricky but transformative reality of death can be approached anew. Mortality reveals itself to be a kind of natality, an insight that can be found in any wisdom tradition of merit, with the advice to learn to die before you die.

Step six argues that spiritual intelligence precipitates a radical shift in our perception of ethics. It must move on from being understood as about morality, which tends foster guilt and shame, and is readily weaponized, and so unwittingly weds us to alienation. Instead, the older tradition of virtue commends itself, which focuses on the qualities and characteristics that not only incline us to what's good, but enable us to embrace more and more of life, especially when hard.

Spiritual intelligence offers a radically different way of being in the world, the focus of step seven. We might come to love realization, instead of being wedded to growth and progress. We might value notions like awakening and conversion, alongside management and development, not least when thinking about education and ecology. In particular, the experience of time can be transformed.

These capacities are essential now and will be increasingly in the future.

About Mark Vernon: I am a psychotherapist and writer, with an interest in ancient philosophy, and a focus on the skills and insights that illuminate our inner lives. My books cover subjects from friendship and belief, to wellbeing and love.

My most recent books are Dante's Divine Comedy: A Guide for the Spiritual Journey and A Secret History of Christianity, is based upon the ideas of the Oxford Inkling, Owen Barfield.

As a psychodynamic psychotherapist, I have a private practice in London, working with individuals who have a variety of concerns, as well as having worked at the Maudsley Hospital in south London in a personality disorder service.

I contribute to and have presented a number of programmes on the radio, and write as a journalist, with my work being published by the BBC, Aeon, Church Times, and elsewhere. I teach at The Idler Academy and also lead workshops and give talks.

I work with the think tank Perspectiva on renewing our sense of relating to the spiritual aspects of life, be that at an individual or social level. There's more about that here.

I've appeared on a wide range of platforms including at the Hay, How The Light Gets In, Wilderness, Port Eliot, No9, Edinburgh International, Greenbelt, Oxford and Dartington festivals. My books have appeared in translation around the world.

My studies began with a degree in physics, before two degrees in theology, followed by a PhD in philosophy – an academic journey that took me from the universities of Durham and Oxford to Warwick. My professional life began as a priest in the Church of England, from which I resigned about 20 years ago.

Find his book at: <https://www.johnhuntpublishing.com/iff-books/our-books/spiritual-intelligence-seven-steps>

Video



Link: <https://youtu.be/pZwVZHpaH-I>

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.

"What Is True Spirituality?" By Pamela Kribbe



Dear friends, I am your brother Jeshua. I am so happy to be here with you. When I speak through a channel, I am a little bit closer to Earth, to humanity, and I rejoice in being close to you.

I see your shining hearts, and I would love to impress upon you the greatness and the beauty of who you are. I want to remind you that this greatness is not something far ahead or far away from you; not something you have to achieve through a lot of discipline; it is who you naturally are. It is a sad thing for me to see how you have become so estranged from simply being yourself. You have become used to continually judging and criticizing yourself. And especially when you are on the spiritual path, you have certain ideas in your mind about what you are supposed to become.

But the spiritual life is really very simple. It is about being intimate and honest with yourself. Spirituality begins with the acceptance of who you are. If you have negative thoughts, difficult emotions, so be it. You think that to live from the heart you have to rise above these dark things, but spiritual growth does not proceed by way of ascendancy. Truly spiritual

people are also very humble people. They do not think highly of themselves, in the sense that they feel they have transcended their darkness, but they do feel at ease with their darkness; they do not reject it. And this is when the magic happens: when you can look at your own pain without fear and with the eye of compassion.

When you look behind your negative behavior or habits, what you see is a frightened child inside you. Yes, it does require strength and an open heart to face this child. However, the essence of the Christ energy is to recognize the face of an innocent child behind all negative and disruptive behavior. And for all of you, it is your challenge to first see your own innocence.

When you criticize yourself, and you try to push yourself in a certain direction, you think what you are doing is right. You go from the assumption that what you are now doing is wrong and that there is even something wrong with you. But when you do that, you are not proceeding from love; you are not treating yourself with kindness, and in that way, you are always playing hide and seek with yourself. You want to move to the light, but the darkness will get in through the “backdoor”, so to say. You have to be at ease with all parts of yourself to truly gain freedom.

I would like to invite you to now connect with your inner child. Imagine there is a child inside you who has been hiding there for a long time. Maybe the child does not show itself right away and you have to call it, to invite it. But be open to it, and allow this child to show you the darkest part that you still carry inside you. Maybe the child is crying or screaming, but it does not matter. Be its guide, its parent, and see if you can feel at ease with this child, if you can comfort it.

There is always a reason for characteristics that you consider as dark, so hold the hands of this child and look into its eyes. When you do so, you will notice that this child has something precious to give to you. It has a gift for you, something that is important for you, right now. Accept this gift and thank this child for it. Your inner work is to look into the darkest corners of your being and to invite the inner child to come out. This is what it means to go through the transition from ego-based to heart-based consciousness.

The heart is not battling the ego, the heart is all-inclusive. The heart reaches out to all corners of your being and that is the true meaning of the Christ energy. What you do to yourself, the way you treat yourself, has an impact on the world around you. The compassion and the understanding you have for yourself will change your vibration, your energy, and that is

the real meaning of being a lightworker. It is an energy transmission much more than a passing along of information.

At this time, a lot of things are changing; a lot of energy is moving, and you can also see that at a global level. When this transition to the heart takes place, then a lot of darkness comes out of the hidden corners. So this is a kind of paradox in that it seems to get darker before it becomes lighter. But the key part of this process is that the darkness is allowed to come to the surface.

It is important for all of you who observe this happening in the world to remain centered and calm, to not judge the outside darkness that you perceive, and to hold on to the wisdom and understanding you have gained through your own inner process. When you enter into judgment about the darkness you perceive in the world, then you tend to see the world as a kind of battlefield between light and dark. But the true power of a lightworker, a pioneer of consciousness, is to also recognize the innocence and the face of a child in the darkness you perceive around you.

But this does not mean that you simply allow everything to be and to happen. In your own life, you have to make decisions about what you do or not do, what you like and what you do not like, and you can do this from a deep inner feeling without judging. You can make very clear decisions from your heart without making judgments from your head. And if you manage to not slip into judgment, you will hold the energy of compassion and radiate it outward into the world.

You have to remember that everything which is dark, and everything which is hiding in a dark corner, yearns for the light and is not happy in the dark. Just keep this in mind when you look around at the world. And that does not mean you have to save the world, but simply to hold steady your own light, your wisdom, your non-judgment. This is how you channel a new energy to Earth, and what you will do specifically in your everyday life to express this new energy is different for every person.

I would like to end by inviting you to connect more deeply with what is your individual way of expressing yourself. Simply imagine that you are holding a torch in your right hand and feel the energy of the flame of this light. Feel how, on the one hand, it is blazing and passionate, and, on the other hand, it is still and silent. This light springs from a feeling of joy and not of wanting to struggle or do battle. It comes from deep inside you, and imagine that you are now filled with the light of this torch. This is the light of your soul, your origin, and remember how radiant it is, how full of joy it

is, and how playful and imaginative. So let it flow through all the cells of your body – enjoy it! To live from the heart is meant to be joyful.

As you connect with this light, ask yourself if there is anything you would like to do in your life, or anything you already do, which is in alignment with this light, and it is okay to experiment with this in your everyday life. See what gives you the most joy and do not accept anything less. In the past, the voices of fear have kept you down, have disciplined you too much. Trust the voice of joy, the feeling of joy, and whenever you wonder: “What should I be doing in my life, how do I make a difference?”, then go with what gives you the most joy. And it may start with something simple, but the more you go with that flow, the larger it will become. And that is how you make a difference in this world.

Thank you for being who you are.

Pamela Kribbe

About Pamela Kribbe: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.).

The Jeshua channelings by Pamela Kribbe are a series of inspired or channeled messages about the transformation of consciousness in the present era. Humanity is growing towards a heart based consciousness, acknowledging the oneness of all that lives and letting go of fear based ways of living and thinking.

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

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

The Jeshua channelings have been published in book form. [Click here](#) for more information or to order on line.

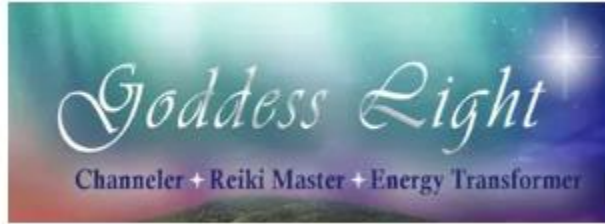
Pamela's website: <https://www.jeshua.net/>

Pamela's Video



Link: <https://www.youtube.com/watch?v=XQ2K317GvVg>

"Your Soul Knows Your Truth" By Shelly Dressel



It is amazing how this channel came at this time. There is so much happening right now where people are trying to hold on to what they know. Even if your life is not exactly what you want, it is what you know. There are times when people try to force an outcome that suits what they want. In doing so, they take on the energy of other people's actions or inactions.

First of all, while still grounded the Goddess created a link in which she supported you, enhanced your energy, or even cleared out your life. Doing so allows for greater clarity about your link to your soul. The Goddess in all of these meditations has been here to enhance our natural relationship with your soul; so today it began as we were grounded.

Are you angry about the way other people are living their lives? Is it frustrating when a relationship is one sided? Do you keep pushing for a particular outcome? Most everyone does so at some time in their lives. In trying to 'fix' the situation, you hold on tighter and higher. Perhaps you are praying to, pleading with the universe to help you in a situation, and constantly telling the universe how and what you want. During this channel, you can realize how the universe, God, your soul, and your divinity know what is in your heart. So let it go, Open to receiving whatever is in your highest and best interest because your soul knows!

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

I greet you, beloved family! Open your arms so that you may feel my embrace as I come within your space. As I fill up your energies from my heart to yours. Take this opportunity to receive the unconditional love and support that I share with you.

The humans living upon the Earth are an absolutely amazing breed of people. I know that's kind of a strange statement but I felt as if I needed to say it from a little bit of a different perspective.

You have your animals some of which have great intelligence. You have your angels, your light beings that come from a different frequency in space, you have your own divinity that is here and present, and then you have you the human that is incarnated and living this life. Take this opportunity so that you may feel or know who you are. Feel my love and my light as I shine upon you in your everyday life.

Consider where you were we will start with five years ago and consider what the Goddess energies felt like to you. If you were not with us at that time then just allow your Consciousness to go back five years and consider your link to your soul, and where that is. Then go back 10 years, to 2012 when a huge crack opened up the energies of the planet. Consider where you were at that time and your relationship to your divinity and then perhaps even your relationship with either Goddess or God Energies. If you so choose, you can jump back 20 years or 25.

Anytime that you allow yourself an opportunity to be present in the moment and then take in that perspective from another time space reality you have the opportunity to experience your growth from a new perspective.

Some of you may feel as if you are not growing as if you are stagnant. Others of you may feel as if there is constant movement and transitioning within your life. Everyone is growing from that soul level in one form or another. The difference may come in your perception. Do you see it and understand it? Do you acknowledge where you were and where you are? And can you take that moment that you allow your energies to just simmer and be present?

I could already feel a change in you. My intention every time we have one of these gatherings, is to help bring that which is unconscious and in the back of your mind forward into what is conscious within you. To help you understand that you are more than just this life experience and what your mind is aware of. Be open, experience this now moment as we speak.

Gather your energy up from within you. You can create that ball of light if you like or have the intention that you send a beam of light that starts from within your heart, moves through your energy bodies, and goes all the way down into the Earth. Reach out to Gaia. As you do so feel as if you are

connecting in different ways as if you are tapping into her Soul Essence or even as if you are simply present as you connect with the Earth.

That energy of Gaia flows back up within you as it moves into your heart center. It once again is anchoring there you then send that energy up through your upper energy bodies until you align with your higher self.

I noticed this evening that many of you have a lot of clutter in your higher self. So let's all take a moment to breathe in together and as you're here in this alignment, phew ~ breathe out phew~ send that energy out from there and clear away anything at all that you have either completed or that no longer serves you. You can immediately feel the change that takes place as you clear this energy.

You follow that stream of light until you align with your divinity and for most of you now, I see you as if you are coming up within this space and you flow straight within it as if your soul is this open and welcoming presence. You simply need to merge with it.

What does that mean when you merge? It means that you are opening up your heart so that you may receive a deeper alignment. It means that you are expanding your consciousness so that you may see different aspects of you, that are perhaps living right now in different realities. It means that you are open and receiving the unconditional love and light of I the Goddess and God. Allow for that to flow through you on every level.

I the Goddess come within this space with you. And as I look at you and blend with you, our energies merge so that we may become one I amplify all of who you are. As our energies blend together, we move into the All That Is. This allows you the opportunity to not only connect with this place of creation but for you to discern whatever may be going on in your Consciousness at this time.

Whenever we take this opportunity to be present in the All That Is, you are not only working through something that may be happening on the Earth plane, but you may possibly be creating a change or transition from some of the other aspects of your life. As your divinity, you have a multitude of different life experiences that are happening at the same time. And sometimes those other experiences bleed through or bleed over into this current lifetime.

You may consider them past lives, perhaps future lives, or even perhaps parallel lives when you consider that you have these many, many, many

different life experiences that are happening all at the same time and that your soul is the center of it all you can begin to recognize the massive consciousness of your soul.

In your human experience you frequently will have limitations because this is what your human reality can understand. The All That Is, is your opportunity to look at your life from that broader perspective. Therefore, at this moment, I would invite you to consider ways in your life that either relationships or experiences or even perhaps commitments that you have an influence upon you.

Some relationships are frustrating because they feel imbalanced. Sometimes as you are moving through your own personal growth, you might put forth that essence or that energy for this other person to have that same opportunity. However, they may not want that opportunity, they may not care about growing within their lives. They may see their life in a completely different way.

So, if this is something that is happening within your life now is the opportunity to consider whatever that may be, and then let go of the responsibility of what somebody else is doing. Take a deep breath in and as you breathe within and as you think about this particular relationship just bring it up, bring it up, bring it up, bring it up, ~whew~ and let go.

The other person may disappoint you. They may not ever be in a place that allows for a balanced relationship. So let it go. Phew ~ If you still feel frustration for another person's actions then bring those up at this moment bring it up, bring it up, bring it up, bring it up, ~whew~ let it go. As you look at the relationships in your life, you may feel compassion, you may feel anxiety; allow for that to simply be in your experience. Feel compassion, thank you for other people that are struggling in their lives. Give them the support, give them the love, give them whatever is comfortable for you.

But then in some cases you just completely let them go and in other cases put them in the light. You have the ability to change your life every single day. Choose to live in the light, choose to live in the potential, and choose the experience that allows you the ability to grow because that in turn will allow whoever else you are connected to, to also have the ability to grow. Then whether they do so or not is on them but you just let it go. Phew~~

As you seek to manifest in your life consider what that may be. Some of you always make me laugh because it's like I see you writing, writing, writing

page upon page of what you seek to manifest. Consider the potential thank you that anything that is in your heart is already known by the universe. Consider the potential that when you focus on the things that you're tired of or no longer serve you that that's amplifying it and giving mixed signals to the universe.

So once again as you consider what you seek to manifest keep only in your heart what resonates with you. That allows the universe to know unequivocally what you seek to have. It allows you to create the vibration in which you are open to receive. Feel what that may mean to you. Why is it that sometimes it seems as if happiness is just beyond where you are? Tap into whatever that may be within your ego or your personality foreign so that you can send it love and compassion.

As you do so you feel the need to clear. Phew~~ let it go. The more that you allow love and compassion to be present within you, your heart expands, your vibration falls into place, you expand your reality.

Breathe in and breathe out.

Look around at the All That Is. Look around at your opportunities. Look around at what may seem as if it's written in stone and what may be flexible; because everything is flexible. Time is always moving. Your consciousness is always evolving. Have a clear intention that, that evolution flows within you so that you may become aware in your everyday life.

I noticed that many of you as you're looking at the All That Is are seeing opportunities and potentials and you think 'that can't be right', but it is. Dream big, open to even greater opportunities. Allow for that to expand more and more and more fully within you.

Gather together as a group. As you do so you feel or sense that column of light. This column has everybody's input moving within it. The Hologram of the Earth comes up within. You may notice that the Hologram is looking more and more and more like the Earth itself. You may notice that there are some differences from the way the Earth is explained to you and the way it looks in here. There's a much greater clarity, in some the land mass seems smaller and others the land is expanded. Be aware that this is indicating the transitions taking place.

You send forth your unconditional love and acceptance for self. And in doing so it releases any sense or Illusion of control or taking on other

people's experiences. This hologram begins to swirl and sparkle. It takes in all of the energy from you and that aspect goes out within the universe. As it does so it's anchoring within the Angels, within the light beings, within those people on some of the ships that are weaving this energy and support of you.

The remainder goes down into the Earth plane. There is that sense of it spreading throughout the Earth. As it connects with the magnetic grid, it moves down into the center of the Earth. As it does so it's anchoring within the magnetics within the Earth. It then reverses and comes up through all the levels of the Earth, your own transition is coming up from within you from where you are anchored in Gaia. This is also coming out and shifting the energy for all upon the planet, putting forth that opportunity for every person and many will slide into that in an unconscious way.

We see the transition taking place throughout the planet. You bring back within you the remainder of your consciousness. It moves through your divinity, it comes back down through that column of light, so that it may link within. As you take this opportunity to let the energies flow up and down through you, once again consider your relationships.

Consider how balanced you now feel and if you need to consciously release some of those relationships that no longer serve you; then release. Have a clear intention that you are here in a place of strength, and a place of opening to potential, and in a place where you are here and supportive of friends and family and it comes from a balanced perspective.

Take a deep breath in and breathe out.

Consider your life. Consider the way that your emotions, your thoughts, your everyday realities, your physicality, and the way all of these various parts of your life influence you. You are more than just one aspect of your life. So if there is one part of you that is struggling or feels like it's being pulled down, then tap back into all those others to lift it back up.

The foundation for everything is your soul. Your soul is always that point of reference or is always that point of balance and unconditional love. So, allow that to be first, and then as you consider the various aspects of your life and the ups and downs and potentials, you will then at that point find that there's a much greater balance that is the reaction through each of your emotions or thoughts or realities.

It is truly amazing the change that you can create within your life when you begin with this place of balance and this place of love. Let go anything and everything that you have no control over. And if you think I'm just going to make it better. Let It Go

Beloved know that 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

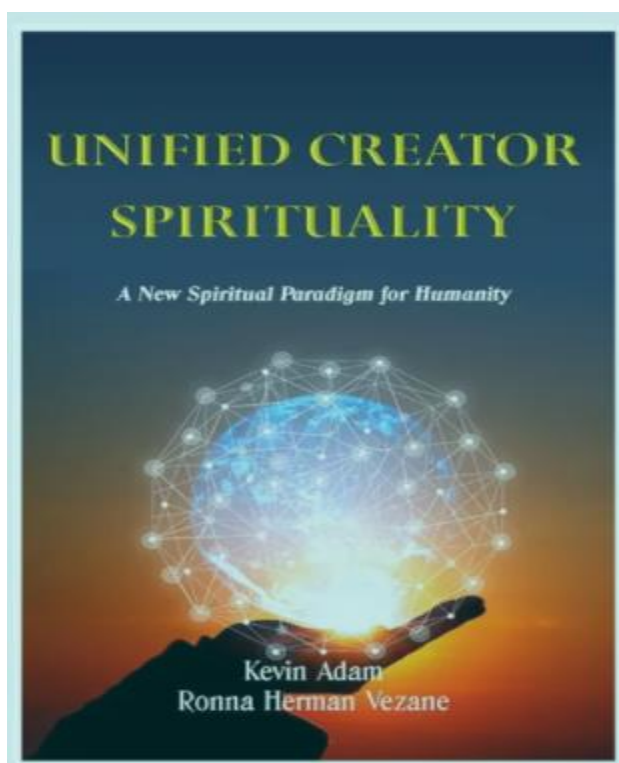
Shelly's website: <https://goddesslight.net/>

Shelly's Video



Link: https://www.youtube.com/watch?v=m52f8_v9UUU

"A Glimpse Beyond Tomorrow" By Ronna Vezane



Beloved masters, as the multidimensional expressions of change swirl around you, and time compresses and expands at an ever-accelerating rate, you must learn to GO WITH THE FLOW in order to exist in a state of ease and grace. As all of you have experienced to one degree or another, life on Earth has changed drastically in the last fifty years. What was the norm in a Third- and Fourth-dimensional environment no longer applies as you move through the more refined levels of Creator Light. We will address some of the major issues of the times to give you a greater understanding as to how the newly emerging collective consciousness of humanity compares with the old mass consciousness beliefs that have prevailed for thousands of past years.

YOUR RELATIONSHIP WITH SELF: In the past, your ego-desire body was primarily in control of your daily existence, and your Soul Self was the small voice of consciousness that most often you ignored. Tradition, religious beliefs, obligations and duty were instilled at an early age, and you were taught to believe what other people thought of you was of greater importance than what you thought of yourself. You were always looking outside of yourself for validation as to your worthiness. You were

constantly seeking someone, something or some event to bring you happiness, but it was usually fleeting, often disappointing, and left you searching for something beyond yourself to bring you some measure of self-content.

Now you have learned to turn inward for validation, inspiration and guidance, because you have had what has been termed a Soul-Merge, and you are connecting to the multi-facets of your Higher Self. In the process, you are integrating greater amounts of pure Cosmic Light Consciousness, which assists you to release all outmoded concepts without guilt as you integrate the new higher truths that are coming to you at an astounding rate.

You now realize that God is not in some lofty, distant celestial kingdom pulling strings and meting out rewards and punishment. You are accepting the fact that you have ALL that is needed within you, as a part of your Divine Birthright, to manifest a loving, joyous, peaceful and abundant existence. Old traditions and habits are losing their hold on you as you seek freedom of expression and create new ways to celebrate holy days, passing time, and to honor our Father/Mother God and The Creator.

Worship is not reserved for one day, for you live your spirituality each and every moment of every day. You live each day as a master by monitoring your thoughts and actions. You know that your intent must be pure, for you are responsible for each and every minuscule atom of energy that you send forth. You practice discernment, and you are constantly monitoring the beliefs that you allow to take up residency within your Being, for you know that within the truths you claim as your own are the rules you must live by. You know you must always make the highest choices, and as you walk the middle path in peace and harmony, you move beyond the laws of Karma and into a state of grace.

YOUR RELATIONSHIP WITH SELF AND WITH OTHERS: You are learning that as you gain a sense of self-love and worthiness within, you draw more and more Love/Light from the Creator—it is a never-ending source of spiritual sustenance. As you fill yourself to overflowing, this wondrous elixir radiates forth from you in an ever-expanding circle of Light. You are beginning to seek relationships that bring satisfaction at all levels—physical, emotional, mental, and spiritual. There will be no sense of self-sacrifice in the relationships of the future. There will be a fundamental trust, and you will seek and support full expression of individual interests, talents and spiritual truth. Committed partners will complement the strengths of each other, with non-judgment and patience, and they will

assist each other to work through their weaknesses and fears. It is important that you share a common vision with those you are closely associated with, for there will be no tolerance for power and control games. You are beginning to instantly recognize a member of your Soul family and those with whom you have a deep spiritual bond. You will find more comfort and joy in your relationships than you ever thought possible. No longer will you seek relationships based on need but through a desire to mutually share your journey and your knowledge as you go forward into a new and exciting Age.

THE NEW ECONOMIC SYSTEM OF THE FUTURE ** LACK OR ABUNDANCE, IT IS YOUR CHOICE: The process of redistribution of the wealth of the Earth is now fully in progress. Be aware that more corporations and organizations will fall into disgrace and oblivion. All that is based on a foundation of fear, greed and control of others is crumbling. In the past, it often took several lifetimes for a wrong to be rectified, and you had no way of knowing when or how justice was served. Now, for those stuck in the illusion of the game of cause and effect, ill deeds are returning almost instantaneously in a boomerang effect. No longer will those who are self-serving, and who abuse the trust and power allotted to them, be able to hide their misdeeds. Whether it be religious organizations, corporations/businesses or governments, the time of reckoning is at hand.

The Light is penetrating into the deepest shadows as the Earth incorporates more and more of the higher vibrational frequencies of Spirit. Mind and Spirit are the builders, and you are the cocreators of the new paradise on Earth. All that you will ever need will be supplied, but you must hold fast to your vision, for the greatest good of all. Then you must boldly dare to tap into the Cosmic Bank of pure unmanifested Light Substance so that you may mold it into anything you can envision. Beloveds, seek an abundance of love, joyful loving relationships, good health, youthful vitality and creativity as you learn that it is not just things that bring you happiness and contentment, but a “state of being and a quality of life.”

MOTHER EARTH IS HEALING HERSELF VIA THE FORCES OF THE ELEMENTS: The Earth is undergoing a cleansing process, a catharsis, in a seemingly haphazard way, whereby lands that have been abused by over-cultivation, infused with deep-seated painful memories of wars and acts of violence are being ravished by floods, fires, earth movement and destructive winds. It is a Universal Law, dear hearts, for the cleansing, clearing and healing process is necessary in order to clear the air, cleanse the land, and purify the waters that humanity has so heedlessly polluted.

The great Devic and Elemental Kingdoms are valiantly endeavoring to cleanse and heal the Earth with the least amount of destruction; however, the damage and negativity are of such magnitude that it will take extreme measures to return your blessed Earth to balance and harmony.

Now and over the coming years, many sweet Souls, those who are struggling for existence, will choose to leave the Earth. We ask you to see the transition process in a new Light. Can you not see that they are leaving a suffering and hopeless existence by choice, as they step through the doorway into a world of love, peace, joy and abundance, where they will be prepared to return to a more refined earthly existence? In the not too distant future, there will be no world of base Third density to return to, for the higher Third- and lower Fourth-dimensional planes of consciousness will have returned to the originally designed Spectrum of Light and Shadow. Incoming Souls will return to a more balanced world where they will be given an opportunity to learn, expand in consciousness, and move quickly through their earthly lessons. That is what you, the wayshowers, are preparing for them.

Many of you are being led to move to different parts of the world—you are not sure why, but there is a deep-seated yearning to journey forth into uncharted territory. You are being called to that place on Earth where you can be of greatest service, and those with like vibrations and missions will be led to join you. It is a time of Teaming Up or reuniting with your Soul families and task companions. You are becoming more intuitive as you tap into increasingly inspired thought from the realm of all possibilities. Your instinctual nature of the past is being refined as it joins your multi-faceted consciousness of the future.

Your needs and desires will change as you integrate more Light into your physical vessels. The time will come when life-threatening diseases and viruses will have a difficult time finding a home in your evolving, more resilient bodies of Light. You will not see a great change in the physical body for a while, but the internal and etheric changes are happening very rapidly. As the membranes of Light around your DNA gradually dissolve, you begin to access more and more of the wisdom stored within your brain structure, and your physical vessel will become stronger. There will be wondrous new breakthroughs and techniques in healing, and natural products and medicinals will replace most of your synthetic drugs, which have so many toxic side effects.

Many of you are already learning that your body will not tolerate many of the popular prescribed substances touted by the pharmaceutical

companies which are only interested in their profit margins. The focus will be more in preventative maintenance, whole life care, fitness, and wellness, as well as natural cures and how important your positive, loving thoughts are in staying healthy. No longer will you ignore the signals your Body Elemental sends to you as it tries to get your attention. Pain is a way in which your body lets you know that something is amiss. In the past, you took pain killers to mask the symptoms until it was too late, and radical measures had to be taken to correct the imbalances. As you attune to the multiple levels of awareness within your body as well as without, you learn to pay heed to the signals you receive. You will make the necessary adjustments as quickly as possible so that the least amount of discomfort is experienced, and you will quickly return to harmony and a sense of well-being.

Finally, you will also come to terms with your uniqueness in bodily structure, attributes, talents, and ways of expressing and creating. You chose your parents and the genetic structure of your ancestral lineage for a reason. Your uniqueness is what makes you so special—there is no one else on Earth exactly like you, not even in identical twins. One of the major hurdles you are facing during these next few years is to accept yourself the way you are—to realize that you are beautiful and precious—no matter what outer garment of flesh you chose to wear in order to experience this most important of all lifetimes. It is your shining Souls and great warm hearts that we see radiating forth, beloveds: we pay no heed to the fleshly disguise you wear.

USING YOUR SKILLS OF THE PAST AS YOU BUILD THE FUTURE: Over the past years, we have endeavored to help you remember your wondrous past and to accept the truth that you have within you all that is needed to create a grand new world. We were not just talking about your past lives on Earth, for we have endeavored to give you some insight as to how truly magnificent you all are. Please accept the fact that you left the vaster part of your Beingness in the higher realms, and now it is time to begin the process of reclaiming those many Facets of God-expression that make up the totality of the real YOU.

We have told you that this is a Universe of great diversity, and as part of your training you have experienced many wondrous adventures in very specific and complex places. You now understand why the Earth is so important, because your planet is where all the diversity of this Universe has been brought together. You have had a grand time playing the game of duality and polarity, as you created great wealth and then painful scarcity. In other lifetimes, you brought forth wondrous talents and accomplished

great deeds of valor, just as you have also experienced many simple-minded lives in a narrowly focused way. You have all experienced every situation imaginable, from the lowest to the highest. Now it is time to step through the veil of illusion and reclaim your Divinity. As you move more deeply into God-consciousness and tap into the higher dimensions of creation, you are beginning to flex your spiritual muscles, and you are amazed at how quickly you are able to manifest what you envision. The small miracles are turning into great and complex miracles as you become more proficient, and we tell you, it is nothing compared to what is in store for you in the near future.

YOU ARE CREATING YOUR PERSONAL FUTURE: It is your choice as to how you experience the coming years of great change. As you strive to move higher in consciousness to the vantage point of a master, you will know that all is unfolding as planned. You will recognize that no matter how bleak the world looks, there is Creator Light shining down and penetrating the darkest shadows, seeking out the hidden places on Earth, and opening the hearts of humanity. The majority of human Beings on Earth want only to live in peace, comfort and plenty, to express their godliness in their own unique way, and they are willing to allow others the same right.

Even though it may not seem so, those who wish to dominate, conquer and control are in the minority, and their power stranglehold on the Earth and humanity is growing weaker every day. As more of you step into your mastery and claim your Divine Birthright, the weaker and more ineffectual they will become. There will be skirmishes and rumors of wars in many places on the Earth for some time to come. But those who are battling the darkness of ignorance within, with the intent of destroying that which is right and of the Light, will fail. Henceforth, every act of violence and destruction will be met head on by the forces of Heaven, for you, as Warriors of Peace, are slowly winning the battle with your weapons of Light, compassion and forgiveness.

You are molding the future each and every moment, with every thought and action, and so it behooves you to focus on what is right in your world instead of what is wrong. Make it a practice to see the good in those around you, and be sure to offer words of encouragement and loving support in any way possible. You are the ones who will lead humanity into the shining new world of tomorrow. You have weathered the wildest storms, and you have walked through many dark nights of the Soul, and you have emerged triumphant. Do not become discouraged or faint of heart at this late date, my brave friends. By stating, “Thy will be done for the greatest good of all,”

you give us permission to intercede in your behalf, and to assist you through these tumultuous times of great change.

We relay to you the love of our Father/Mother God, and a rarified infusion of Light from the heart of the Supreme Creator. You are loved and cherished beyond measure. I AM Archangel Michael, and I bring you these truths.

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.

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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.

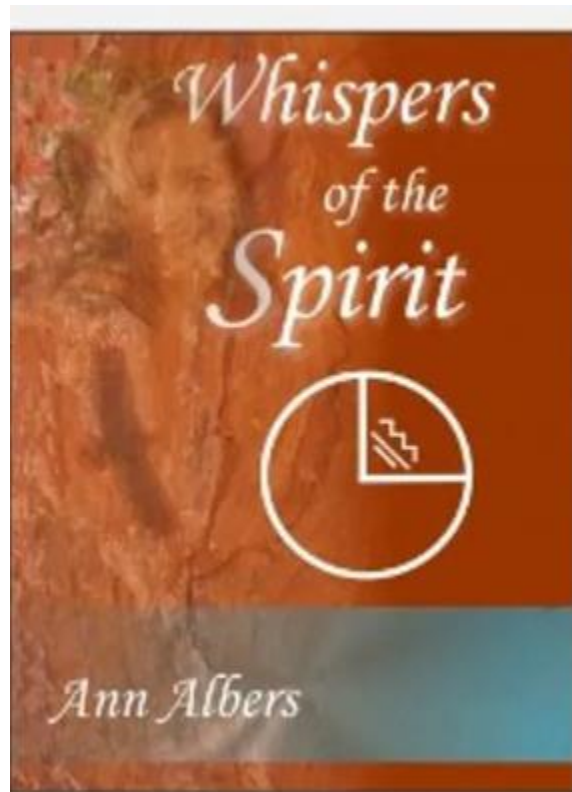
Ronna is a living example of what she teaches: to integrate the subconscious, conscious and superconscious minds, to heal the physical, emotional and mental bodies, and to partner with Spirit to become a Self-master and a cocreator of love, abundance, peace and joy.

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



Link: <https://www.youtube.com/watch?v=GTD9bOjHxPo>

"Receiving To Give" By Ann Albers



Hi All,

Today the angels talk about how receiving leads to authentic giving. They encourage us to take a little time during the holidays (and throughout the year) to receive love so we can authentically give. I'll share how I do this and how you can too!

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

You have a saying on earth that it is "better to give than to receive." We would say it is better to exist in the flow of Divine love in which giving and receiving cannot be separated.

In this season of giving, sit with the Source and your angels for only a few minutes a day. Breathe and intend to receive love. This never-ending

stream of love can help, heal, balance, inspire, and motivate you. It can remind you of your true nature and restore you to a beautiful relationship with yourself. The Source will not force this love upon you. You have free will. You can open to receive it, or not. When you do, it will recalibrate you – body, mind, and soul – and impulse you to think and act in ways that benefit all souls involved, including your own. Your giving will become guided, natural, and joyful.

Some of you will be impulsed to give to yourselves first. Many of you have given a great deal to others and are now exhausted. At some point, your giving shifted from a joyful desire to share to giving out of duty, to earn love or affection, to prove your worthiness, or giving in the hopes that others would see what a good and loving person you already are. While there's certainly nothing wrong with giving from an empty cup, it can't last forever. You must allow yourself to receive love from the heavens in order for giving to remain a joy. Otherwise, you are spilling from an empty cup.

As you open to the never-ending stream of love, some of you will feel inspired to share the simple yet profound gifts of love, laughter, and kindness. Some of you will feel inspired to do things you love, thus sharing emanations of joy and peace. Some of you feel impulsed to share through passionate action. When you feel your connection to the Source, the impulse to share love comes in a variety of different ways, but always naturally, easily, and joyfully.

In this flow, you will start to feel more peace, calm, balance, and assuredness that all is right in your world. Everything you do from this natural flow will be a contribution in some fashion. If you feel impulsed to go shopping, you'll be contributing to the economy, to the joy of those who work where you shop, and to those with whom you have synchronous "chance" meetings. If you are impulsed to give in more traditional ways, you'll find that you give "from the heart" rather than from the head, and you experience a deep sense of connection with those whose lives you are impacting. If you are impulsed to sit at home and rest, you'll feel the peaceful vibrations you are sharing with the world.

So now and always, give yourself, and therefore the world, the greatest gift of all. Spend a little time in reception of your Creator's love. Allow yourself to open to the stream of life itself. Then, dear ones, in this space, whatever you do, wherever you are, you will give the gift of an open heart to the world around you.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

It is funny how often the angels talk about the need to sit, breathe, and receive, and yet how I forget to do it when I get going and busy. Lately, however, I have been stopping myself randomly during short breaks in the day and making the time. After all, it takes very little time and feels fantastic. It energizes me in the morning, recalibrates me in the middle of the day, and helps me slow down before sleep. I am reminded that we are so loved. We have no idea until we sit and intentionally open ourselves to it.

I used to pester my angels often. "How do I open? What do I do?" "Surrender," they replied. "How do I surrender?" the old engineering-me persisted. "What steps do I take." "Do nothing. Relax your mind. Intend to be open." That never satisfied me. I wanted a list of instructions. I didn't realize at the time that surrendering and opening were not about "doing" but rather a state of "being."

So I made up visualizations that helped me feel open and surrendered to this stream of love. I imagined a big funnel on the top of my head with light pouring into it, down my spine, then out through my hands and feet. That gave my mind something to focus on while I relaxed. It worked! I started to feel a stream of light pouring through me. Sometimes it felt like a relaxing sensation, sometimes like bubbles, sometimes like heat, and sometimes like a subtle flow. I became so enamored with my visualization and the accompanying sensations that I often slipped into a trance-like state. It felt blissful. I would come out of it with renewed energy and enthusiasm. I felt like an instrument being tuned back to my natural state. It almost seemed like cheating!

I've used the "Sit. Breathe, and receive" technique to help my body at times. I do it and imagine feeling fantastic, and then I feel improvement. I used it when I felt wobbled by some financial challenge. I came out of the brief interlude with clear or new ideas. The universal stream of love and information is constantly flowing to us, but we have to allow it in.

A few years back, I was made aware of a healer named Bruno Groening, who lived and worked in Germany in the 1940s and 1950s after WWII. He, too, told people to sit in reception of this healing stream. I was thrilled. It

was the same message the angels had been sharing for years. I have a dear client who does this every night. She is now walking after not being able to do so for years. When the life force is allowed in, it can fix nearly anything. I am convinced this is the same reason that miracles happen when people surrender while gazing with Braco or receive energy from other healers. They open to allow the never-ending stream of love to pour to and through them.

This holiday, with so much going on and so many needing help, I'm committed to opening up to sit, breathe, and receive for myself so I can continue to give, serve, and enjoy my own life along the way. It truly works. A few minutes of simple reception make me happier, healthier, and more productive. Best of all, it helps me remember that I, too, am part of the circulatory system of God – receiving and, therefore, as a by-product giving love to all I can.

Here are a few tips to help you remember to allow in the love...

1. Set a timer, then Sit. Breathe. Receive

Seriously! Set your phone for two minutes to sit, breathe, and receive. It is easier to create any new habit if you start in ridiculously small ways. The healing stream is already and constantly flowing. A few seconds of pure receptivity can change your health, happiness and redirect your life.

2. Use your imagination to help you open

As I mentioned, I imagine a giant funnel of light on top of my head and a stream flowing down my spine. Use that if it works for you. You can imagine a stream of light flowing through your heart. Use any imaginary image or technique that works for you to help you imagine being open, receptive, and surrendered to this endless, loving stream.

3. Receive on behalf of others

Sometimes it is easier to receive if we focus on opening to allow the light to flow through us on behalf of those we love. Of course, they could receive directly, but so few will. Instead, through your connection, you can open yourself to receive and intend that the light flows through you and to your dear ones. You will benefit from the flow, and to the degree, they are open to receiving help – even if not aware of the world of energy – they will too. As we receive, we give.

Instead of holding on to the adage that "it is better to give than receive," the angels remind us that giving and receiving are inseparable. There is no true giving of love without receiving love from the Source and no receiving without allowing it to flow through us.

Have a blessed and beautiful week enjoying a flow of receiving and giving :)

**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.

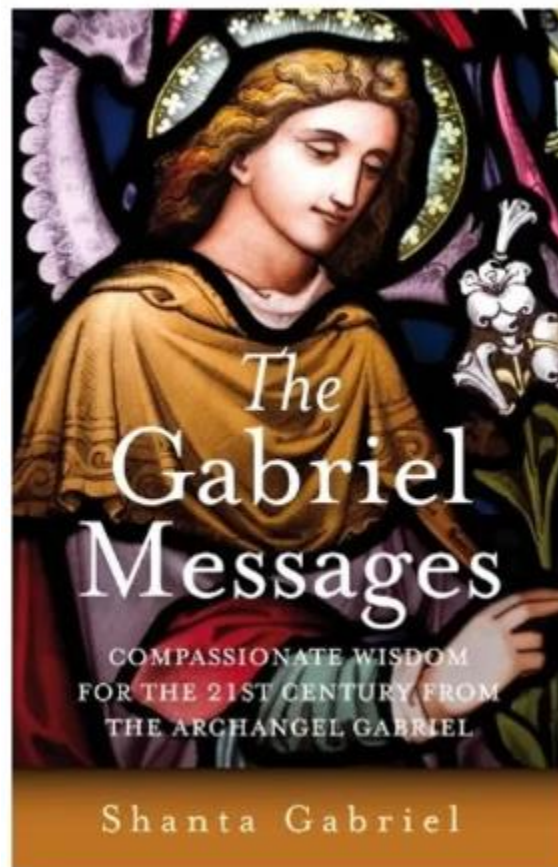
Ann's website: <https://www.visionsofheaven.com/>

Video By Ann



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"Inspiration For The Week - Learning To Trust Yourself" By Shanta Gabriel



The Gabriel Message Card for this Week:

Trust in yourself and trust in the Angelic energy working through you.

Many times I have found it easier to trust others more than myself. Much of it has to do with my upbringing, since I was raised in a military family where following orders was more important than following intuition. However, trust seems to be a common thread for many people.

Learning to love and trust ourselves is one of the most powerful ways for us to serve in the world. The love that we give to ourselves is well deserved. If you are reading this, you have worked a long time to evolve and become a good and truly heart-centered person.

It is vitally important to honor the work that you have done for yourself to feel more integrated. Further, the Earth needs us to find this love and respect within as a key element to her evolution. The love and trust we give

to ourselves bring us into the wholeness and well-being that is necessary for our development as well as for the wholeness and well-being of the planet.

We can feel inspired by others and we can learn from our many teachers, but to trust that we are being divinely inspired in every moment is paramount at this time. You and no one else has the connection to your soul and the guidance that comes from your Higher Self. When we begin to trust our inner guidance, we have more access to Divine Wisdom. It is like a muscle that becomes stronger with use.

And then there are Angels...

Working with the Angels is beyond the mind's capacity to understand. Beneath the level of everyday awareness lies the spirit that is your true state of being. When you turn the light of clear seeing into yourself anew, a beautiful world opens to you and life responds by offering the magic of awakening energy.

When everything suddenly feels enchanted, you are being lifted up on wings of Angels to be carried into the realms your soul remembers. It feels like Home and your inner self-rejoices in the experience of the Love that awaits you.

This is the gift being offered to you by the Angelic Dimensions. There are some Angels that have been with you from the moment of your soul's first incarnation as well as Angels that came to you for this lifetime. There are also Angels that show up when you are in a challenge that will benefit your soul's growth in this lifetime. You have Angels that you can work with to over-light all your relationships as well as work projects. And there are legions of Angels who are specifically working to support all of humanity through the Shift of the Ages we are experiencing.

Because we live in a Free Will Universe, it is necessary for you to invite the presence of Angels into your life. Every one of these beings of Light holds your best interest at heart and is at the beckoning of your Higher Self.

Your Higher Self knows the Angels from whom your soul would most benefit. It is your job to be in contact with this most exalted part of your being and let this benevolent friend, your Higher Self who is your Soul's voice, bring to you the help and guidance that you are seeking.

The Angelic Dimensions are actively involved in the mass awakening currently underway on the Earth. It takes the humans to make the difference, however, because the Angels cannot change the Earth without our conscious evolution. Humanity is the key to making the Earth into a heavenly place so we can all live in a higher dimensional reality.

Even our small steps make a large difference. I have heard it said that if we take one step toward God, the Divine takes ten steps toward us. When we allow the Angels to work in and through our lives, this assists in awakening the consciousness of all humanity through our learning to trust and love ourselves.

Divine Presence,

Thank you for blessing me with a deep connection to my Highest Self and the Angels that are here to work with me in this lifetime. Thank you for helping me learn to trust myself in powerful and consistent ways. May I remember to honor and respect all that I have been through and all that I have done to become more whole and integrated into my life.

Thank you for opening my access to the Angels that help me within all my relationships and the situations that surface in my life. I ask for clear wisdom and guidance every step of the way.

May each person receive the love from the Angels that awakens new depth and freedom within their heart. And may we always know how closely and sweetly we are being held in Wings of Pure Light. Thank You God.

And so it is.

The Gabriel Messages Book #38

Trust in yourself, and trust in the Angelic energy working through you.

Dear One,

As the light within you grows stronger and brighter, you will find yourself bringing more wisdom and love to your world. You will begin to trust more deeply in yourself and know you are divinely guided at every moment.

Trust is an energy that grows the more you use it. Like a muscle that strengthens with exercise, so it is with trust. It comes not from the power of your doing, as much as it is an allowing of energy to flow through your being.

Trust comes from a deep level of faith. At the core of your being you know there is a Higher Power at work. You can turn your life over to this Divine Presence and things will begin to move in positive directions. Learn to listen more to your intuition than to what society tells you is true. Learn to listen to the voice of your higher self, which is your connecting link to the Divine Source. Remember that you know, deep within, what is best for you. Your higher self-knows the answers to all the questions you ask.

Trust the Angels to help you with this process of connecting to God within you. They are an incredible resource awaiting your invitation. Begin to ask your Guardian Angel for help in small ways. Follow the guidance you receive and you will find yourself trusting ever more deeply in this wondrous energy working through you. You will notice your life becoming simpler, and everyday activities becoming easier, due to an ever-increasing compassion and clarity within, and due to the grace of the Angels. This grace blesses every step you take and every word you say. This grace also becomes stronger the more you allow it to work in your life. It is a gift for you, but first, you must ask, and then you must allow yourself to be open to receiving the good available to you.

These simple acts of trust can transform your world. Remember, your direct link to Divine Grace strengthens when you...

Trust in yourself and trust in the Angelic energy working through you.

About Shanta Gabriel: Shanta Gabriel is a gifted author, teacher and healer. Inspired by her many years study of ancient forms of healing, as well as energy transference received from her master teachers, Shanta's gift is the transmission of divine inspiration into everyday life. She is also the author of The Gabriel Messages. A book of inspired communication from Archangel Gabriel, it ignites the spark of hope in the heart of those seeking peace in their lives provides practical suggestions for emotional and spiritual balance.

Shanta's work with the Archangels was both unexpected and spontaneous when she received a surprise visit from Archangel Michael in 1988. This huge winged being blessed her healing work with Light and opened the way for communication from Archangel Gabriel in 1990. She has received messages from Archangel Gabriel since that time.

Shanta offers a monthly newsletter, “Archangel Gabriel’s Messages to the World.” Sign up for her newsletter and see frequent messages on her blog, www.shantagabriel.com/

Shanta continues her work through private sessions that include Angelic Life Path Readings as well as hands-on Angelic Light Therapy work. She also leads an inspiring and experiential seven-month Archangel Study Program. Shanta assists the anchoring of that energy into the being through original meditation CDs, flower essences and in-depth study. Shanta is available for TV and radio interviews, and to lead workshops that bridge Heaven and Earth through bodywork and Communion with Angels.

Shanta's website: <https://shantagabriel.com/>

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Shanta's Video



Link: <https://www.youtube.com/watch?v=JN5E1fAWTA>

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The Language of Light - 4 Week Online Course



Language of Light

Zoom Class with Eva Marquez

The Language of Light - 4 Week Online Course – January 17, 2023 - February 7, 2023, at 1 pm EST and 7 pm EST, each workshop is approximately 2 hours long and conducted via our Zoom Network; the fee is \$180. Must sign up on the link below.

Language of Light is the universal soul-mind language used within this Universe and understood by all higher dimensional beings. We live in times where we are shifting from 3D survival into 5D evolving multidimensional beings and can begin to remember and use the language of our ancient ancestors. The main components of this language are colors, sound, and numbers that carry knowledge and wisdom of the soul. Join us to learn more about activating the sleeping DNA within your body to start using this incredible communication system.

You will learn the following:

- Language of Light Expressed Colors**
- Language of Light expressed in Sound and Voices of Star Families**
- Decoding the Universal Language of Numbers**

The Language of Light, 4 Week Course, was designed by Eva Marquez for students to remember and express the memory of the Language of Light within so that they may assist themselves in healing and changes, as well as assist others if that is their soul's calling.

Link to sign up:

<https://www.evamarquez.org/product-category/language-of-light-4-week-online-courses/>

About Eva - Eva Marquez – The Pleiadian Whisperer

Eva Marquez is a spiritual consultant, soul healer, teacher and writer with Pleiadian starseed ancestry. In her spiritual work she utilizes her Pleiadian energy. She remembers the Language of Light along with many other ancient soul memories and works with her guides – the Lights of the Universe who are a collective group of light beings from various star nations (Pleiades included). Eva and her guides assist starseeds to remember past life memories on Earth and beyond, to activate their sleeping cosmic DNA, and to connect them with their soul family.

Eva’s mission is to help starseeds adjust to their human bodies so they can carry out their life purposes to assist humanity in becoming a multidimensional race, as well as preserving Earth for future generations. The alignment of the soul, the ego/mind and the body are achieved through soul healing. In her teachings she guides her students to prioritize the understanding of feelings and the basic senses before thinking and acting. This results in self-discovery and self-mastery, where you can become your own healer and guru. The body is a microcosm of the macrocosm. The chakras, the meridian system and the nervous system act as cosmic highways within the human body. Eva’s healing sessions explore those highways, and their possible blockages.

Eva brings with her the memories of infinite love – which is the essence of God – the most profound energy that is the original essence of you. She walks beside you on your life journey, assisting you in letting go of your fears of darkness. She helps you realize that there is a light at the end of the tunnel. Ultimately, she guides you to the point where infinite love is no longer a memory, but rather your guide through the darkness. Infinite love will become your friend on the journey towards the light of your origin. Love and light give birth to wisdom. Through wisdom, the soul begins the healing journey of returning home to its original source. It is Eva’s greatest wish that you find your way home.

Pendulum Healing Class

An Introductory Class to Pendulum Healing

January 23, 2023

6:30pm to 9:00pm

Virtual by Zoom



About this Class

This introductory class teaches foundational knowledge for successful healing such as:

- How to Program Your Pendulum
- Protocols and ethical practices for best results
- How to self-check for accuracy

Taught by: Rebecca Washington

585-305-7323

pendulumhealer272@gmail.com

www.pendulumhealer.com

Pendulum Healing Class

This introductory class teaches foundational knowledge for successful healing such as:

How to Program Your Pendulum

Protocols and ethical practices for best results

How to self-check for accuracy

How to create commands that heal

How to shift negative energy

How to clear and balance chakras

How to put healing energy into your food

The Spiral Pendulum is the Pendulum is needed for this class.

The class will be taught by Rebecca Washington, The Pendulum Healer on Zoom.

Sign up on Eventbrite: <https://www.eventbrite.com/e/pendulum-healing-class-tickets-468526775197>

Feb 18th 11am-7pm, 2023
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Hello Earth-Spirit Family! Mark your calendars!

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Check out our new website for all the latest news! www.earth-spiritexpo.com

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



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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!



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



Brenda Gilasso
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**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.**



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

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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.



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Carol Scheg-Morissette

4358 Culver Rd

Rochester, NY

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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
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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..



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Leticia Ferrer-Rivera
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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

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<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>

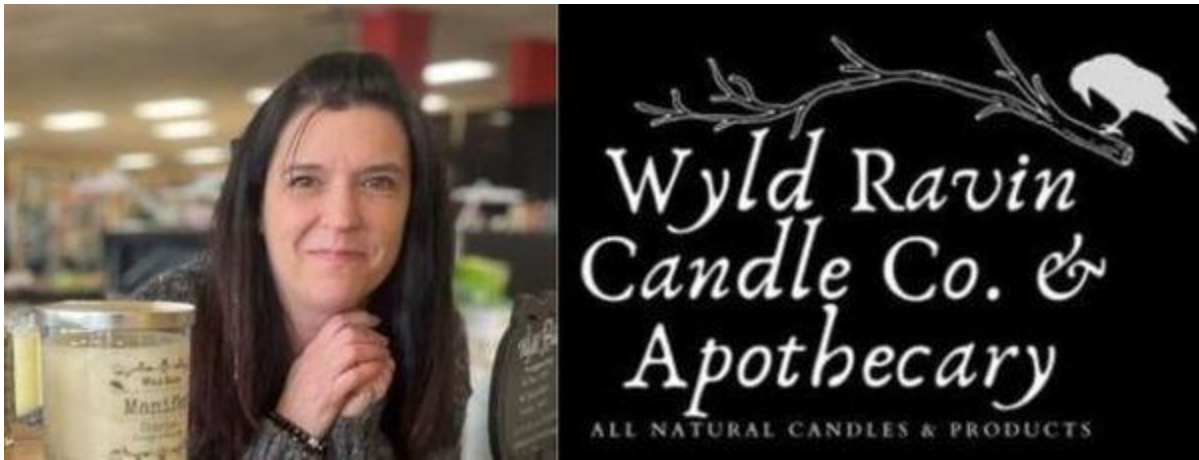
Follow on Facebook: <https://www.facebook.com/sheilabhealing>

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.

It is her goal to provide holistic services and education with a focus on an ethical model of professional practice. Holistic or "Whol-istic" health approaches all parts of the individual, not just the physical aspect of a person where manifested problems are often most apparent. Give customers a reason to do business with you.

**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
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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



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Metaphysical Stores in NY and More



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

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

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 ◀ ▶ January 2023 📅						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 1 Yule	2	3	4	5	6	
8	9	10	11	12	13 Experience Psychic Fair - Batavia Do	
15 Experience Psychic Fair - Batavia Do	16 7pm Pendulum Healing - The Power	17	18	19	20	
22 Experience Psychic Fair	23 6:30pm Pendulum Healing Class	24	25	26	27	
29	30	31	Feb 1	2	3	

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.